



DAIRY-FREE CHEESE

PARMESAN

Style

Shredded & Bulk Block

Description: Bring a taste of Italy into your kitchen with Follow Your Heart® Parmesan! Sprinkle a healthy serving of shredded Parmesan onto baked asparagus with fresh-squeezed lemon. You can't go wrong with this Parmesan!

Ingredients: Filtered Water, Palm Fruit Oil, Modified Potato Starch, Expeller-Pressed Canola Oil, Natural Flavors (Contains Autolyzed Yeast), Vegetable Glycerin, Less than 2% of: Sea Salt, Calcium Phosphate, Bamboo Fiber, Sodium Phosphate, Carrageenan, Lactic Acid, Nutritional Yeast, Organic Chickpea Miso (Organic Handmade Rice Koji, Organic Whole Chickpeas, Sea Salt, Water, Koji Spores), Sunflower Lecithin, Citric Acid, Annatto for Color.

Allergens:	No	
International Allergens:	No	
Organic:	No	
Vegetarian:	Yes	
Vegan:	Yes	
Non-GMO:	Yes	Non-GMO Project Verified
Kosher:	Yes	Kof-K Parve
Gluten-Free:	Yes	
Omega-3:	No	

Flavor:	Typical of Parmesan cheese
Appearance:	Firm, off-white color

Microbiological:	Tolerance	Method Reference
APC	<1 000 cfu/g	AOAC 966.23
Yeast	<100 cfu/g	FDA BAM, 7 th ed.
Mold	<100 cfu/g	FDA BAM, 7 th ed.
Coliforms	<10 cfu/g	AOAC 991.14

Serving Information	
Unit Size:	Servings per container:
4 oz	*About 4
5 lbs	*About 80
20 lbs	*About 320

Nutrition Facts

Servings Per Container
Serving size 1 oz (28g)

Amount per serving
Calories **90**

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 460mg **20%**

Total Carbohydrate 8g **3%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 0g

Vitamin D 0mcg **0%**

Calcium 278mg **20%**

Iron 0mg **0%**

Potassium 8mg **0%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.

Shipping and Storage: Storage should be in a clean facility, with storage temperatures of 36-41°F. Shipping temperatures of 36-41°F are recommended.

Country of Origin: United States of America

Title	Follow Your Heart Dairy-Free Cheese Parmesan Style – Shredded & Blocks			Page	1 of 3
Document	Product Specifications	Author	Raymond Serna	Version Date	2022-07-20
Follow Your Heart • Earth Island Natural Foods Chatsworth, CA, USA Tel 818-725-2820 • Fax 818-725-2812 • www.followyourheart.com					

CONFIDENTIAL AND PROPRIETARY INFORMATION OF EARTH ISLAND Neither this document, nor the information contained herein may be reproduced in whole or in part, or be used by any unauthorized person unless authorized in writing by Earth Island. This information is to be used only for the purpose for which it was given.



SKU & PACKAGING DETAILS

UNIT INFORMATION						
Product Code	Unit Size	Package Description	UPC A	Net Weight	Gross Weight	Dimensions L x W x H (in.)
60004	4 oz	plastic tub, plastic lid	0-49568-60004-8	0.25 lbs	0.37 lbs	4.6 x 4.6 x 2.362
60080	5 lbs	Plastic bag	0-49568-60080-2	5 lbs	5.1 lbs	14 x 8 x 2.5
60020	20 lbs	Plastic liner bag in corrugated	0-49568-60020-8	20 lbs	20.745 lbs	13.25 x 11.25 x 4.25

CASE & PALLET INFORMATION								
Product Code	Case Pack	GTIN	Net Weight	Gross Weight	Dimensions L x W x H (in.)	Case Cube	Cases/ Pallet	T x H
60004	8/4 oz	80-049568-60004-4	2 lb	2.8 lb	9.625 x 9.625 x 5.125	0.27	200	20 x 10
60080	3/5 lbs	30-049568-60080-3	15 lb	16.25 lb	9.375 x 9.375 x 10.188	0.52	84	14 x 6
60020	1/20 lbs	10-049568-60020-5	20 lb	20.745 lb	13.25 x 11.25 x 4.25	0.37	108	12 x 9

Full Product Name: Dairy-Free Cheese Parmesan Style – Shreds & Bulk Block

Short Name: Parm Shreds

Front of label claims: Dairy-Free, Vegan, Soy Free, Casein Free, Gluten Free, non-gmo

Preparation: Ready to eat.

Use within 7-10 days after opening

Title	Follow Your Heart Dairy-Free Cheese Parmesan Style – Shredded & Blocks			Page	2 of 3
Document	Product Specifications	Author	Raymond Serna	Version Date	2022-07-20
Follow Your Heart • Earth Island Natural Foods Chatsworth, CA, USA Tel 818-725-2820 • Fax 818-725-2812 • www.followyourheart.com					

CONFIDENTIAL AND PROPRIETARY INFORMATION OF EARTH ISLAND Neither this document, nor the information contained herein may be reproduced in whole or in part, or be used by any unauthorized person unless authorized in writing by Earth Island. This information is to be used only for the purpose for which it was given.



Customer Approval

Follow Your Heart Dairy-Free Cheese Parmesan Style

I have reviewed and agree to the information provided to me in this document.

Company Name: _____

Signature: _____

Printed Name: _____

Title: _____

Date: _____

Title	Follow Your Heart Dairy-Free Cheese Parmesan Style – Shredded & Blocks			Page	3 of 3
Document	Product Specifications	Author	Raymond Serna	Version Date	2022-07-20
Follow Your Heart • Earth Island Natural Foods Chatsworth, CA, USA Tel 818-725-2820 • Fax 818-725-2812 • www.followyourheart.com					

CONFIDENTIAL AND PROPRIETARY INFORMATION OF EARTH ISLAND Neither this document, nor the information contained herein may be reproduced in whole or in part, or be used by any unauthorized person unless authorized in writing by Earth Island. This information is to be used only for the purpose for which it was given.