Lisbon, Portugal Area Food Sources for Kid-Friendly Healthy Snacks

## Continente

Type: Supermarket

Address: Multiple locations in Lisbon

City: Lisbon

Description: Carries a wide selection of kid-friendly snacks including fruit bars, rice cakes, organic applesauce, and dairy-free yogurts.

Website: https://www.continente.pt/

Dietary Preferences/Tags: Kid-friendly, organic, dairy-free, gluten-free options

## Pingo Doce

Type: Supermarket

Address: Multiple locations in Lisbon

City: Lisbon

Description: Offers a variety of affordable healthy snack options for children such as dried fruits, fruit puree pouches, and non-sugar cereals.

Website: https://www.pingodoce.pt/

Dietary Preferences/Tags: Kid-friendly, no added sugar, budget-friendly

## Celeiro

Type: Health Food Store

Address: Multiple locations in Lisbon

City: Lisbon

Description: Health food store with a range of natural and organic snacks suitable for kids, including oat bars, puffed snacks, and allergen-friendly treats.

Website: https://www.celeiro.pt/

Dietary Preferences/Tags: Kid-friendly, organic, gluten-free, vegan

## Biomercado

Type: Organic Supermarket

Address: Multiple locations in Lisbon

City: Lisbon

Description: Organic market offering fruit crisps, veggie chips, and minimally processed treats suitable for children.

Website: https://www.biomercado.pt/

Dietary Preferences/Tags: Kid-friendly, organic, low sugar

## Maria Granel

Type: Organic Bulk Store

Address: Multiple locations in Lisbon

City: Lisbon

Description: Sells bulk dried fruits, nut-free granola, and whole grain snacks—ideal for making custom snack mixes for kids.

Website: https://mariagranel.com/

Dietary Preferences/Tags: Kid-friendly, nut-free options, organic

## GreenBeans

Type: Vegan Grocery Store

Address: Lisbon

City: Lisbon

Description: A vegan shop with fun and healthy snack alternatives for kids, including gummy fruit snacks, plant-based cookies, and bars.

Website: https://www.simbiotico.eco/en/ecospot/greenbeans

Dietary Preferences/Tags: Kid-friendly, vegan, allergen-conscious

## Lidl

Type: Supermarket

Address: Multiple locations in Lisbon

City: Lisbon

Description: Features affordable snack items for kids such as fruit cups, veggie pouches, and organic toddler snacks under its 'Bio Organic' label.

Website: https://www.lidl.pt/

Dietary Preferences/Tags: Kid-friendly, organic, budget