

FOOD BABE

Over 100 Packaged
Snacks Better Than
Goldfish Crackers

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I put together this list for all the moms and dads out there who believe they need Goldfish Crackers to have on-the-go snacks for their kids. One of the major myths about feeding children is that they need to eat Goldfish Crackers. There are many packaged alternatives that are much healthier, which are made with real food and don't hijack your child's taste buds at a young age, hooking them on processed food.

This list doesn't include the myriad of fresh fruits, vegetables, and homemade snacks you can make in your kitchen - which are the snacks I offer most often to my children. This is meant to be a list of packaged ready-to-go snacks that pack and store easily for school, daycare, trips, and events.

You'll also notice this list does not include organic products that resemble Goldfish Crackers - and that's because, ideally, children's snacks shouldn't be filled with nutrition-less refined flour, white sugar, and hidden MSG-like flavor enhancers, which is what you'll find in most organic cheese crackers on the market. Instead, the options listed below are free from refined white flour and white sugar, and made with nutrient-dense whole food ingredients like seeds, whole grains, nuts, vegetables, and fruit. Keep in mind that popcorn, seeds, and nuts are choking hazards for young children, so products with those ingredients are good for older children.

You can stash any of these alternative snacks in your bag or car, or wherever you go and you'll always have a healthy snack handy for your child. If you truly want a replacement for cheesy Goldfish, I do have a solution for you! You'll find my homemade recipe for "Goldfish Crackers"



inside Food Babe Family, which I make with nutrient-dense spelt flour, organic butter, organic cheese, and seasonings.

I encourage you to print this list and share it with your school district office, teachers, and daycare providers. Also give a copy of this list to all the other parents you know who have young children. It's time to move the world off of the Goldfish Crackers bandwagon and onto healthier snacks for our children. This will make it so much easier for all of us to have good options readily available. With all the options provided here, there's no excuse to ever buy Goldfish Crackers ever again. Am I right?



Over 100 Packaged Snacks Better Than Goldfish Crackers

Crunchy & Crispy Snacks:

1. Suzie's Organic Brown Rice Puffed Thin Cakes
2. Suzie's Organic Buckwheat with Quinoa & Flax Thin Cakes
3. Suzie's Organic Multigrain Thin Cakes
4. Suzie's Organic Organic Saltine Crackers with Olive Oil
5. Suzie's Organic Saltine Crackers with Rosemary
6. Suzie's Organic Spelt & Flax Thin Cakes
7. Lundberg Organic Brown Rice Cakes
8. Lundberg Red Rice & Quinoa Organic Thin Stackers
9. Lundberg Brown Rice Lightly Salted Organic Thin Stackers
10. Lundberg Basil & Thyme Brown Rice Organic Thin Stackers
11. Lundberg Sea Salt Organic Rice Chips
12. LesserEvil Himalayan Pink Salt Organic Popcorn
13. LesserEvil Avocado-licious Organic Popcorn
14. LesserEvil Oh My Ghee Organic Popcorn
15. Lesser Evil Himalayan Pink Salt Organic Paleo Puffs
16. LesserEvil Lil' Puffs, Voyager Veggie
17. LesserEvil Himalayan Pink Salt Organic Sun Poppers
18. Natierra Nature's Organic Freeze-Dried Peas
19. Edward & Sons Organic Unsalted Plain Brown Rice Snaps
20. Edward & Sons Organic Toasted Onion Brown Rice Snaps
21. Mary's Gone Crackers
22. Mary's Gone Super Seed Crackers
23. Mary's Gone Sea Salt Pretzels
24. Brad's Kale Veggie Chips

25. Brad's Sweet Potato Veggie Chips
26. Brad's Cheddar Veggie Chips
27. Brad's Broccoli Cheddar Veggie Chips
28. Brad's Veggie Flats
29. Brad's Crunchy Kale
30. Barnana Plantain Chips Himalayan Pink Sea Salt
31. Barnana Plantain Chips Acapulco Lime
32. Barnana Plantain Chips Sea Salt & Vinegar
33. Barnana Plantain Crisps Sea Salt
34. Barnana Plantain Crisps Garlic
35. Barnana Plantain Nuggets Chili Lime
36. Barnana Plantain Nuggets Sea Salt
37. Flackers Black Sesame and Black Pepper Crackers
38. Flackers Cinnamon & Currants Crackers
39. Flackers Garden Vegetable Crackers
40. Flackers Simply Salted Flax & Fonio Crackers
41. Flackers Rosemary Crackers
42. Flackers Savory Crackers
43. Flackers Sea Salt Crackers
44. Flackers Tomato and Basil Crackers
45. Hu Everything Grain-Free Crackers
46. Hu Sea Salt Grain-Free Crackers
47. Hu Pizza Grain-Free Crackers
48. Rhythm Kale Chips
49. Rhythm Cauliflower Bites Sea Salt
50. Rhythm Broccoli Bites Sea Salt
51. Rhythm Beet Chips
52. Rhythm Carrot Sticks
53. Simple Mills Organic Seed Flour Crackers
54. Simple Mills Everything Organic Seed Flour Crackers

55. Simple Mills Garlic & Herb Organic Seed Flour Crackers
56. Simple Mills Farmhouse Cheddar Almond Flour Crackers
57. Simple Mills Fine Ground Sea Salt Almond Flour Crackers
58. Simple Mills Rosemary & Sea Salt Almond Flour Crackers
59. Simple Mills Sun-dried Tomato & Basil Almond Flour Crackers
60. Simple Mills Cracked Black Pepper Almond Flour Crackers
61. Unique Organic Sprouted Wheat Pretzels
62. NUD BBQ Sweet Potato Crackers*
63. NUD Cheezy Sweet Potato Crackers*
64. NUD Original Sweet Potato Crackers*
65. NUD Tomato Herb Sweet Potato Crackers*
66. NUD Keto Carrot Flax Crackers*
67. NUD Keto Everything Flax Crackers*
68. NUD Keto Simple Seed Flax Crackers*

Savory Snacks:

69. Gaea Green Olives
70. Sunfood Black Olives
71. SeaSnax Seaweed Snacks
72. Artisana Organics Raw Cashew Butter Packets
73. Artisana Raw Almond Butter Packets
74. Artisana Mac-Coconut Nut Butter Packets
75. Artisana Raw Pecan Butter Packets
76. Go Raw Sprouted Pumpkin Seeds
77. Go Raw Sprouted Sunflower Seeds
78. Go Raw Sprouted Spicy Fiesta Seeds
79. Go Raw Sprouted Sea Salt & Vinegar Seeds
80. Food to Live Organic Raw Almonds
81. Terrasoul Superfoods Organic Raw Cashews
82. NOW Real Food Organic Raw Cashews

83. NOW Real Food Organic Raw Walnuts
84. Thrive Market Organic Raw Macadamia Nuts
85. Elan Organic Raw Pistachio Kernels
86. NOW Real Food Organic Raw Pecans
87. Foods Alive Organic Wild Jungle Peanuts
88. NOW Foods Organic Raw Brazil Nuts
89. The Good Bean Crunchy Chickpeas Sea Salt
90. Divine Organics Golden Princess Mix
91. Nick's Sticks 100% Grass-Fed Beef Snack Sticks
92. Nick's Sticks Free Range Turkey Sticks
93. Nick's Sticks Free Range Chicken Sticks
94. Thrive Market Organic Coconut Chips
95. Trail Mix (make your own with raw nuts, seeds, and dried fruit)

Sweet Snacks:

96. Truvani The Only Bar Chocolate Brownie
97. Truvani The Only Bar Mint Chocolate
98. Truvani The Only Bar Chocolate Peanut Butter
99. Truvani The Only Bar Coconut Cashew
100. Truvani The Only Bar Oatmeal Chocolate Chip
101. Truvani The Only Bar Peanut Butter
102. Simple Mills Honey Cinnamon Seed & Nut Flour Sweet Thins
103. Simple Mills Chocolate Brownie Seed & Nut Flour Sweet Thins
104. Simple Mills Mint Chocolate Seed & Nut Flour Sweet Thins
105. Simple Mills Nutty Banana Bread Soft Baked Bars
106. Simple Mills Spiced Carrot Cake Soft Baked Bars
107. Artisana Hazelnut Cacao Spread Packets
108. Artisana Cashew Cacao Spread Packets
109. Go Raw Dark Chocolate Sprouted Coconut Clusters
110. Go Raw Sweet 'n Crunchy Sprouted Coconut Clusters

111. Go Raw Sprouted Sweet Cinnamon Seeds
112. Natierra Nature's Organic Freeze-Dried Bananas
113. Natierra Nature's Organic Freeze-Dried Mangoes
114. Natierra Nature's Organic Freeze-Dried Raspberries
115. Natierra Nature's Organic Freeze-Dried Strawberries
116. Natierra Nature's Organic Freeze-Dried Apples
117. Natierra Nature's Organic Freeze-Dried Pineapple
118. Natierra Nature's Organic Freeze-Dried Tropical Fruits
119. Thousand Lakes Freeze-Dried Strawberries
120. Nova Scotia Organics Freeze-Dried Wild Blueberries
121. Made in Nature Toasted Cinnamon Coconut Chips
122. Made In Nature Organic Maple Vanilla Coconut Chips
123. Joolies Organic Medjool Dates Snack Packs
124. North Coast Organic Apple Sauce Cups
125. North Coast Organic Apple Sauce with Cinnamon
126. Raw Crunch Blueberry Lemon Bars
127. Raw Crunch Cranberry Orange Bars
128. Raw Crunch Goji Berry Bars
129. Raw Crunch Mango Coconut Bars
130. NUD Chocolate Covered Bananas*
131. NUD Cacao Banana Crisps*
132. NUD Spirulina Banana Crisps*
133. Mavuno Harvest Dried Bananas
134. Mavuno Harvest Dried Tropical Mix
135. Mavuno Harvest Organic Dates
136. Made In Nature Organic Medjool Dates

Chewy Snacks:

137. Looney Pruney Organic Pitted Prunes
138. Newman's Own Organic Raisins
139. Navitas Organics Goji Berries

140. Navitas Organics Goldenberries
141. Navitas Organics Mulberries
142. Food To Live Organic Dried Bing Cherries
143. Food To Live Organic Dried Pineapple Rings
144. Food To Live Organic Golden Berries
145. Food To Live Organic Dried Apples
146. Food To Live Organic Dried Apricots
147. Food To Live Organic Dried Mango Cheeks
148. Food To Live Organic Raisins
149. Manuvo Harvest Fruit Bites: Pineapple & Passionfruit
150. Manuvo Harvest Fruit Bites: Mango & Coconut
151. Manuvo Harvest Fruit Bites: Pineapple & Cinnamon
152. Manuvo Harvest Fruit Bites: Banana & Cocoa
153. Manuvo Harvest Fruit Bites: Banana & Coconut
154. Mavuno Harvest Dried Jackfruit
155. Mavuno Harvest Dried Mango
156. Mavuno Harvest Dried Papaya
157. Mavuno Harvest Dried Pineapple
158. Peaceful Fruits Organic Fruit Strips
159. Barnana Coconut Chewy Banana Bites
160. Barnana Banana Chewy Bites
161. Barnana Mango Goldenberry Chewy Bites
162. Made In Nature Banana-rama Figgy Pops
163. Made In Nature Ch-Ch-Cherry Figgy Pops
164. Made In Nature Tropical Passion Figgy Pops
165. Made in Nature Dried Pineapples
166. Made In Nature Dried Smyrna Figs
167. Made In Nature Dried Apricots
168. Made In Nature Apple Rings
169. Made In Nature Dried Mangos

- 170.** Made In Nature Dried Bananas
- 171.** Made In Nature Goji Berries
- 172.** Made In Nature Raisins
- 173.** Made In Nature Dried Plums (Prunes)
- 174.** Peeled Snacks Dried Mango
- 175.** Peeled Snacks Dried Apple
- 176.** Peeled Snacks Paradise Blend
- 177.** Peeled Snacks Chili Mango
- 178.** Patience Organic Dried Cranberries
- 179.** Eden Organic Dried Cranberries
- 180.** Rhythm Watermelon Slices
- 181.** Pan's Teriyaki Mushroom Jerky
- 182.** Pan's Original Mushroom Jerky
- 183.** Pan's Zesty Thai Mushroom Jerky
- 184.** Pan's Curry Mushroom Jerky
- 185.** Pan's Salt & Pepper Mushroom Jerky
- 186.** Nature's Wild Organic Rainbow Fruit Mix

*NUD is a Canadian brand, you can order on their website with shipping to the USA.