



KIND Portfolio 101

nice to meet you, we're KIND

Since our founding in 2004, we've been on a mission to make the world a little kinder one snack and one act at a time. Today, we have a family of over 80 snacks that offers solutions for a variety of different occasions.

We're excited for you to take a closer look into what makes our snacks healthy & tasty.

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KIND® Snacks

our brand promise is to create healthy AND tasty snacks made with real, recognizable premium ingredients

get to know the different product lines



KIND® Nut Bars



KIND® Minis



KIND® Thins



KIND Protein From Real Food®



KIND® Energy



KIND Healthy Grains® Bars



KIND Healthy Grains® Bars Drizzled



KIND® Breakfast



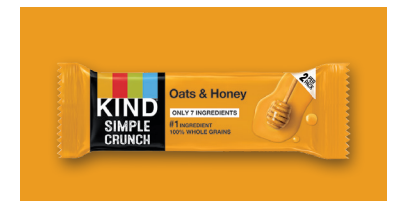
KIND Kids® Bars



KIND® Nut Butter Filled Bars



KIND® Minis Chewy



KIND® Simple Crunch



KIND® Oatmeal



KIND Healthy Grains® Granola



KIND® Dipped Clusters



KIND® Cereal Bar



KIND® Soft Baked Granola



KIND® Specialty Nuts, Seeds, & Trail Mix

you can't pick a favorite until you try them all

KIND® Nut Bars

Dark Chocolate Nuts & Sea Salt
Caramel Almond & Sea Salt
Peanut Butter Dark Chocolate
Dark Chocolate Cherry Cashew
Cranberry Almond
Almond & Coconut
Salted Caramel & Dark Chocolate Nut
Dark Chocolate Almond & Coconut
Dark Chocolate Mocha Almond
Milk Chocolate Almond
Milk Chocolate Peanut Butter
Extra Dark Chocolate Nuts & Sea Salt
Blueberry Vanilla Cashew
Peanut Butter
Maple Glazed Pecan & Sea Salt
Dark Chocolate Almond Mint
Fruit & Nut
Pomegranate Blueberry Pistachio
Madagascar Vanilla Almond
Honey Roasted Nuts & Sea Salt

KIND® Minis

Dark Chocolate Nuts & Sea Salt
Caramel Almond & Sea Salt
Peanut Butter Dark Chocolate
Dark Chocolate Cherry Cashew
Salted Caramel Dark Chocolate Nut
Dark Chocolate Almond Coconut

KIND® Thins

Dark Chocolate Nuts & Sea Salt
Caramel Nuts & Sea Salt with Peanuts
Peanut Butter Dark Chocolate
Dark Chocolate Cherry Cashew

KIND Protein From Real Food®

Crunchy Peanut Butter
Dark Chocolate Nut
Caramel Nut
Almond Butter Dark Chocolate

KIND® Energy

Chocolate Chunk
Peanut Butter
Dark Chocolate Peanut Butter

KIND Healthy Grains® Bars

Dark Chocolate Chunk
Peanut Butter Dark Chocolate
Oats & Honey with Toasted Coconut
Vanilla Blueberry
Double Dark Chocolate
Almond Butter Dark Chocolate

KIND Healthy Grains® Bars Drizzled

Milk Chocolate Chunk
Dark Chocolate Peanut Butter
Salted Caramel

KIND® Breakfast

Peanut Butter
Honey Oat
Blueberry Almond
Protein Dark Chocolate
Protein Almond Butter
Protein Peanut Butter Banana
Dark Chocolate

KIND® Cereal Bars

Chocolate with Almonds
Peanut Butter
Cinnamon with Almonds
Honey Nut

KIND Kids®

Chocolate Chip
Peanut Butter Chocolate Chip

KIND® Nut Butter Filled

Chocolate Peanut Butter
Honey Almond Butter

KIND® Simple Crunch

Oats & Honey
Peanut Butter
Oats & Dark Chocolate

KIND® Minis Chewy

Dark Chocolate
Peanut Butter

KIND® Dipped Clusters

Dark Chocolate Vanilla Cashew
Dark Chocolate Nuts & Berries
Dark Chocolate Almond Butter

KIND Healthy Grains® Granola

Oats & Honey Granola
Peanut Butter Clusters
Cinnamon Oat Granola
Dark Chocolate Clusters
Almond Butter Clusters
Vanilla Blueberry Granola
Raspberry Granola
Maple Quinoa Granola

KIND® Oatmeal

Apple Cinnamon Almond
Dark Chocolate Almond
Protein Maple Almond
Protein Caramel Almond

KIND® Soft Baked Granola

Dark Chocolate Peanut Butter
Dark Chocolate Chunk

KIND® Specialty Nuts

Roasted & Salted Cashews
Raw Cashews
Roasted Unsalted Cashews
Roasted & Salted Almonds
Roasted Unsalted Almonds
Raw Almonds
Sliced Almonds
Dry Roasted & Salted Marcona Almonds
Dry Roasted & Salted Pistachio Kernels
Roasted & Salted Pistachios
Dry Roasted Unsalted Brazil Nuts
Dry Roasted Unsalted Macadamia Nuts
Walnut Halves and Pieces
Pecan Halves
Roasted & Salted Premium Nut Mix
Roasted Unsalted Premium Nut Mix

KIND® Seeds

Roasted & Salted Pumpkin Seeds
Roasted & Salted Sunflower Seeds
Raw Pumpkin Seeds

KIND® Trail Mix

Pecan Cranberry Cashew with
Pistachios & Cherries
Cashew Cranberry Walnut with Almonds
& Pumpkin Seeds

KIND® Nut Bars



product overview

- #1 ingredient nuts
- No genetically engineered ingredients
- Gluten free
- 20 flavor offerings

related talk points

- These bars are where our journey started and it was simple: whole ingredients like nuts, mixed with fruits and spices
- Take these bars anywhere on-the-go

nutrition breakdown

serving size	total calories
40g (1 bar)	160 - 200
total carbs	fiber
14 - 22g	3 - 7g
total sugars	added sugars
4 - 10g	2 - 9g
protein	
3 - 7g	

point of differentiation

Our **KIND® Nut Bars** are our heritage line which started it all in 2004. They are all built on a foundation of whole nuts, which are always the first ingredient, and certain flavors contain dried fruits.

KIND® Minis



product overview

- Half the size of an original **KIND® Nut Bar**
- 100 calories or less per bar
- #1 ingredient nuts
- Gluten free
- 6 flavor offerings

related talk points

- Made with whole nuts for a delicious crunchy texture
- 5g sugar or less per bar

nutrition breakdown

serving size	total calories
20g (1 bar)	80 - 100
total carbs	fiber
8 - 11g	1 - 4g
total sugars	added sugars
3 - 5g	2 - 4g
protein	
2 - 3g	

point of differentiation

KIND® Minis are half the size of the original KIND® Nut Bars, for a delicious 100 calorie snack that satisfies sweet cravings.

KIND® Thins



product overview

- Crafted with sliced almonds for a chewier crunch and a lighter bite
- 100 calories or less per bar
- #1 ingredient nuts
- Gluten free
- 4 flavor offerings

related talk points

- 5g sugar or less per bar
- Made with an indulgent caramel or chocolatey drizzle

point of differentiation

KIND® Thins are crafted with sliced almonds for a chewier crunch and a lighter bite, and drizzled with an indulgent caramel or chocolatey drizzle for a 100 calorie treat.

nutrition breakdown

serving size	total calories
21g (1 bar)	90 - 100
total carbs	fiber
10 - 12g	2g
total sugars	added sugars
4 - 5g	4g
protein	
2 - 3g	

KIND Protein From Real Food®



product overview

- Line of protein bars with #1 ingredient heart healthy nuts
- Each bar has 12g plant protein
- Gluten free
- 4 flavor offerings

related talk points

- The majority of the protein in **KIND Protein®** bars comes from nuts
- The first ingredient in all **KIND Protein®** bars, either peanuts or almonds, is nutritionally-dense

point of differentiation

KIND Protein® is 25% bigger than an original **KIND® Nut Bar**, for a more substantial snack.

nutrition breakdown

serving size	total calories
50g (1 bar)	250
total carbs	fiber
17 - 18g	5 - 6g
total sugars	added sugars
7 - 8g	5g
protein	
12g	

KIND® Energy



product overview

- Provides sustained energy from 100% whole grains (16 - 19g per bar)
- Good source of fiber (7-10g fat per bar)
- Gluten free
- 3 flavor offerings

related talk points

- 10g of protein
- #1 ingredient 100% whole grain oats

point of differentiation

KIND® Energy is packed with 10g of protein and 100% whole grains for sustained energy.

nutrition breakdown

serving size	total calories
60g	230 - 250
total carbs	fiber
31 - 34g	5g
total sugars	added sugars
13g	10g
protein	
10g	

KIND Healthy Grains® Bars



product overview

- Provides a full serving of whole grains from a unique blend of 5 super grains: oats, millet, buckwheat, amaranth and quinoa.
- Gluten free
- 6 flavor offerings

related talk points

- One of the first mainstream gluten free granola bar offerings
- All flavors are Non-GMO Project Verified (excluding **KIND Healthy Grains® Drizzled** bars)

point of differentiation

The featured ingredients in **KIND Healthy Grains®** bars are whole grains, while the main ingredients in our nut-based bars are nuts like almonds, cashews and peanuts.

nutrition breakdown

serving size	total calories
35g (1 bar)	140 - 150
total carbs	fiber
22 - 24g	2 - 2.5g
total sugars	added sugars
5 - 8g	5 - 8g
protein	
2 - 3g	

KIND® Healthy Grains Drizzled Bars



product overview

- Made with 5 super grains, oats, millet, buckwheat, amaranth and quinoa, like or original **KIND Healthy Grains®** bars, with a sweet coating and drizzle for added richness.
- Gluten free
- 3 flavor offerings

related talk points

- Made with 100% whole grains
- No genetically engineered ingredients

nutrition breakdown

serving size	total calories
33g (1 bar)	140
total carbs	fiber
22 - 23g	3g
total sugars	added sugars
7 - 8g	7 - 8g
protein	
2g	

point of differentiation

The featured ingredients in **KIND Healthy Grains® Drizzled** are whole grains. A sweet coating and drizzle makes this a more indulgent snack than our regular **KIND Healthy Grains®** bars.

KIND® Breakfast Bars



product overview

- Made with 5 super grains: oats, millet, buckwheat, amaranth, and quinoa
- Sustained energy from 100% whole grains
- Gluten free
- 6 flavor offerings

related talk points

- These soft-baked bars are a perfect part of an on-the-go breakfast
- Our **KIND® Breakfast Protein** bars are a good source of protein.

nutrition breakdown

serving size	total calories
50g (2 bars)	210 - 220
total carbs	fiber
27 - 33g	3g
total sugars	added sugars
9 - 11g	6 - 9g
protein	
3 - 8g	

point of differentiation

KIND® Breakfast bars were created with a specific eating occasion in mind – to be eaten as part of a complete breakfast – and with 2 bars per pack, they are a larger serving size than **KIND Healthy Grains®** bars.

KIND® Cereal Bar

shipping December 2022



product overview

- Good Source of Fiber
- Non-GMO Project Verified
- Sustained energy from 100% whole grain oats
- Gluten free
- 4 flavor offerings

related talk points

- Coated and drizzled with a unique plant-based oat milk coating to deliver sweetness, reminiscent of the classic cereal and milk combination

point of differentiation

KIND® Breakfast Cereal Bar is meant to be enjoyed on-the-go as part of a balanced breakfast and offers a good source of fiber to start the day off right. Its unique and differentiated texture and plant-based oat milk coating and drizzle is completely new to the KIND portfolio.

nutrition breakdown

serving size	total calories
44g (1 bar)	180-190
total carbs	fiber
29 - 30g	5-6g
total sugars	added sugars
9g	8g
protein	
3g	

KIND Kids® Bars



product overview

- Chewy granola bars that kids will love
- 100% whole grains
- Contains no artificial flavors, colors or preservatives
- Gluten free
- 2 flavor offerings

related talk points

- Each **KIND Kids®** bar has 25% less sugar than the leading competitor*
**The leading competitor contains 7g of sugar per 24g bar. KIND Kids® contains 5g of sugar per 23g bar*

point of differentiation

KIND Kids® is smaller than **KIND Healthy Grains®** bars (23g vs 35g) and has a chewier texture, for a perfectly portioned kids snack.

nutrition breakdown

serving size	total calories
23g (1 bar)	100
total carbs	fiber
15 - 16g	1g
total sugars	added sugars
5g	5g
protein	
1 - 2g	

KIND® Nut Butter Filled Bars



product overview

- Non-GMO Project Verified
- Made with real nut butter
- 100% Whole Grains
- No artificial colors, flavors, or preservatives
- Gluten free
- 2 flavor offerings

related talk points

- Delicious soft-baked texture
- Snack bar filled with real, creamy nut butter, and topped with crunchy nuts and a chocolatey drizzle

point of differentiation

KIND® Nut Butter Filled bars are made with real nut butter and 100% whole grains.

nutrition breakdown

serving size	total calories
37g (1 bar)	170
total carbs	fiber
20g	3g
total sugars	added sugars
8g	8g
protein	
4g	

KIND® Simple Crunch



product overview

- Granola bar with a perfect crunchy texture
- #1 ingredient 100% Whole Grain Oats
- Good Source of Fiber (6 - 7g fat per serving)
- Gluten free
- 3 flavor offerings

related talk points

- Made with 7-10 real ingredients, like 100% whole grain oats, rich cocoa, or real creamy nut butter

point of differentiation

KIND® Simple Crunch is our crunchy granola bar with a unique texture. It offers 100% whole grain oats and 7-10 simple ingredients per bar.

nutrition breakdown

serving size	total calories
40g (1 bar)	180
total carbs	fiber
26 - 28g	3g
total sugars	added sugars
9g	9g
protein	
3 - 4g	

KIND® Minis Chewy



product overview

- Made with 3 super grains: oats, millet, and quinoa
- Offers portion control
- 100 calories
- 5g sugar
- Gluten free
- 2 flavor offerings

related talk points

- **KIND® Minis Chewy** are made with indulgent flavors and include a sweet coating and decadent drizzle

point of differentiation

Your favorite **KIND® Minis** bar now with a chewy twist. **Kind® Minis Chewy** bars offer a chewy and decadent portion controlled snack at home or on-the-go.

nutrition breakdown

serving size	total calories
23g (1 bar)	100
total carbs	fiber
15 - 16g	2g
total sugars	added sugars
5g	5g
protein	
1 - 2g	

KIND Healthy Grains® Granola



product overview

- Made with a unique blend of 5 super grains: oats, millet, buckwheat, amaranth, and quinoa
- Provides at least one full serving of whole grains
- Good Source of Fiber
- 5-10g Protein
- Gluten free
- 8 flavor offerings

related talk points

- **KIND Healthy Grains® Granola** flavors are made from a delicious blend of 5 super grains and wholesome ingredients like real fruit pieces, chia seeds and flax seeds
- **KIND Healthy Grains® Clusters** flavors have a similar nutritional profile, and pack a nutritious punch of 10g protein per serving

point of differentiation

KIND Healthy Grains® Granola are versatile and can be enjoyed on-the-go, over yogurt or with milk.

nutrition breakdown

serving size	total calories
2/3 cup (65g)	230 - 260
total carbs	fiber
37 - 45g	3 - 9g
total sugars	added sugars
7 - 12g	7 - 12g
protein	
5 - 10g	

KIND® Soft Baked Granola

shipping December 2022



product overview

- Provides at least one full serving of whole grains
- Good Source of Fiber (7-10g fat per serving)
- Gluten free
- 2 flavor offerings

related talk points

- Delicious, soft and chewy texture
- Available in 2 flavors with indulgent ingredients like dark chocolate chunks and creamy peanut butter, making them perfect for snacking

point of differentiation

KIND® Soft Baked Granola delivers a unique soft and chewy texture that’s perfect to enjoy as part of your breakfast or as a snack by the handful. The combination of 100% whole grain oats and brown rice crisps are baked to perfection to create a soft and chewy bite that’s completely new to the **KIND Healthy Grains®** portfolio.

nutrition breakdown

serving size 1/2 cup (55g)	total calories 230
total carbs 33-34g	fiber 4g
total sugars 10g	added sugars 10g
protein 4-5g	

KIND® Oatmeal



product overview

- #1 Ingredient 100% Whole Grain Oats
- Good Source of Fiber
- Gluten free
- 4 flavor offerings

related talk points

- **KIND® Oatmeal** combines 100% whole grain oats and sliced almonds with ingredients like dark chocolate chunks or real fruit for delicious flavor and crunch in every bite
- **KIND® Protein Oatmeal** flavors have everything that makes our original **KIND® Oatmeal** special plus 10g of protein per serving

point of differentiation

KIND® Oatmeal features premium, delicious inclusions like toasted almonds, dark chocolate chunks and real fruit already mixed in.

nutrition breakdown

serving size 1 packet (43g)	total calories 170 - 180
total carbs 23 - 29g	fiber 3 - 4g
total sugars 7 - 9g	added sugars 4 - 9g
protein 5 - 10g	

KIND® Dipped Clusters



product overview

- Poppable nut clusters dipped in decadent chocolate
- Like a bite-sized version of a **KIND® Nut Bar**
- Gluten free
- 3 flavor offerings

related talk points

- All-in-one convenient treat with creamy & crunchy texture.
- 4g plant protein per serving and #1 ingredient almonds or cashews
- No genetically engineered ingredients

point of differentiation

KIND® Dipped Clusters feature premium, nutrient dense nuts covered in decadent, melt-in-your-mouth chocolate for a perfect bite, every time.

nutrition breakdown

serving size	total calories
30g	140 - 150
total carbs	fiber
12 - 13g	2 - 3g
total sugars	added sugars
6 - 7g	6g
protein	
4g	

KIND® Specialty Nuts, Seeds, & Trail Mix



product overview

- No Genetically Engineered Ingredients
- Gluten free
- Over 20 different offerings

related talk points

- Wide assortment of premium nuts, seeds, dried fruit and snack mixes in convenient, resealable packaging
- Texture varies widely depending on ingredients and can range from crunchy cashews to chewy dried cranberries

most-loved products

- Cashew Cranberry Walnut with Almonds & Pumpkin Seeds
 - Pecan Cranberry Cashew with Pistachios & Cherries
 - Roasted & Salted Premium Nut Mix
 - Roasted & Salted Cashews
 - Roasted & Salted Pistachios
 - Roasted & Salted Almonds
 - Dry Roasted Unsalted Brazil Nuts
 - Roasted Unsalted Premium Nut Mix
- ...and many more!**

product information

KIND® Nut Bars	Non-GMO Project Verified	Kosher	Gluten Free	Dairy Allergen Labeling	Peanut Allergen Labeling	Tree Nut Allergen Labeling	Sesame Allergen Labeling	Soy Allergen Labeling
Dark Chocolate Nuts & Sea Salt	YES	OU	YES		C	C	MC	C
Caramel Almond & Sea Salt	YES	OU-D	YES	C	MC	C	MC	C
Peanut Butter Dark Chocolate	YES	OU	YES		C	C	MC	C
Dark Chocolate Cherry Cashew	YES	OU	YES		C	C	MC	C
Cranberry Almond	YES	OU	YES		MC	C	MC	C
Almond & Coconut	YES	OU	YES		MC	C	MC	C
Salted Caramel & Dark Chocolate Nut	YES	OU	YES		C	C	MC	C
Dark Chocolate Almond & Coconut	YES	OU	YES		MC	C	MC	C
Dark Chocolate Mocha Almond	YES	OU	YES		MC	C	MC	C
Milk Chocolate Almond	YES	OU-D	YES	C	C	C	MC	C
Milk Chocolate Peanut Butter	YES	OU-D	YES	C	C	C	MC	C
Extra Dark Chocolate Nuts & Sea Salt	YES	OU	YES		C	C	MC	C
Blueberry Vanilla Cashew	YES	OU	YES		MC	C	MC	C
Peanut Butter	YES	OU-D	YES	C	C	MC	MC	C
Dark Chocolate Almond Mint	YES	OU	YES		MC	C	MC	C
Fruit & Nut	YES	OU	YES		C	C	MC	C
Pomegranate Blueberry Pistachio	YES	OU	YES		MC	C	MC	C
Madagascar Vanilla Almond	YES	OU	YES		C	C	MC	C
Honey Roasted Nuts & Sea Salt	YES	OU	YES		C	C	MC	C

KIND® Minis

Dark Chocolate Nuts & Sea Salt	YES	OU	YES		C	C	MC	C
Caramel Almond & Sea Salt	YES	OU-D	YES	C	MC	C	MC	C
Peanut Butter Dark Chocolate	NO	OU	YES		C	C	MC	C
Dark Chocolate Cherry Cashew	NO	OU	YES		C	C	MC	C
Salted Caramel Dark Chocolate Nut	NO	OU	YES		C	C	MC	C
Dark Chocolate Almond Coconut	NO	OU	YES		MC	C	MC	C

Product information is subject to change. Please refer to product packaging for the most up-to-date information.

KEY

C = Contains
MC = May contain

product information

KIND® Thins	Non-GMO Project Verified	Kosher	Gluten Free	Dairy Allergen Labeling	Peanut Allergen Labeling	Tree Nut Allergen Labeling	Sesame Allergen Labeling	Soy Allergen Labeling
Dark Chocolate Nuts & Sea Salt	YES	OU-D	YES		C	C	MC	C
Caramel Almond & Sea Salt	YES	OU-D	YES	C		C	MC	C
Peanut Butter Dark Chocolate	YES	OU-D	YES		C	C		C
Dark Chocolate Cherry Cashew	YES	OU-D	YES		C	C	MC	C

KIND Protein From Real Food™ Bars

Crunchy Peanut Butter	YES	OU-D	YES	C	C	MC	MC	C
Dark Chocolate Nut	YES	OU	YES		C	C	MC	C
Caramel Nut	YES	OU-D	YES	C	C	C	MC	C
Almond Butter Dark Chocolate	YES	OU-D	YES	C	C	C	MC	C

KIND® Energy

Chocolate Chunk	NO	OU	YES		MC	MC		C
Peanut Butter	YES	OU	YES		C	MC		C
Dark Chocolate Peanut Butter	NO	OU	YES		C	MC		C

KIND Healthy Grains® Bars

Dark Chocolate Chunk	YES	OU	YES		MC	MC	MC	C
Peanut Butter Dark Chocolate	YES	OU	YES		C	MC	MC	C
Oats & Honey with Toasted Coconut	YES	OU	YES		MC	MC	MC	MC
Vanilla Blueberry	YES	OU	YES		MC	MC	MC	MC
Double Dark Chocolate	YES	OU	YES		MC	MC	MC	C
Almond Butter Dark Chocolate	YES	OU	YES		MC	C	MC	C

KIND Healthy Grains® Bars Drizzled

Milk Chocolate Chunk	NO	OU-D	YES	C				C
Dark Chocolate Peanut Butter	YES	OU-D	YES		C			C
Salted Caramel	YES	OU-D	YES	C				C

Product information is subject to change. Please refer to product packaging for the most up-to-date information.

KEY

C = Contains
MC = May contain

product information

KIND Breakfast® Bars	Non-GMO Project Verified	Kosher	Gluten Free	Dairy Allergen Labeling	Peanut Allergen Labeling	Tree Nut Allergen Labeling	Sesame Allergen Labeling	Soy Allergen Labeling
Peanut Butter	YES	OU	YES		C	MC		MC
Honey Oat	YES	OU	YES		MC	MC		MC
Blueberry Almond	YES	OU	YES		MC	C		MC
Protein Dark Chocolate	YES	OU	YES		MC	MC		C
Protein Almond Butter	YES	OU	YES		MC	C		C
Protein Peanut Butter Banana Dark Chocolate	YES	OU	YES		C	MC		C

KIND® Cereal Bar	Non-GMO Project Verified	Kosher	Gluten Free	Dairy Allergen Labeling	Peanut Allergen Labeling	Tree Nut Allergen Labeling	Sesame Allergen Labeling	Soy Allergen Labeling
Chocolate with Almonds	YES	OU	YES		MC	C	MC	C
Peanut Butter	YES	OU	YES		C	MC	MC	C
Cinnamon with Almonds	YES	OU	YES		MC	C	MC	C
Honey Nut	YES	OU	YES		MC	C	MC	C

KIND Kids®	Non-GMO Project Verified	Kosher	Gluten Free	Dairy Allergen Labeling	Peanut Allergen Labeling	Tree Nut Allergen Labeling	Sesame Allergen Labeling	Soy Allergen Labeling
Chocolate Chip	YES	OU	YES		MC	MC		
Peanut Butter Chocolate Chip	YES	OU	YES		C	MC		

KIND® Nut Butter Filled	Non-GMO Project Verified	Kosher	Gluten Free	Dairy Allergen Labeling	Peanut Allergen Labeling	Tree Nut Allergen Labeling	Sesame Allergen Labeling	Soy Allergen Labeling
Chocolate Peanut Butter	YES	OU-D	YES		C	C	MC	C
Honey Almond Butter	YES	OU-D	YES		MC	C	MC	C

KIND® Simple Crunch	Non-GMO Project Verified	Kosher	Gluten Free	Dairy Allergen Labeling	Peanut Allergen Labeling	Tree Nut Allergen Labeling	Sesame Allergen Labeling	Soy Allergen Labeling
Oats & Honey	YES	OU	YES		MC	MC	MC	MC
Peanut Butter	YES	OU	YES		C	MC	MC	MC
Dark Chocolate & Oats Chocolate	YES	OU	YES		MC	MC	MC	MC

Product information is subject to change. Please refer to product packaging for the most up-to-date information.

KEY

C = Contains
MC = May contain

product information

KIND® Minis Chewy	Non-GMO Project Verified	Kosher	Gluten Free	Dairy Allergen Labeling	Peanut Allergen Labeling	Tree Nut Allergen Labeling	Sesame Allergen Labeling	Soy Allergen Labeling
Dark Chocolate	NO	OU-D	YES	MC	MC	MC		C
Peanut Butter	NO	OU-D	YES	C	C	MC		C

KIND Healthy Grains® Granola	Non-GMO Project Verified	Kosher	Gluten Free	Dairy Allergen Labeling	Peanut Allergen Labeling	Tree Nut Allergen Labeling	Sesame Allergen Labeling	Soy Allergen Labeling
Oats & Honey	YES	OU-D	YES		MC	MC	MC	MC
Peanut Butter	YES	OU-D	YES		C	MC	MC	C
Cinnamon Oat	YES	OU-D	YES		MC	MC	MC	MC
Dark Chocolate	YES	OU-D	YES		MC	MC	MC	C
Almond Butter	YES	OU-D	YES		MC	C	MC	C
Vanilla Blueberry	YES	OU-D	YES		MC	MC	MC	MC
Raspberry Chia	YES	OU-D	YES		MC	MC	MC	MC
Maple Quinoa	YES	OU-D	YES		MC	MC	MC	MC

KIND® Soft Baked Granola	Non-GMO Project Verified	Kosher	Gluten Free	Dairy Allergen Labeling	Peanut Allergen Labeling	Tree Nut Allergen Labeling	Sesame Allergen Labeling	Soy Allergen Labeling
Dark Chocolate Peanut Butter	YES	OU	YES		C	MC	MC	C
Double Dark Chunk	YES	OU	YES		MC	MC	MC	C

KIND® Oatmeal	Non-GMO Project Verified	Kosher	Gluten Free	Dairy Allergen Labeling	Peanut Allergen Labeling	Tree Nut Allergen Labeling	Sesame Allergen Labeling	Soy Allergen Labeling
Apple Cinnamon Almond	YES	OU	YES			C		
Dark Chocolate Almond	YES	OU	YES			C		C
Protein Maple Almond	YES	OU	YES			C		C
Protein Caramel Almond	YES	OU	YES			C		C

KIND® Dipped Clusters	Non-GMO Project Verified	Kosher	Gluten Free	Dairy Allergen Labeling	Peanut Allergen Labeling	Tree Nut Allergen Labeling	Sesame Allergen Labeling	Soy Allergen Labeling
Dark Chocolate Vanilla Cashew	NO	OU-D	YES	MC	MC	C	MC	C
Dark Chocolate Nuts & Berries	NO	OU-D	YES	MC	MC	C	MC	C
Dark Chocolate Almond Butter	NO	OU-D	YES	MC	MC	C	MC	C

Product information is subject to change. Please refer to product packaging for the most up-to-date information.

KEY

C = Contains
MC = May contain

product information

KIND® Specialty Nuts	Non-GMO Project Verified	Kosher	Gluten Free	Dairy Allergen Labeling	Peanut Allergen Labeling	Tree Nut Allergen Labeling	Sesame Allergen Labeling	Soy Allergen Labeling
Roasted & Salted Cashews	NO	OU	YES	MC	MC	C	MC	MC
Raw Cashews	NO	OU	YES	MC	MC	C	MC	MC
Roasted Unsalted Cashews	NO	OU	YES	MC	MC	C	MC	MC
Roasted & Salted Almonds	NO	OU	YES	MC	MC	C	MC	MC
Roasted Unsalted Almonds	NO	OU	YES	MC	MC	C	MC	MC
Raw Almonds	NO	OU	YES	MC	MC	C	MC	MC
Sliced Almonds	NO	OU	YES	MC	MC	C	MC	MC
Dry Roasted & Salted Marcona Almonds	NO	OU	YES	MC	MC	C	MC	MC
Dry Roasted & Salted Pistachio Kernels	NO	OU	YES	MC	MC	C	MC	MC
Roasted & Salted Pistachios	NO	OU	YES	MC	MC	C	MC	MC
Dry Roasted Unsalted Brazil Nuts	NO	OU	YES	MC	MC	C	MC	MC
Dry Roasted Unsalted Macadamia Nuts	NO	OU	YES	MC	MC	C	MC	MC
Walnut Halves and Pieces	NO	OU	YES	MC	MC	C	MC	MC
Pecan Halves	NO	OU	YES	MC	MC	C	MC	MC
Roasted & Salted Premium Nut Mix	NO	OU	YES	MC	MC	C	MC	MC
Roasted Unsalted Premium Nut Mix	NO	OU	YES	MC	MC	C	MC	MC
Roasted & Salted Sunflower Seeds	NO	OU	YES	MC	MC	MC	MC	MC

KIND® Seeds

Roasted & Salted Pumpkin Seeds	NO	OU	YES	MC	MC	MC	MC	MC
Raw Pumpkin Seeds	NO	OU	YES	MC	MC	MC	MC	MC

KIND® Trail Mix

Pecan Cranberry Cashew with Pistachios & Cherries	NO	OU	YES	MC	MC	C	MC	MC
Cashew Cranberry Walnut with Almonds & Pumpkin Seeds	NO	OU	YES	MC	MC	C	MC	MC

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Updated October 2022