



40+ Clean Costco Snacks Guide

Real food, nutrient-dense options



Clean, kid-friendly, high-protein, low-tox snacks you can feel good about tossing into your cart. Costco might be bulk—but it can also be better. This guide highlights real-food, nutrient-dense snacks that support your family's wellness, especially compared to conventional options at Sam's Club (spoiler: Costco wins big in produce and clean brands).

Clean Protein-Powered Picks

- Grass-Fed Beef Sticks (Paleo Valley, Archer's, or Chomps)
- Hard-Boiled Organic Eggs (Kirkland Signature)
- Organic Yogurt (Kirkland Signature)
- Kirkland's Wild Caught Salmon
- Organic Chicken Sausage Links
- Pro2Go Grilled Chicken Strips
- Tillamook Cheese Wheels
- Originals Organic Roasted Turkey Breast
- Okami Organic Edamame
- Safe Catch Tuna
- S&W Organic Garbanzo Beans
- Organic Hemp Hearts
- Amyly Chicken Sausages & Burgers

Fruit + Veggie Based Snacks

- Bare Apple Chips
- Organic Freeze-Dried Mango or Strawberries
- Organic Roasted Seaweed Snacks (Kirkland Signature)
- Baby Cucumbers + Hummus Cups
- Once Upon A Farm Pouches
- Mini Guacamole Cups (Avocado + lime, clean oils)
- Tzatziki Dip with Veggie Packs
- Bear Fruit Rolls

Pantry Favorites

- Simple Mills Almond Flour Crackers
- Boulder Avocado + sea salt chips
- Jackson's sweet potato chips

- RX Bars / Perfect Bars (Variety Pack)
- Organic Peanut Butter (Kirkland, no added oils)
- Organic Trail Mix (Unsweetened)
- Chia Squeeze Pouches (Mama Chia)
- Go Raw Organic Pumpkin Seeds
- Kirkland Unsalted Mixed Nuts
- Wonderful Pistachios
- Organic tortilla chips
- Chia & Hemp Seeds (Smoothie add-ins)
- RW Garcia Sweet Potato Crackers

Kid-Friendly + Travel-Safe Picks

- Bear Fruit Rolls
- That's It Fruit Bars (2 ingredients)
- Lesser Evil Popcorn (Avocado or coconut oil)
- Siete Grain-Free Tortilla Chips
- Harvest Snaps Pea Crisps
- Organic Pretzel Chips
- Crunchmaster Crackers (Gluten-free)
- Wilde Protein Chips (Egg-white based)

Healthy Bars & Bite-Size Treats

- Larabars (Fruit + nut only)
- KIND Minis / Nut Bars (Low sugar, 5–6g protein)
- Made Good Granola Minis (Allergen-friendly)
- Smartfood Popcorn Cups (Simple, portioned)

Tips for Reading Costco Labels

- Choose snacks with \leq 5 real ingredients
- Avoid canola, soybean, or sunflower oils
- Prioritize clean protein + healthy fat combos
- Be mindful of added sugars and "natural flavors"

Use this guide for: easy school lunches, road trip snacks, post-sport fuel for kids, supporting metabolic health + avoiding crashes!