



Helping you buy responsibly – Palm oil free alternatives

We often receive inquiries from concerned individuals asking what they can do to in the battle to save the orangutan. Many have heard about palm oil and don't want to be complicit in fuelling demand for the product which is decimating the orangutan's habitat.

However it is not always easy to identify products with palm oil. Under Food Standards Australia New Zealand requirements, it is sufficient to have vegetable oil in the list of ingredients on the packet, even though the product contains palm oil. As a rule of thumb, if the saturated fat content is about 50%, there is a good chance that the vegetable oil will in fact be palm oil.

Another thing to watch out for on the ingredients list is margarine. If the product contains margarine, it is highly likely that the margarine will have been derived from palm oil.

Additives and agents such as emulsifiers (E471 is a common one), while a small component of the overall product, can also be derived from palm oil.

Other names to keep an eye out for that could be or be derived from palm oil are cocoa butter equivalent (CBE), cocoa butter substitute (CBS), palm olein and palm stearine. In non-food products like soaps and detergents, the list includes elaeis guineensis, sodium lauryl sulphate, cetyl alcohol, stearic acid, isopropyl and other palmitates, steareth-2, steareth-20 and fatty alcohol sulphates – all of which may be derived from palm oil.

So how do you make an informed choice?

We thought we'd help the process by building a list of products which don't contain palm oil. We targeted those food categories which are particularly suspect – biscuits, processed foods, chocolates, snacks etc. We'll be adding categories and products as the information becomes available. The file is available in pdf format at the end of this article.

Some comments to consider when reviewing the list:

- * The list is not all inclusive and there may well be other products in the categories covered which are palm oil free – if you know of any, please send details through to us at palmoil@orangutans.com.au
- * Where labelling is not definitive, we have attempted to confirm the information in this list through letters from our supporters to the manufacturers.
- * Nearly all Australian manufacturers contacted informed us that where products did contain palm oil, it was from sustainable sources. This is a good start, but the effectiveness of the Roundtable on Sustainable Palm Oil (www.rspo.org) is yet to be proven.
- * Product specifications can change – the information in this list is believed to be correct at the time of publication.
- * This list is designed to comment on the use of palm oil only. It does not purport to cover health and other ethics issues which may also influence a consumer's buying decision.

If we haven't covered the category you're interested in, the [shopping guide](#) from Auckland Zoo may provide a starting point. There are many familiar brand and product names although you should check the label in case formulations are different between the two countries.

Palm Oil Free Products

Chocolate

Manufacturer	Brand	Product
Aldi Stores	Choceur, Just Organics	Chocolate blocks
"	Moser-Roth	Chocolate bars
Cadbury's	Cadbury Dairy Milk	Chocolate blocks - Dairy Milk, Old Gold, Dream
Cadbury's	Green & Black's	Chocolate blocks (except Butterscotch; Raisin & Hazelnut)
Chocolate Mill	Chocolate Mill	Chocolate blocks, bars and filled chocolates. www.chocmill.com.au
Chokolit	Chokolit	Chocolate blocks*
Haigh's Chocolates	Haigh's	All chocolate products
Koko Black	Koko Black	Chocolate products
Lighthouse Ventures	Scarborough Fair Trade	Chocolate blocks
Lindt & Sprungli	Lindt Excellence; Lindt Creation	Chocolate blocks (Note that filled products such as Lindor do contain palm oil)
Melrose Health	Kaoka	Organic chocolate range
Nestle	Club	Chocolate blocks
Organic Trader Pty Ltd	Cocolo	Chocolate blocks
Plamil	Plamil Premium Organic	Chocolate blocks
Sweet William	Sweet William	Chocolate blocks and bars (Note that cooking chocolate chips and

Palm Oil

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- [Palm Oil Free Alternatives](#)

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March 2013

In February Vice President of BOS Australia, Louise Grossfeldt travelled to our Nyaru Menteng sanctuary and worked with keepers and technicians to help develop a range of enrichment strategies.

Enrichment programs are vital for captive orangutans as they teach them how to forage for food, build, modify and use tools, increase agility and develop skills to survive in the wild.

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28th February 2013

Since 2009, companies have announced new oil palm plantation projects in the Congo Basin covering a total area of 1.6 million hectares. Projects currently underway cover 500,000 hectares. Anew report by Rainforest Foundation UK warns that vast areas of the Congo Basin forests are potentially threatened by the expansion of oil palm plantations. [Read Article »](#)

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22 February 2013

Freedom... It is one of our most fundamental and precious privileges. Yet is something we so much take for granted. [Read Article »](#)

Forest Chatter Newsletter

Keep up with the latest from BOS Australia.

First Name:

Wesfarmers Ltd	You'll love Coles	spread do contain palm oil)
Whittaker's	Whittaker's	Chocolate blocks (except mint)
		Chocolate blocks

* Unfortunately Chokolit is only available in the UK at this stage but this is a truly inspirational story Louis, who founded the company at the age of 12, asked to be included on our list to show that someone is trying to make a change in the UK too. Chokolit directly supports various animal conservation groups including the Sumatran Orangutan Society. To read more about the company, visit www.chokolit.co.uk

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Dry biscuits

Manufacturer	Brand	Product
ABE'S Real Food Company	ABE'S	Bagel crisps
Aldi Stores	Damora	Hi Fibre 97% fat free crispbread; 98% fat free crispbread; Rice crackers; Vitagrain; Thin rice cakes; Thin rice and corn cakes
"	Specially Selected	Twists
Campbell Soup Company	Arnotts	Cruskits
Coreco Fine Foods	Biofood	Organic Melba Toast
Crispbic Australia	Crispbic	Flatbics
Delba	Cocktail Rounds	Pumpernickel bread
Fantastic Snacks	Fantastic	Rice crackers (seaweed flavour only)
George Weston Foods	Ryvita	Crispbread
Griffins Foods Ltd	Huntley & Palmer	Quartets, Litebread, Wafer thins
Hampden Trading Pty Ltd	Artisse	Organic original rice crackers
Manassen Foods Australia	Burns & Ricker (Nonni's)	Bagel crisps; Pita crisps
"	Carr's Melts	Wheaten biscuits (Cheese flavour)
"	Kavli	Crispbread
"	Kurrajong Kitchens	Lavosh crackerbread
"	Van der Meulen	Melba toast
National Foods (NZ) Ltd	South Cape	Crispbread
PepsiCo Real Foods	Sakata	Rice crackers
Ricegrowers Ltd	Corn Thins	Corn cakes
Riviana Foods	SunRice	Rice cakes; Corn cakes
Roccas Fine Foods	Always Fresh	Grissini Italian breadsticks; Crustini bruschetta toasts; Wafer crispbread
Roccas Deli	RoccasDeli	Mni Flatbreads; Baker chips; Gourmet crackers
Snowy Mountain Cookies	Snowy Mountain Cookies	All savoury flavours (www.snowycookies.com.au)
Trentham Tucker	Trentham Tucker	Lavosh poppy & sesame seed crispbread
Tucker's Natural	Tucker's	Gourmet crackers; Multifibre snacks
Vita Vigor	Vita Vigor	Grissini breadsticks, Happy V
Waterwheel Industries	Waterthins	Bagelettes; Cheese twists; Fine wafers; Flatbread crackers; Savoury straws
Woolworths Ltd	Select	Multigrain wheat crispbread; Sea salt crackers; Brown rice crackers (sea salt)

Snack Foods

Manufacturer	Brand	Product
Aldi Stores	Blackstone	Potato chips
C.A.L. Marketing Pty	Snappy	Soy crisps
Partner Foods	Chic Nuts	Chickpea snacks (lightly salted; spicy tomato)
Potatomagic Pty Ltd	Sultry Sally	Potato chips (sea salt; cheese & onion)
Smiths Snackfood Co Deli	Red Rock	Potato chips with sea salt
R W Garcia	R W Garcia	Organic corn tortilla chips (white, soy & flaxseed, blue corn, spicy)
Snacks Brands Australia	Kettle	Original salted kettle chips (other variants have small quantities of palm oil derivatives in flavouring); Sweet potato, beetroot and white potato vegetable chips
Tixana Pty Ltd	Piranha	Golden hash potato grills
Unisnack	Pitos	Pita chips
Vege Chip Company	Ajitas	Vege chips
Woolworths Ltd	Select	Light potato chips; Oven baked pretzel twists; Deli-style sea salt chips

"	Macro	Gluten free Original potato chips
Zed Snack Food	Dip Stix	Soy snack sticks

Sweet Biscuits

Manufacturer	Brand	Product
Aldi Stores	Parkwood	Butter shortbread
Botany International Foods	Jules Destrooper	Almond Thins
Campbell Soup Co	Arnotts	Glengarry; Snack right
Eastern Pacific Foods	Borland's	Plain macadamia shortbread
Farmhouse Pantry	Farmhouse Pantry	All biscuits (http://farmhousepantry.pweb.com.au)
Gateaux Bonne Maman	Bonne Maman	Butter cookies; Tartlets (lemon & raspberry)
Goodman Fielder	Paradise Cottage Cookies	More-ish macadamia
Hampden Trading Pty Ltd	Artisse	Dark chocolate crepes*
Ital	Ital	Almond toscani
Kez's Kitchen	Kez's Indulgences	Almond/apricot/date bread; Melting moments
LU	Le Petit Ecolier	Butter biscuit
Manassen Foods Australia	Walkers	Shortbread biscuits; Wheat'n'Oat organic biscuits
Snowy Mountain Cookies	Snowy Mountain Cookies	All cookie flavours (www.snowycokies.com.au)
The Old Colonial Cookie Co	Butterfingers	Pure butter shortbread
Unibic	Unibic	Aniseed cake; Anzac biscuits; Biscotti; Savoiardi sponge fingers; Shortbread fingers
"	Weightwatchers	Butternut cookies; Raspberry tartlets
Woolworths Ltd	Select	Choc chunk, Choc and macadamia, Stem ginger cookies

* Dark chocolate crepes contain no palm oil. Hampden Trading Pty Ltd has confirmed that any palm oil used in its other Artisse products is sourced from environmentally sustainable palm plantations in South America.

Arnotts (Australia and NZ) is targeting the use of 100% certified sustainable palm oil, if available, by 2015 and claims to be shifting around 20% of supply each year towards this.

Frozen meals & fish

McCain Foods has informed us that it does not use palm oil in its frozen dinners.

Nestle (Lean Cuisine, Maggi) has indicated that palm oil is not an ingredient in the majority of its frozen meals but has not been able to be more specific. We've put together a list of those products which don't have vegetable oil listed as an ingredient - not a guarantee but the best we can do with the information we have.

Manufacturer	Brand	Product
HJ Heinz Australia	Weightwatchers	Thai chicken yellow curry; Beef burgundy; Beef cannelloni; Vegetable lasagne; Chicken fettucine; Chicken pesto spaghetti; Satay chicken; Seafood risotto; Thai fish fillets; Chicken penne; Sweet & sour chicken
McCain Foods (Aust) Pty Ltd	McCain	Healthy Choice; frozen dinners
Nestle Australia	Lean Cuisine	Satay beef with rice; Creamy dill & salmon pasta; Vegetable cannelloni; Pumpkin, spinach & ricotta lasagne; Lean beef lasagne; Satay chicken noodles; Beef with vegetables in cracked pepper sauce; Indian style butter chicken; Beef in red wine sauce with garlic mash; Chicken & vegetable risotto; Honey mustard chicken with rice; Thai prawn curry with rice
"	Maggi	Mediterranean Goodness Beef lasagne; Macaroni cheese World Flavours Caribbean mango prawns with rice and corn
Select Brands Pty Ltd	Michelina's	Beef ravioli
Simplot Australia	Birds Eye	All frozen fish products

Frozen snacks / pies / pizzas / pastry

Nearly all frozen pastry contains palm oil as it is made using margarine or vegetable oil. However we have found a chilled filo pastry and a limited number of other puff and shortcrust pastry products that contain no palm oil and are listed below.

Most pizza products we looked at contained vegetable oil and in many cases E471 as an emulsifier. McCain has responded that palm oil is not used in the preparation of its pizzas so we assume that the vegetable oil listed as an ingredient in its products is not palm oil.

Steggles has informed us that it uses cottonseed and canola as its frying and general food oil. While not specified in its formulations, Steggles advises that its suppliers may use emulsifiers including E471 at very low levels which don't require labelling.

Manufacturer	Brand	Product
Barter Steggles	Steggles	Tempura style nuggets; Dinosnack shapes
Borgcraft Pty Ltd	Borgs	Butter puff pastry
C&M Antoniou Pty Ltd	Antoniou	Chilled fillo pastry
Careme Goodman	Careme	All pastries. For stockists click here

Goodman Fielder	Pampas	Butter puff pastry
Kylie (Australia) Pty Ltd	Pacific West	Seafood dumplings & vege buns; Prawn Hargow & spinach dumplings; Prawn Shao Mai & mushroom dumplings
Makmur Enterprises	Golden Wok	Dim sims
Marathon Foods	Marathon	Dim sim range; Beef & chicken bites; Spring roll range
Wesfarmers Ltd	You'll Love Coles	Mni dim sims

Frozen chips & wedges

Manufacturer	Brand	Product
McCain Foods (Aust) Pty Ltd	McCain	All fryrange other than Superfries shoestring
Simplot Australia	Birds Eye	Golden crunch chips & wedges; Hash browns & potato gems; Oven bake chips & wedges; Oven roast potatoes
Weightwatchers International	Weightwatchers	Oven chips; Crunchy oven wedges

Margarines, spreads & peanut butter

Goodman Fielder and Unilever, the two major producers of spreads in Australia, have confirmed that all their spreads contain a percentage of palm oil. Fonterra has also confirmed that its Western Star spread range may contain palm oil.

Nuttelex's main ingredient is sunflower oil but it does also contain a small amount of palm oil. Similarly, Alfa rice bran spread uses rice bran oil but the emulsifier contains palm oil as a carrier.

Some peanut butters appear to contain palm oil. Apparently the peanut oil is extracted to sell separately and replaced in the peanut butter by cheaper palm oil. We have however confirmed that the Sanitarium range of products uses rapeseed oil or 100% peanuts as does Ceres Organic and Melrose Health spreads.

So, it's back to butter or the following products which we believe are palm oil free:

Manufacturer	Brand	Product
Arla Foods	Harmonie, Lurpak	Organic spreadable & spreadable butter
Ceres Enterprises Ltd	Ceres Organic	Organic Peanut butter (Crunchy & Smooth), Almond Butter
Devondale	Devondale	Dairy soft & Dairy soft salt reduced
Dick Smith Foods	Dick Smith	Peanut butter
Fonterra	Mainland	Butter Soft
Hansells Food Group	Alfa One Rice Bran Oil	Spread
Melrose Health	Melrose Naturals	100% Cashew; 100% Almond; Hazelnut; Almond, Brazil & Cashew
"	Melrose	Nut spreads
"	Melrose Omega Care	Table spreads
Sanitarium	Naturals, Sanitarium	All peanut butters

Instant noodles

Manufacturer	Brand	Product
Clahym	Just Egg Noodles	Instant noodles

Cereals

Manufacturer	Brand	Product
Be Natural Cereals	Be Natural	Five whole grain flakes range
Carman's Fine Foods	Carman's	All muesli products and rolled oats
Green's General Foods	Lowan	Muesli range
Health Brands Australia	Abundant Earth	Organic bircher muesli; puffed rice, corn, millet, kamut
Kelloggs	Kelloggs	All Bran; Coco pops; Crispix; Crunchy Nut (except Clusters); Frosties; Guardian; Nutri-Grain; Rice Bubbles; Special K; Sultana Bran (except Crunch); Sustain
Nestle	Uncle Tobys	All Uncle Tobys' cereals
Popina Food Services	Arnold's Farm	Toasted Muesli
Table of Plenty	Table of Plenty	Muesli (velvety vanilla, honey spiced)

Dried Fruit

Manufacturer	Brand	Product
Angas Park	Angas Park	All dried fruit except dates
Fruit for Life	Fruit for Life	All products
Mother Earth	Mother Earth	Deluxe mix - superfruits, cranberry

Ocean Spray	Ocean Spray	Craisins
Scalzo Food Industries	Freshlife	All dried fruit products and banana chips
Sunsweet	Sunsweet	Prunes, dried mango
Wesfarmers	Coles	Pitted dates, pitted prunes, mixed dried fruit, sultanas, currants
"	Coles Smart Buy	Mixed dried fruit

Ice Cream

Manufacturer	Brand	Product
Golden North Ice Cream	Golden North Ice Cream	Ice cream - available mainly in South Australia

Baby Formula

Heinz has reformulated its range of infant formulas (Heinz Nutre Gold Starter, Starter, Gold Follow-on, Follow-on), removing palm oil from these products.

Retailer Housebrands

Woolworths Ltd released a Sustainable Palm Oil Action Plan in March 2010 whereby the company commits to moving to certified sustainable palm oil from RSPO members by 2015 for all Woolworths private label products (Select and Homebrand). It has also committed to on-pack labelling of palm oil and derivatives for all these products (where oil is a listed ingredient ie excludes trace oils potentially present in emulsifiers etc). It is also applying to become a member of the RSPO.

Coles has informed us that it does not have a list available of the "You'll Love Coles" or "\$martBuy" products that are palm oil free. Its housebrand standards demand that the used of palm oil is in line with RSPO principles and it is Coles' intention to move towards declaring palm oil in its labelling.

Non-food products

Finding soap without palm oil in supermarkets is difficult. However, we have been alerted to a number of online suppliers who produce a palm oil free product as well as shampoo and moisturiser products. Visit their sites for the full range.

Lush has removed palm oil from the base of its soaps but other products may still contain small quantities. The company continues to work towards removing palm oil from all its products.

Soaps / shampoos / beauty products / toiletries

Manufacturer	Product	Website / Retail outlets
Adorius	Includes a range of palm oil free soap	www.adorius.com.au
Adorn Cosmetics	Skincare, cosmetics, lipstick	www.adornmineralcosmetics.com.au
Alchemist's Grove	Soap	www.alchemistsgrove.com.au
Aldi	Five Stars soap	Aldi stores
Alex's Handcrafted Soaps	Soap, shampoo bars, bath products	www.handcraftedsoaps.com.au
Aubrey Organics	Selected shampoos & conditioners*	www.aubrey-organics.com.au
Bar Soap	Soaps (biscuit latte, lavender, charcoal irish stout, champagne & roses)**	www.barsoap.etsy.com
Beauty & the Bees	Soaps, moisturisers, cleansers	www.beebeauty.com
Beguile	Soaps and body products	www.naturalsoap.com.au
Babylon	Soaps and skincare, dog soap	www.babylon.com.au
Chikii	Chikii ambrosial soap, chikii cosmetics	www.chikii.com.au
Clean Conscience	Liquid soap	www.cleanconscience.com.au
Custom Vintage	Soaps, face & body products, dog shampoo	www.customvintage.com.au
Dindi Naturals	Soaps	www.dindinaturals.com
Divine Ewe	Soaps, bath milk, facial yoghurt	www.divineewe.com
EnviroCare	Personal care - check labels for palm oil free range	www.envirocareearth.com.au
Evo	Shampoo - Normal persons shampoo only	www.evohairproducts.com
Evohe	Body and skin care, make-up	www.evohe.com.au
Fresh Cut Soap Co	Orange Peppermint and lemon lavender goatsmilk soap	www.freshcutsoapco.com.au/
Goodfella	Goodfella shaving soap and hand soap	www.goodfella.com
Gunbower Creek Olives	Olive soaps, body butter, lip balm, salt scrub	www.gunbowercreekolives.com.au
Herbon	Soaps, shampoo, moisturiser	From selected health food stores
INDAH	Body care products including lip balms, body bars & body butter	www.indah.com.au . For stockists click here
LaMari	Body, bath and hair care products	www.lamari.com.au
Lush	Soaps	www.lush.com.au
Maclyn Grove	Soaps, shampoos, dog shampoo	www.maclyngrove.com.au
Messence	Skin, body & hair care, toothpaste	www.miessence.com
Mokosh	Soaps, moisturisers	www.mokosh.com.au
Nature's Quest	Haircare and some skincare products excluding body lotion, cream cleanser, moisturiser, hand cream, facial scrub and baby lotion	www.naturesquest.com.au
Nurture with Nature	Soaps	www.nurture-with-nature.com
Olive Oil Skin Care Company	Olive oil soaps	www.oliveoilskincare.com.au
Organic Formulations	Riddells Creek toothpaste	From selected health food stores / online shops

Peace of Soap	Soaps	www.etsy.com/shop/peaceofsoapcompany
Pental	Country Life & Velvet soap	www.pental.com.au
Perse	Soaps, shampoos, skincare products excluding Organic Baby Nappy Cream	www.perse.com.au
Pompadour	Soaps (& candles)	www.pompadour.com.au
Pure and Green Organics	Cleansing bars, moisturisers	www.pureandgreenorganics.com.au
Pure Scents	Goat's milk soap	www.puresoap.com.au
Rhasdala	Soaps	www.rhasdala.com.au
Sally's Soap Shoppe	Soaps	www.sallyssoapshoppe.com.au
Sassy Soap	Soaps	www.sassysoap.com.au
Scentsational Handmade Soaps	Soaps	www.sshms.com.au
Soaps by Jules	Soaps (citrus & spice, goatsmilk & honey, lavender & lime, loofah, olive oil, rose geranium, sweet orange & calendula, ylang ylang	www.soapsbyjules.com.au
Synthesis 345	Skin care products	www.synthesis345.com.au
The Soap Emporium	Soaps	www.thesoapemporium.com
Tinderbox	Skin, body and hair care products	www.cheekyherbs.com
Treasured Earth	Face & body products	www.treasuredearth.com.au Available at www.organicaustraliaonline.com.au
Uniquely Organic Shampoo		
Weleda	Face & body products including soaps and moisturisers ***	www.weleda.com.au
Wesfarmers	Coles soap bars	Coles stores
Xquisit Organics	Face & body products	www.xquisit.com.au

* shampoos and conditioners free of glycerine include green tea clarifying shampoo, white camellia ultra-smoothing conditioner, honeysuckle rose moisturising conditioner, swimmer's normalising conditioner, GPB glycogen protein balancing shampoo and conditioner, primrose & lavender scalp-soothing shampoo, rosa mosqueta nourishing conditioner and shampoo, white camellia ultra-smoothing conditioner, blue camomile hydrating shampoo.

** based in UK but will ship to Australia

*** sodium palmitate used in calendula, iris, rosemary and rose soap sourced from Guyana and Colombia. All other products palm oil free

Laundry & Kitchen Products

Manufacturer	Brand	Product
Austech Products	Orange Power	Cleaners and laundry products available in most major and independent retailers. Visit www.orangepower.com.au for more information.
Aware Environmental	Aware	Range of laundry powders and liquids available in most major supermarkets. Visit www.awareenvironmental.com.au for more information.
Bio+Green Crystals	Bio+Green Crystals	Kitchen, bathroom and glass cleaners at www.biogreencrystals.com.au
Clean Conscience	Clean Conscience	Laundry powder, kitchen and bathroom products at www.cleanconscience.com.au
Envirocare	EnviroClean	Check labels for new palm oil free range. For stockists, click here
Herbon	Herbon	Kitchen and laundry products (except pure ground soap)
KES Environmental Services	Sindhiya; NViro	Soap nuts and colloidal cleaning products at www.kesenviro.com
Kin Kin naturals	Kin Kin Naturals	Kitchen and laundry products. For stockists click here .
Messence	MEviron, BioPure	Household cleaners at www.miessence.com
Nature's Quest	Nature's Quest	Household cleaners at www.naturesquest.com.au
Pental	Sunlight soaps	Laundry soap at www.pental.com.au

Downloads

 [Palm oil free products](#)

