There are a number of factory-made cheese substitutes at your local grocery store that will keep your meals just as cheesy and delicious – but **READ YOUR LABELS**. Not all non-dairy cheeses are the same, many are made with soy or tree nuts.

**IF YOU HAVE A MILK ALLERGY, LACTOSE INTOLERANCE, OR JUST WANT TO GO PLANT-BASED, YOU HAVE OPTIONS!!**

**CHEESE SUBSTITUTIONS**

You can replace dairy cheese with store-bought cheese made from one of these: 

- Sweet potato
- Nutritional yeast
- Avocado

Or you can substitute dairy cheese with any of these: 

- Soy
- Tree nut

*Just don’t replace one allergen for another!*

**ALWAYS READ LABELS!**