

THE CRUELTY FREE LIST of Dairy Alternatives!

www.facebook.com/MelbourneCowSave/



Did you know ...

... dairy cows are forcibly impregnated every 12 months so they can produce a calf that is then removed so that their milk can be used for human consumption instead of feeding her baby? Like all mothers, a cow puts a lot of nutrients, growth hormones and fats from her own body into her milk to help her small calf grow into a big, strong, healthy animal. Due to the constant state of production, her body lasts about 5 years before she becomes worn out, considered "spent" and sent to slaughter (regardless of her pregnancy state at the time).

If the calf is male, he is usually considered a "waste product" of the dairy industry and killed at about 5 days old. If she is a cow, she is lucky enough



All information correct at time of publishing, Apr 2017

There are NO animal products in any of the listed products and many of them are available at Coles, Woolies, Aldi & IGA.

"If you could live a happy, healthy life without hurting others, why wouldn't you?"

These stores are likely to have a large variety of the non mainstream foods listed:

- About Life (Port Melbourne)
- Aunt Maggies (Malvern, Fitzroy)
- The Cruelty Free Shop (Fitzroy)
- Four Cousins (Parkdale)
- Global Green (Braybrook)
- La Manna (Essendon Fields)
- Organic Wholefoods (Flemington, Brunswick, Fitzroy)
- Perfect Pantry (Elsternwick)
- Prahran Convenience (Prahran)
- The Raw Food Store (Mt Macedon)
- Rishon Foods (Balaclava)
- Smith & Deli (Fitzroy)
- Sunnybrook (Ormond)
- Terra Madre (Northcote)
- Vegan Perfection (Online)
- Vegan Online (Online)
- Vincent Vegetarian (Footscray)
- Wholefood Merchants (Ferntree Gully)

MILK

Coles/Woolies/IGA

Australia's Own

Entire Organic Non Dairy Milk range

Blue Diamond

Entire Almond Breeze range

Bonsoy * All plant based



Coles

- Unsweetened Almond Milk
- Regular Soy Milk
- Lite Soy Milk
- Rice Milk

Macro

- Organic Almond Milk
- Organic Rice Milk
- Organic Soy Milk

Pureharvest

Entire range of milks



Sanitarium

Entire So Good range

Suncoast Gold

* All plant based

- Macadamia Milks



Vitasoy

- Almond Milk Unsweetened
- Almond Milk Original
- Coconut Milk Original
- Coconut Milk Unsweetened
- Soy Milky Regular
- Soy Milky Lite
- Soy Milky Vanilla
- Soy Milky Iced Coffee
- Soy Milky Chocolate
- Organic Soy Milk Reduced Fat
- Organic Soy Milk Original
- Oat Milk Unsweetened
- Rice Milk Original
- Rice Milk enriched with Chickpeas and Calcium

Woolies Select

- Original Almond Milk
- Unsweetened Almond Milk
- Rice Milk
- Regular Soy Milk

Aldi

Inner Goodness

- Soy Supreme Regular Soy Milk
- Soy Supreme Light Soy Milk
- Almond Supreme Original
- Almond Supreme Unsweetened
- Just Organic Soy Milk

BUTTER

Cocoland * All plant based

(Cruelty Free Shop, Vegan online)

- Coconut Spread



Half Pint Dairy * All plant based

halfpintvegandairy.com.au

(Stockists on their website)

- Butter Me Up



Melrose

- Melrose Premium Omega 3 Spread

Miyoko's Kitchen

(Stockists listed above)

* All plant based

- European Style Cultured Butter



My Life Bio * All plant based

(Palm Oil Free)

- Bio Buttery



Nuttelex

(Coles, Woolies, IGA, Aldi)

- Nuttelex with Coconut Oil
- Nuttelex Original
- Nuttelex Buttery
- Nuttelex Olive
- Nuttelex Lite
- Nuttelex Pulse Buttery
- Nuttelex Kosher
- Nuttelex Olive Lite

CHOCOLATE

Alter Eco (Coles)

- Dark Sea Salt
- Dark Quinoa
- Dark Cacao
- Dark Almond
- Dark Mint
- Dark Blackout

Cadbury (Coles, Woolies)

- Fry's Orange Cream Chocolate Bar
- Fry's Peppermint Cream Choc Bar
- Fry's Chocolate Cream Choc Bar

The Chocolate Counter (Coles)

* All plant based

Coles (Coles)

- Homebrand Dark Chocolate
- Belgian 70% Dark Chocolate
- Belgian 85% Dark Chocolate

Conscious Choc * All plant based

Eskal Noble

- Dark Chocolate Block
- Dark Chocolate Raspberry Block
- Dark Almond Chocolate Block

Go Max Go * All plant based

Green & Blacks (Woolies)

- Organic Dark 70%
- Organic Dark 85%

Just Organic (Aldi)

- Dark Chocolate

Lindt (Coles, Woolies)

- 70% Cocoa
- 85% Cocoa
- Excellence Smooth Blend 70% Choc

Loving Earth * All plant based

Madecasse (Oxfam)

- Dark Chocolate

Moo Free (some Coles & Woolies)

* All plant based

Moser Roth (Aldi)

- Finest Dark 70% Cocoa Chocolate
- Finest Dark 85% Cocoa Chocolate
- Finest Dark Choc Orange & Almond
- Finest Dark Chocolate with Sea Salt
- Finest Dark Chocolate with Ginger
- Finest Dark Chocolate with Mint
- Finest Dark Chocolate with Chilli
- Finest Dark Choc with Cranberry

Origin (Oxfam Shop)

- Organic Dark Choc Ghana 55%
- Organic Dark Choc Peru 85%

The Chocolate Yogi * All plant based

Oxfam Fair (Oxfam Shop)

- Oxfam Fair Dark Chocolate

Pana Chocolate * All plant based

Pico Chocolate * All plant based

Ritter Sport

- 50% Cocoa Dark Chocolate Bar
- Marzipan Dark Chocolate Bar

Seed and Bean * All plant based

Sweet William

(some Coles & Woolies)

* All plant based

Trade Aid

- Sri Lankan Spices Dark Choc Block
- Crisp Mint Dark Chocolate Block
- Pure Dark Chocolate Block
- Salt Toffee Crisp Dark Choc Block
- Sweet Almond Dark Chocolate Block

Whittakers (Woolies and Big W)

- Ghana Peppermint
- Dark Peppermint (mini size 12pkt)
- Dark Ghana
- Dark Almond
- Rum and Raisin
- Dark Chocolate Peanut Slab

Willie's Cacao (Coles)

- Luscious Orange Chocolate Bar
- Peruvian Gold Chocolate Bar
- Ginger Lime Chocolate Bar

Vego * All plant based

CREAM

(Stockists listed on page 1)

Alpro * All plant based

Damona * All plant based

- Whipping Cream (in the fridge)

Isola Bio * All plant based

- Rice Cream
- Millet Cream
- Coconut Cream

Provamel * All plant

- Organic Soy Cream

Soyatoo * All plant based

- Rice Whip Cream (can or box)
- Soy Whip Cream (can or box)
- Coconut Whip (box)

Tofutti * All plant based

- Sour Supreme (Sour Cream)

YOGHURT

Alpine

(Woolies & independent grocers)

- Natural Coconut Yoghurt

Born Cultured

borncultured.com.au

(Stockists listed on their website)

- Natural Coconut Yoghurt
- Acai & Raspberry Coconut Yoghurt
- Mango and Lime Coconut Yoghurt
- Vanilla Chai and Apple

Cocobella

(Coles, Woolies, IGA, 7-Eleven)

- Natural Coconut Yoghurt
- Vanilla Coconut Yoghurt

Co-Yo

coyo.com

(Stockists listed on their website)

* All plant based

Kingland

(Coles and Woolies)

* All plant based

Nakula

nakula.com.au

(Stockists on their website)

* All plant based

No Udder

(Coles and independent grocers)

* All plant based

Nudie

(Coles and Woolies)

- Coconut Yoghurt Vanilla
- Coconut Yoghurt Blueberry
- Coconut Yoghurt Original

Pura Veda * All plant based

- Monk Fruit Coconut Yoghurt
- Agave Coconut Yoghurt

Soy Life

(Coles and Woolies)

- Vanilla Creme Soy Yoghurt



CHEESE

All companies listed here are 100% plant based! 😊
(Unless marked otherwise likely stockists are as listed on page 1)

Angel Food

angelfood.co.nz

- Dairy Free Parmesan Original
- Dairy Free Smoky Parmesan



AVS Organic

avsorganicfoods.com.au

(Stockists listed on their website)

- Kale Muenster
- Nut Parmesan
- Cheddar Melty
- Baked Almond
- Blue Style.
- Soy, Lemon, Chives and Dill.
- Cashew with sundried tomato.
- Cashews with Miso



Blue Lotus

bluelotusfoods.com.au

- To-Fetta Deliziosa

Botanical Cuisine

botanicalcuisine.com

(Stockists listed on their website)

- Classic Cashew Cheese
- Lemon and Dill Cashew Cheese.
- Paleo Philly Cashew Cheese
- Paleo Turmeric Cashew Cheese



Cheezly

- Parmesan Style
- White Cheddar
- Super Melting Mozzarella
- Super Melting Edam
- Super Melting Nacho Cheese
- Super Melting Soy Free
- Super Melting Blue Cheese
- Red Cheddar Style



Daiya

daiyafoods.com

- Classic Blend Shreds
- Mozzarella Style Shreds
- Cheddar Style Shreds
- Pepperjack Style Shreds
- Cheddar Style Slices
- Swiss Style Slices
- Provolone Style Slices
- Jalapeño Harvati Style Block
- Medium Cheddar Style Block
- Monterey Jack Style Block
- Smoked Gouda Style Block
- Plain Cream Cheese Style Spread
- Strawberry Cream Cheese Spread
- Chive & Onion Cream Cheese Spread



Damona

damona.com.au

- Bocconcini
- Brie
- Pepperjack
- Mozzarella
- Baked Almond Feta



Follow Your Heart

followyourheart.com

- Pepperjack Style
 - Smoked Gouda Style
 - Provolone Style
 - Garden Herb Style
 - Mozzarella Style
 - American Style
 - Parmesan Style
 - Pizzeria Shreds
 - Cheddar Shreds
- and their gourmet cheese selection



GreenVie Foods

greenviefoods.com

- Cheddar Slices
- Gouda Slices.
- Mozzarella Slices
- Smoked Gouda
- Parmesan Grated
- Cheddar Block
- Gouda Block
- Mozzarella Block
- Smoked Gouda
- Special for Pizza
- Mediterranean Feta



Kingland

kingintl.com.au

(Coles, Woolies, IGA & he stores)

- Soy Cream Cheese
- Soy Cheddar



Miyoko's Kitchen

miyokoskitchen.com

- Fresh Vegan Mozz
- Classic Double Cream Chive
- Double Cream Sundried Tomato Garlic
- High Sierra Rustic Alpine
- French Style Winter Truffle
- Aged English Sharp Farmhouse
- Aged English Smoked Farmhouse
- Country Style Herbs de Provence
- Double Cream Garlic Herb



MyLife BioCheese

mylifebio.net.au

(Coles, Woolies, IGA)

- Original Block
- Original Slices.
- Cheddar
- Pizza Shred



Notzarella notzarella.com.au

- Pizza Cheese



Peace, Love & Vegetables

peaceloveandvegetables.com.au

- Activated Cashew Cheese Dill



Sheese

buteisland.com

- Blue Sheese
- Cheshire Sheese
- Gouda Sheese
- Mozzarella Sheese
- MELTY Mild Cheddar Sheese
- MELTY Red Cheddar Sheese
- Strong Cheddar Sheese
- Cheddar Sheese with Chives
- Smoked Cheddar Sheese
- Medium Cheddar Sheese



Sprout and Kernel

sproutandkernel.com

- Traditional Cashew Nut Cheese
- Pepper Crusted Cashew Nut Cheese
- Sprout Cashew Cheddar Nut Cheese.
- Macadamia Nut Cheese
- Aged Cashew Nut Cheese
- Chive Cashew Nut Cheese
- Meltarella Cashew Nut Cheese



Tofutti

tofutti.com/australia/

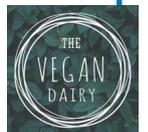
- Soy Cheese Slices American
- Soy Cheese Slices Mozzarella
- Better Than Ricotta Cheese
- Better Than Cream Cheese Original
- Better Than Cream Cheese French Onion
- Better Than Cream Cheese Herbs & Chives



The Vegan Dairy

thevegandairy.com.au

- Persian Feta Garden Herb Cheese.
- Persian Feta Lemon Rind, Black Pepper & Thyme Cheese.
- Cream Cheese Herb and Garlic.
- Cream Cheese Red Bell Pepper.



Vegusto

vegusto.com

- No Moo Mild and Soft Cheese
- No Moo Melty Cheese
- No Moo Classic Cheese
- No Moo Mildly Aromatic Cheese.
- No Moo Piquant Cheese
- No Moo Classic Blue Cheese



(N)ICE CREAM

Ben & Jerry's Non Dairy Ice cream
(Prahran Convenience, Perfect Pantry & Smith & Deli usually stock them)

- Chunky Monkey
- Chocolate Fudge Brownie
- Coffee Caramel Fudge
- Peanut Butter & Cookies

CocoFrio Dairy & Gluten Free

cocofrio.com.au

(Stockists on their website)

- Choc Coconut
- Choc Raspberry Ripple
- Vanilla, Sticky Date & Pecan
- Iced Coffee
- Hazelnut
- Mango
- Black Sesame
- Salted Caramel
- Caramel Honey Macadamia
- Naked Coconut

* All plant based



CocoLuscious

cocoluscious.com.au

- Vanilla Bean
- Iced Espresso
- Raspberry Burst
- Goopy Fudge Brownie
- Vanilla Choc Chip
- Strawberry Fields
- Coconut Dream
- Chocolate Peanut Butter
- Cookies 'n' Cream

* All plant based



Coconut Bliss

coconutbliss.com.au

(Available at health food stores and independent grocers)

- Vanilla Island
- Dark Chocolate
- Salted Caramel & Chocolate
- Chocolate Peanut Butter
- Chocolate Hazelnut Fudge
- Chocolate Walnut Brownie
- Mint Galactica
- Naked Coconut
- Cherry Amaretto
- Ginger Cookie Caramel
- Cappuccino
- Mocha Maca Crunch
- Summer Berry

* All plant based



Coles Sorbet.

- Lemon Sorbet

Co-Yo Coconut Ice cream

coyo.com/au

(Stockists on their website)

- Banana and Roasted Wattleseed
- Blood Orange and Mango
- Sea Salted Caramel
- Vanilla Bean and Nutmeg

* All plant based



Fry's Family Food Artisan Coconut Ice cream

fryfamilyfood.com/au

(Stockists on their website)

- Madagascan Vanilla Bean
- Just Toasted Coconut
- Tons of Cookies
- Salted Caramel
- Vanilla Bean Espresso

* All plant based



Gelativo Dairy Free Sorbet

gelativo.com

(Available in Woolies and IGA)

- Passionfruit Sorbet
- Mango Sorbet
- Strawberry Sorbet
- Lemon Lime Sorbet
- Tropical Fruits Sorbet

Nushie's Natural Vegan Ice cream

nushiesnatural.com.au

(Stockists on their website)

* All plant based

Over The Moo

overthemoo.com.au

(Stockists on their website & selected Woolies and IGAs)

- Vanilla Bean Missing You
- Choc! Choc! Who's there?
- The Espresso Lane
- mmMangooo!
- I fell for Caramel
- Ginger Ninja Karate Chop
- Pandan Pecan Party
- Me! Me! Black Sesame!
- Matcha Made in Heaven

* All plant based



So Delicious Dairy Free

acrossthepacific.com.au

(Available at health food stores & some IGAs)

Cashew Milk:

- Chocolate Cookies N' Cream
- Very Vanilla
- Cappuccino
- Creamy Cashew
- Dark Chocolate Truffle

Coconut Milk:

- Chocolate
- Chocolate Peanut Butter Swirl
- Coconut
- Cookie Dough
- Mint Chip

Almond Milk:

- Chocolate
- Mint Chip
- Mocha Almond Fudge
- Vanilla
- Cookies N' Cream

Soy Milk:

- Chocolate Velvet
- Creamy Vanilla
- Neopolitan
- Peanut Butter Zig Zag

* All plant based



So Good

(Coles & Woolies)

- Almond Salted Caramel
- Almond Coconut Mango
- Almond Choc Almond
- Almond Coconut Vanilla
- So Good Vanilla Bliss
- So Good Chocolate Bliss

Weis Sorbet

weis.com.au

(Coles and Woolies)

(Currently only the one flavour is vegan, but Weis have stated they will be transitioning their other flavours to vegan in the near future)

- Mango Sorbet

Zebra Dream Coconut Ice cream

zebradream.com

(Stockists on their website)

- Mint & Pana Choc Chip
- Lemongrass Caramel
- Salted Caramel
- Strawberry Baobab
- Chocolate Delight
- Wild Choc Orange
- Vanilla Dream
- Luscious Latte

* All plant based

