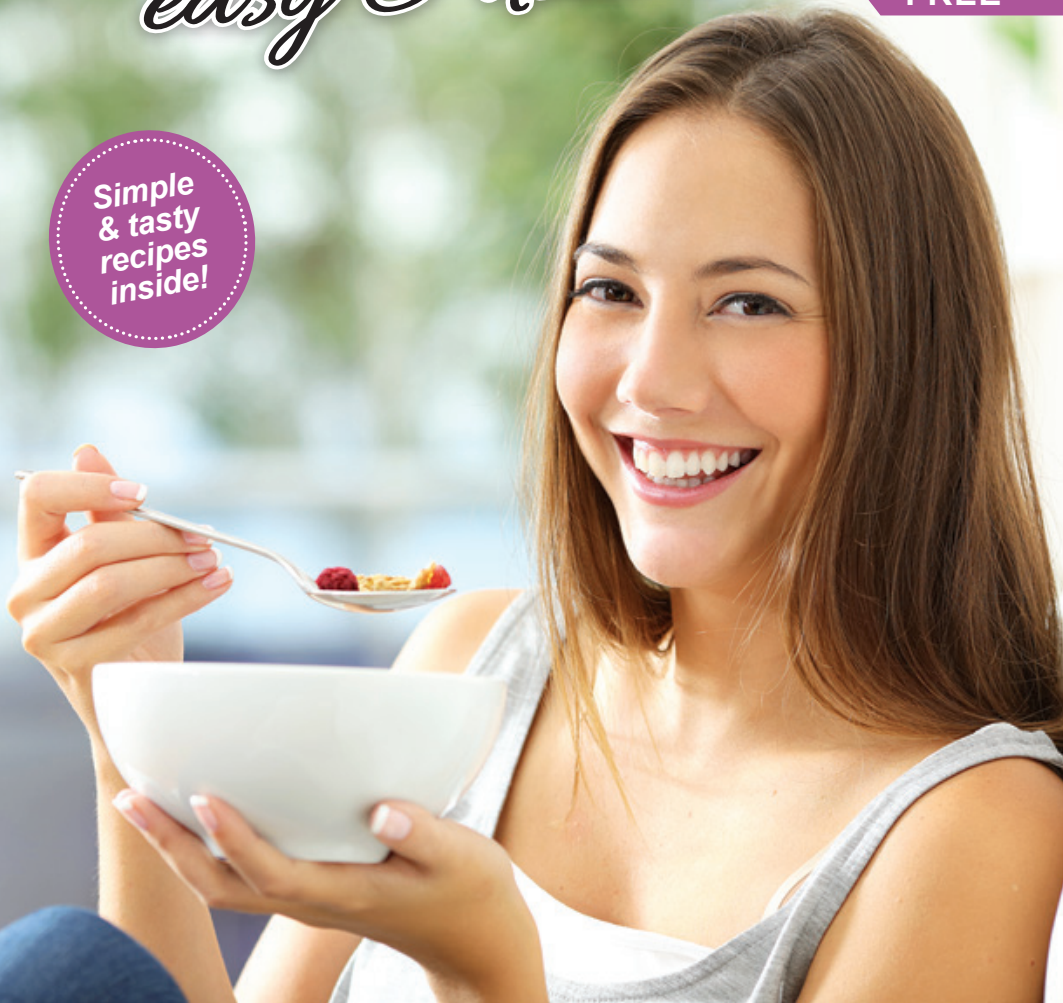


DAIRY FREE STARTER PACK

easy & delicious

FREE

Simple
& tasty
recipes
inside!



AFFORDABLE • KIND • HEALTHY

**ANIMAL
LIBERATION
TASMANIA**



Congratulations!

By opening this dairy free starter pack you are taking a huge step towards creating a kinder, healthier and more environmentally sustainable lifestyle. Simple choices, such as what we choose to purchase and consume, have the power to make great changes. When we make compassionate choices, we create a kinder world.

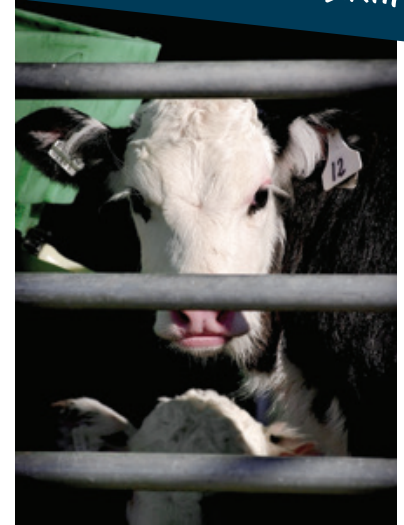


MALE CALVES ARE CONSIDERED THE DAIRY INDUSTRY'S "WASTE" AND ARE KILLED SOON AFTER BIRTH



Female calves are kept to continue the dairy industry's cycle of misery. Mothers call out their grief at the loss of their babies, sometimes for days and weeks. For the calves it is traumatic and frightening.

Bobby calves are worth very little financially. Bobby calf by-products are more lucrative than their meat, which is exported overseas and often used for human baby food. Their fourth stomach is dried and used in the production of cheeses, including parmesan. Other parts of their bodies are used for pharmaceutical products.



MILK

Where does it REALLY come from?

Calves are the victims of one of the most cruel, abusive and unnatural production systems.

Cows will only produce milk after giving birth. Calves compete with the dairy industry for cow's milk and are forcibly removed as quickly as possible, within 12 to 24 hours of being born.

In a natural environment female calves drink milk from their mothers for around 9 months and stay with their mothers for the rest of their lives. Males suckle until they are a year old and then leave the female herd.

Male, or "bobby", calves are considered the dairy industry's "waste" and are killed soon after birth, at a few days old or, if reared for veal, they are killed at 3 months.



Meet Sarah



Sarah's mother was forcibly impregnated and her birth was also triggered by force - a procedure known as "induction". She was then mutilated without anaesthesia (including having her horns disbudded and extra teats removed with a knife) and endured her first pregnancy at 2 years of age. All of her babies will be taken from her in the same way she was removed from her mother. She will be kept pregnant to continue producing milk for no other reason than so the dairy industry can continue taking from her.

She will be considered "spent" at 7 to 8 years and will be trucked to slaughter. Due to the toll on her body, her

meat will be regarded as "low quality" and turned into burgers, soup and baby food.

Like many cows in the dairy industry, Sarah suffers from mastitis and lameness. Australian farms report that up to 25% of animals suffer from lameness, which is a condition that has been likened to crushing all your fingernails in a door and then being forced to stand upright on your fingertips. This excruciating pain will force her to lie down as much as possible. The

swelling of her huge udder forces her back feet to splay out. When she stands she will arch her back and lower her head to try to take the weight off her tender hind limbs.

Coupled with this agony, Sarah suffers from mastitis. Mastitis is an inflammation of the mammary gland and is the most common affliction of dairy cattle around the world. Industry and veterinarians describe this as causing severe pain and distress.



“ THE DAIRY COW IS EXPOSED TO MORE ABNORMAL PHYSIOLOGICAL DEMANDS THAN ANY OTHER CLASS OF FARM ANIMAL. ”

– John Webster, Emeritus Professor of Animal Husbandry, Bristol University's Clinical Veterinary Science Department



Dairy farms are the largest source of methane and nitrous oxide production in south-east Australia. Despite common misconception, both of these gases are much more damaging to the environment than carbon dioxide.¹

In their 2006 report, *Livestock's Long Shadow*, the United Nations Food and Agriculture Organisation (FAO) reported that the livestock sector generates more greenhouse gas emissions than transport.

The greenhouse gas emission from producing 1kg of milk is equivalent to driving between 10-20km in a car.²

The dairy industry uses more than 10% of all water in Australia.³

How environmentally friendly is DAIRY?



While 550 litres of water are used to produce enough flour for a loaf of bread, a whopping 1020 litres of water is required to produce a single litre of milk.

The amount of waste excreted by a single dairy cow is equivalent to that produced by 20-40 people.⁴

THE GOOD NEWS:

We don't have to sacrifice our values for health

We don't need to consume dairy to have strong teeth and bones and to live healthy lives. Nutrients found in cow's milk can be found in plant sources with the added benefits of fibre, antioxidants and phytochemicals.



SIMPLY REPLACE

One of the easiest ways to drop dairy from our diets is to simply replace dairy based products with healthier, cleaner, and kinder alternatives.

Most of the products right can be found in major supermarkets, making

compassionate choices easier and more accessible than ever! This is by no means a complete list, so have a look around and see what other alternatives there are. Many brands have different flavours, so don't be afraid to experiment a little until you find which brand suit your taste buds best.



Plant based sources of calcium, such as kale and almonds, have more calcium by gram than dairy products



Eating out

Large restaurant chains, such as Subway, Crust Pizza and Sumo Salad, have started introducing dairy-free and vegan friendly alternatives.

Doughnut Time has multiple varieties of dairy free doughnuts so no one misses out! Thai, Indian, Mexican, Middle Eastern and Japanese restaurants often have many dairy free options to choose from.

Check out HappyCow.net for all the options in your local area!

A Healthier Way

Significant efforts have been made by the dairy industry to create educational campaigns about the benefits of consuming dairy products and to encourage daily consumption of dairy. However, numerous recent studies have linked dairy consumption to a range of serious health issues.

These include:

- Osteoporosis and lowered bone health⁵⁻⁸
- Ovarian cancer^{9, 10}
- Prostate cancer^{5, 11}
- Parkinson's disease^{12, 13}
- Type 1 diabetes¹⁴
- Cardiovascular disease¹⁵

The simple truth is that cows naturally

produce milk for their young in the same way all mammals do. We are the only species to breastfeed from another species and we are the only species to continue breast feeding as adults.

When dairy fat is replaced by vegetable fat, the risk of developing cardiovascular disease drops by 10%¹⁵

Did you know?

3 serves of dairy per day increases the risk of dying from prostate cancer by 141%

(Physician's Committee for Responsible Medicine)



Gourmet Vegan Quiche

I can't believe it's not dairy!

Need to convince family and friends? These recipes will prove to anyone that a dairy free lifestyle is easy and delicious (no sacrifices here!).
Enjoy, experiment, and create.

PASTRY

- 2-3 cups of plain flour
- 250g vegan margarine
- 375g vegan cream cheese

FILLING

- 1 packet of mock 'tuna', crumbled or sliced – or you can use veggie garlic loaf, diced.
- 1 small red onion, diced
- 2 mushrooms, diced
- Small amount of oil for frying
- 1 teaspoon garlic
- 1 cup soy milk
- 1-2 teaspoons dried dill

PASTRY METHOD

Melt the vegan margarine and cream cheese together and add the flour.

Shape mix into a ball and then take a handful of the mixture and place it on a flat surface.

Sprinkle a little flour around so that the mixture does not stick and flatten with a rolling pin.

Grease a 26cm x 26cm (10in x 10in) quiche tin and press in the pastry.

Bake at 180°C (350°F) Gas Mark 4 for 20 minutes for the base then remove.

FILLING METHOD

Fry onion until translucent then add mushrooms. Add the garlic and the packet of 'tuna', then add the dill and the soy milk. If you find that the mixture is not thickening, you can make a paste of plain flour and oil and stir it through.

Once brought to the boil you should find that it thickens the mixture perfectly.

Place this mix into your base and put back in the oven for about 15-20 minutes.

RECIPE: Lynda Stoner, Now Vegan

Autumn Pasta

This recipe is somewhat unusual because it uses miso, a traditional Japanese ingredient, most often consumed as a soup.

- 375 packet of penne or pasta of your choice
- 1 tablespoon extra virgin olive oil
- 1 small onion, chopped
- 1 large clove garlic, chopped
- 1 cup dried shitake mushrooms or you can use any fresh mushrooms
- 1 cup soy milk
- 1 cup coconut cream
- 1 tablespoon cashew nut paste
- 1 dessertspoon cashew nut paste
- 1 dessertspoon sesame oil
- 1 dessertspoon balsamic vinegar
- 1 dessertspoon miso paste
- 1 handful basil leaves (or fresh herb of your choice), torn
- 1 teaspoon red chilli sambal or red chilli paste or half a fresh red chilli

METHOD

Cook the pasta, drain and set aside. Heat the oil in a pan over a low heat, then fry the onion and garlic until they become translucent. Add the mushrooms and cook for about 1-2 minutes. Add the soy milk and coconut cream and simmer gently. Stir in the cashew paste, sesame oil, balsamic vinegar and miso until ingredients are well blended. Add the basil and desired amount of chilli and stir well. Toss through pasta and serve.

Make the sauce thinner by adding a little salted water, or thicker by adding a little plain flour as needed.

RECIPE: Lynda Stoner, Now Vegan

OPTIONS: Sprinkle on sesame seeds and chopped cashews or fresh herbs and dried onions. Use cooked aborio rice instead of pasta.

Serves
6



Serves
3-4

Vegetable Lasagne

METHOD

Mix cornflour with a small amount of the milk to form a paste.

Heat the rest of the milk in saucepan over medium heat. Add coriander, parsley, garlic and pepper. When milk mixture has heated but not boiled add cornflour, stirring continuously until it reaches a creamy consistency. Set aside.

Heat oil in frying pan over medium heat. Add onions and mushrooms. Cook until onions are transparent. Add cabbage, brussels sprouts, carrots, celery, garlic, soy

sauce, spices and crumbled vegetable stock cube. Cook for 4 minutes.

Mix in the tinned mock meat, tomatoes, tomato sauce and crushed stock cube and cook for a further 3 minutes.

Place a 4cm (2in) thick layer of filling in a square cooking tin followed by one sheet of lasagne. Repeat twice more, finishing with a lasagne sheet. Pour sauce liberally over the top and cook in a moderate oven, 180°C (350°F) Gas Mark 4 for 45-50 minutes.

RECIPE: Lynda Stoner, Now Vegan

- 1 tablespoon cornflour
- 1 cup soy milk
- ½ teaspoon fresh coriander (cilantro), chopped
- 1 teaspoon fresh parsley, chopped
- 1 clove garlic, chopped
- Pepper to taste
- 2 tablespoons oil
- 2 onions, diced
- 7 mushrooms, diced
- ¼ cabbage, shredded
- 4 brussels sprouts. Diced
- 1 carrot, diced
- 1 celery, diced
- 3 cloves garlic, crushed
- 2 teaspoons soy sauce
- 2 teaspoons ground coriander
- 1 teaspoon black pepper
- 1 teaspoon dried basil
- 1 vegetable stock cube
- 1 teaspoon salt
- 440g can any mock meat, diced
- 5 tomatoes, diced
- ½ cup tomato sauce
- 1 vegetable stock cube, crushed
- 4 lasagne sheets



Vegan Vanilla Slice

2 sheets of puff pastry	$\frac{3}{4}$ cup cornflour	ICING
1 cup castor sugar	1 litre soy milk	2 cups sifted icing sugar
$\frac{1}{2}$ cup Foster's custard powder	60 grams margarine	1 teaspoon margarine
	2 teaspoons vanilla essence	Pulp from 1 passionfruit
		2 teaspoons of water

Bake pastry sheets on baking trays, lightly sprayed with oil at 200°C for six minutes or until lightly browned. Remove from the oven, allow to cool then gently flatten with a clean tea towel (times will vary depending on oven).

Combine sugar, cornflour, custard powder in a saucepan and gradually whisk in milk until smooth.

Over a medium to high heat stir in the margarine until mixture boils and thickens. (It will be very thick and will come away from the sides of the saucepan). Remove from heat and stir in vanilla essence.

On a baking tray, place down 1 cooked pastry sheet.

Pour custard over pastry (don't worry – it won't run) and spread out evenly with a knife. Take to the very edges of the pastry. Place second pastry sheet on top and press down firmly.

Refrigerate until cool. Ice with passionfruit icing when cool, return to fridge to set before cutting into squares.

ICING METHOD

Mix all ingredients together to make a paste. Adding 1 teaspoon of water at a time. Spread over slice using a warm knife.

RECIPE: www.bedandbroccoli.com.au/recipes/vegan-vanilla-slice

Vegan Cheesecake

with Mango Lime Topping

This creamy vegan cheesecake is made from silken tofu and cashews, and is covered with a sweet and tangy mango lime topping.

GRAHAM CRACKER CRUST

- 2 cups vegan Arnott's Nice Biscuit crumbs
- $\frac{1}{2}$ cup melted coconut oil (or vegan margarine)
- $\frac{1}{4}$ cup sugar

CHEESECAKE

- 1 $\frac{1}{2}$ cups raw cashews, soaked in water 4-8 hours and drained
- 1 cup silken tofu
- $\frac{1}{2}$ coconut milk
- $\frac{1}{2}$ cup sugar
- 1 tbsp, lemon juice
- 1 tbsp. cornstarch
- 1 tsp. vanilla extract

MANGO LIME TOPPING

- 2 cups diced fresh/frozen mango
- $\frac{1}{4}$ cup sugar
- $\frac{1}{4}$ cup lime juice
- $\frac{1}{4}$ cup water
- 2 tsp. lime zest

MAKE THE GRAHAM CRACKER CRUST

Preheat oven to 200°C. Stir together Arnott's Nice Biscuit crumbs, coconut oil and sugar in medium mixing bowl. Press mixture firmly into the bottom of a 9-inch spring form pan. Bake until lightly browned, about 8 minutes. Allow to cool.

PREPARE THE CHEESECAKE

Lower oven temperature to 180°C. While crust cools, place cashews in food processor bowl. Blend to a thick paste. Add remaining cheesecake ingredients and blend until smooth, stopping to scrape down sides of bowl as needed. Pout mixture into spring form pan over crust and smooth out with a

rubber scraper. Bake 40 minutes. Remove from oven and allow to cool.

PREPARE THE MANGO LIME TOPPING

While cheesecake bakes, place mango lime topping ingredients into small saucepan and place over medium heat. Bring to a simmer and lower heat. Allow to simmer, stirring occasionally, until thick and syrupy, about 20 minutes. Allow to cool.

FINISH THE MANGO LIME CHEESECAKE

Once cheesecake and topping have cooled, spoon topping over cheesecake. Refrigerate at least 1 hour before cutting.

RECIPE: www.connoisseursveg.com/vegan-cheesecake-mango-lime-topping



Serves 8



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PHOTO CREDITS

Tamara Kenneally Photography and Animals Australia

Accidentally Dairy Free List

CHOCOLATE

Sweet William:

- Baking buttons
- Blocks and bars
- Chocolate spread
- Easter bunnies

Whittakers:

- Dark almond
- Ghana peppermint
- Dark peanut slab
- Rum 'n' raisin

Moo Free:

- Dairy free chocolate bars
- Easter egg caskets
- Baking drops

Lindt:

- 70% cocoa block
- 85% cocoa block
- Dark Easter bunny

Fry's:

- Peppermint bar
- Orange bar
- Chocolate creme bar

Green & Blacks:

- 70% cocoa block
- 80% cocoa block

Alter Eco:

- Dark mint
- Deep dark sea salt
- Dark cacao
- Dark almond
- Dark quinoa
- Dark blackout

Coles:

- Dark block
- 75% Belgian dark
- 85% Belgian dark

Woolworths:

- Dark cooking block

BISCUITS

Arnott's:

- Delta cream
- Lemon crisp
- Raspberry shortcake
- Choc ripple

- Gingernut
- Nice

Leda:

- Minton
- Choculence
- Choc chip cookies
- Golden crunch
- Dunkies
- Gingernut
- Arrowroot
- Vanilla cookies
- Chocolate cookies
- Rumballs

Oreos:

- Classic
- Chocolate
- Vanilla creme wafers

SNACK FOODS

Kettle Chips:

- Sea salt and vinegar
- Original
- Chilli

Mission:

- Yellow corn tortilla chips
- White corn tortilla chips

Smiths:

- Classic crinkle cut
- Thinly cut original
- Doritos original
- Dark cacao
- Burger rings
- Grain waves original

Ritz:

- Original crackers

Arnott's:

- Jatz crackers
- Cruskits
- Salada original
- Vitawheats original
- BBQ Shapes

Coles:

- Organic salted popcorn
- Organic sweet & salty popcorn
- Rosemary crackers

Carman's:

- Fruit & nut mueslibar

- Superberry mueslibar with cranberry, blueberry & goji

Uncle Toby's:

- Farmer's Pick pecan, maple & cashew

BeNatural:

- Crunchy granola & seed choc chip bars

Thank You:

- Nut & Chia bars

Tofurkey:

- Frozen pizzas
- Hot pockets

YOGHURT

Kingland:

- Greek style unsweetened
- Greek style with mixed berries
- Variety selection packs
- Soy yoghurt with fruits

NuLac:

- NoUdder coconut

Nudie:

- Vanilla coconut

CoYo:

- Natural coconut
- Chocolate coconut
- Vanilla bean coconut

Cocobella:

- Natural coconut
- Vanilla coconut

Alpine:

- Coconut



Eden:
- Coconut flavoured range

Westhaven:
- Coconut

DAIRY-FREE SPREADS

Nuttelex:
- Original
- Buttery
- Lite
- Olive
- Olive lite
- Coconut oil
- Pulse buttery
- Kosher

Earth Balance:
- Original
- Soy-free
- Organic whipped
- Olive oil

Macro:
- Soy margarine

MyLife:
- BioButtery

MILK

Australia's Own
- Unsweetened almond
- Rice
- Almond/coconut blend

SoGood:
- Coconut
- Almond
- Almond/coconut
- Vanilla almond
- Soy
- Soy lite
- Soy Vanilla Bliss

Blue Diamond:
- Almond Breeze unsweetened
- Almond/coconut
- Chocolate
- Almond sweetened
- Almond/cashew
- Vanilla unsweetened

Pure Harvest Organic:
- Rice
- Oat
- Unsweetened soy
- Original soy
- CocoQuench

Vitasoy:
- Rice
- Oat
- Original soy
- Soy Milky regular
- Soy Milky lite
- Almond original
- Almond unsweetened
- Coconut
- Soy iced coffee
- Soy iced chocolate

Bonsoy:
- Organic soy

Macro:
- Organic soy
- Organic almond

Nutty Bruce:
- Activated almond/coconut
- Coconut

Suncoast Gold:
- Unsweetened macadamia

Woolworths:
- Regular soy

Coles:
- Rice
- Unsweetened almond
- Unsweetened coconut
- Soy
- Soy lite

SWEET & BAKING

Pandaroo
- Condensed coconut milk

Pure Harvest:
- Coco2 chocolate spread

Homebrand:
- Instant custard powder
- Ready rolled frozen puff pastry
- Cocoa powder

Coles:
- Ready rolled pastry, puff & shortcrust
- Oat
- Fairtrade organic drinking chocolate

Pampas:
- Ready rolled pastry, puff & shortcrust

Borg's:
- Ready rolled frozen pastry, puff & shortcrust

Woolworths :
- Chocolate cake mix

Duncan Hines:
- Devil's Food chocolate cake mix
- Classic chocolate frosting
- Classic vanilla frosting

Green's:
- Delicious chocolate brownie mix
- Smooth lemon cake mix
- Self-saucing butterscotch pudding
- Self-saucing sticky date pudding

Cadbury's:
- Bourneville cocoa
- Drinking chocolate powder

Vitanium:
- Du Chocolat sugar free drinking chocolate powder

Nesquick:
- Chocolate powder
- Chocolate syrup

Sippah Straws:
- Chocolate
- Strawberry

Republica:
- Organic sugarfree drinking chocolate powder

Avalanche:
- Sugar free drinking chocolate
- Choca Choc powder

Superstrawberry:
- Drinking powder

Juicy Isle:
- Chocolate syrup
- Caramel syrup

- Banana syrup

Bickford's:
- Chocolate milk mix
- Vanilla malt milkshake mix

ICE CREAM

SoGood:
- Vanilla Bliss
- Chocolate Bliss

Over The Moo:
- Vanilla bean
- Chocolate
- Caramel
- Gingernut & coconut
- Espresso
- Mango & coconut
- Pecan & toffee
- Black sesame
- Matcha

Coconut Bliss:
- Salted caramel chocolate coated bars
- Coconut and almond chocolate coated bars
- Chocolate tubs
- Vanilla Island tubs



SAVOURIES & SAUCES

Black Swan Dips:
- Hummus with garlic oil
- Sweet potato and coriander
- White hommus
- Hommus with Egyptian spiced dukkah mix

Wattle Valley Dips:
- Chunky exotic Thai with cashews
- Roasted pumpkin and basil

Yumi's Dips:
- Basil & pinenut
- Creamed beetroot
- Harissa
- Spicy pumpkin
- Hummus with charred red peppers & herbs

Old El Paso:
- Salsa
- Tinned refried beans
- Taco sauce

Doritos:
- Salsa dips

Praise:
- 98% fat free mayo
- Lite dijonnaise

Red Kelly Sauces:
- Garlic & basil
- Tangy
- Chilli & lime

Kingland:
- Soy mayonnaise

Coles:
- 98% fat free mayo

Vegenaise:
- Original
- Roasted garlic

Masterfoods:
- Dijon mustard
- Tartare sauce
- Tomato sauce
- BBQ sauce
- Sweet & sour sauce
- Spicy red sauce

McIlhenny:
- Tabasco sauce

Gravox:
- Traditional boxed gravy powder
- Supreme boxed gravy powder

Massel:
- Gravy granules
- Tinned stock powders
- Vegetable stock cubes

Amy's Kitchen:
- Tinned organic split pea soup
- Tinned lentil and vegetable soup

Campbell's:
- Country Ladle Farmhouse tinned vegetable soup

Heinz:
- Very Special homestyle tinned vegetable and barley soup
- Spicy lentil tinned soup
- Baked beans in rich tomato sauce

LaZuppa:
- Microwave pumpkin soup
- Microwave minestrone
- Instant lentil soup
- Instant vegetable soup
- Instant Tom Yum soup

Maharajas Choice:
- Dhal Tadka

- Dosai instant mix
- Vadai instant mix

Coles:
- Organic tinned spaghetti
- Tinned Mexican beans

CHEESE

Daiya:
- Mozzarella shreds
- Cheddar shreds
- Medium cheddar style block
- Jalapeño Havarti style block

MyLife BioCheese:
- Tasty block
- Cheddar block
- Tasty slices
- Cheddar slices
- Pizza shreds

Oliana:
- Tasty block
- Cheddar block

Vegusto No Moo:
- Piquant
- Melty
- Mild & soft
- Aromatic

Follow Your Heart
- Mozzarella shreds

PROTEIN POWDERS

Sunwarrior Protein Natural:
- Vanilla & chocolate
- Classic vanilla
- Ormus supergreens

International Protein Naturals:
- Soy protein
- Rice protein
- Pea protein

NuZest:
- Clean lean protein

Vital:
- Pea protein

BSC Naturals:
- Organic plant protein

Amazonia:
- Raw vegan protein





Thank you

You have now joined a global movement creating a kinder world for all.

We have the power, with our wallets, to support or oppose animal cruelty.

Thank you for choosing the kinder option. Every time we choose not to buy into cruelty, we create a better world for ourselves, animals, and the planet.

For more information head to:
www.dropdairy.com

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