

SAY NO TO PALM OIL

...for the *environment*, the *animals* & your *health*!

About Palm Oil

Palm oil is a type of vegetable oil derived from the **palm fruit**, grown on the African oil palm tree. Oil palms are originally from Western Africa, but **can flourish wherever heat and rainfall are abundant**. Today, **almost all** palm oil is produced in, and exported from, Indonesia and Malaysia; but most of the time **not using sustainable measures**.

Vast areas of pristine rainforest is slashed and burned each year in order to make way for oil palm plantations. Many orangutans and other wildlife are killed in the process, so that this one vegetable oil can be used in many of **OUR everyday foods and products**. **This large-scale deforestation is pushing orangutans to extinction**, along with many other native species of Borneo and Sumatra.

Palm oil is an extremely popular vegetable oil amongst manufacturers. It is used in over **50%** of products, including: **baked goods, confectionery, cosmetics, body products and cleaning agents**. But in many countries, there is no law on the mandatory labelling of palm oil. Consequently, companies will usually **hide palm oil** under the name of 'vegetable oil', or **over 170 other names!** (See the list of the most common 30 names below).

One **argument** is that **we need palm oil in today's society**, and that palm oil is a key ingredient in many foods and body products. But **what about 30 years ago?** Back then, palm oil **wasn't use is nearly as many products as today** (as seen in the graphs found on the 'Images' page), in fact, it was almost **non-existent** in much of the Western-world. So **why** does there need to be such a **high demand** for it in the modern world? **We don't need palm oil**. There a **many alternatives** to palm oil, but unfortunately **none as cheap and efficient**, which is why **companies are reluctant to switch**.

Another alternative option for companies is '**sustainable palm oil**'. The only issue with sustainable palm oil is that currently, this 'eco-friendly' vegetable oil is sourced through *RSPO*, an organisation which is **considered unreliable and untrustworthy** by many (read the segment below for more information).

However; even if sustainable palm oil was proven to actually be 'sustainable', why wouldn't all companies use it? **Consider two chocolate bars. They both contain palm oil**. One uses palm oil sourced from a sustainable plantation, the other uses palm oil from plantations **associated with animal genocide** and **catastrophic deforestation**. Which one would you buy? The answer may be obvious to you, but for the **global corporate giants** of this world, it's a different story.

Because palm oil isn't labelled in many countries, **consumers are blinded to the fact that many of the products they are buying contribute to this unprecedented disaster**. One of the lists below consists of **well-known products** that contain crude palm oil as well as a list of products that contain 'sustainable' palm oil. That way **you can have the choice** whether to buy them or not.

Orangutan numbers are plummeting at a dangerously fast rate, all for our sugary, prepackaged snack foods and fragrant, chemical-filled soaps and shampoos.

We have a choice, orangutans do not.

[Click here to learn more about palm oil](#)

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RSPO - Roundtable on Sustainable Palm Oil

RSPO, founded in **2004**, is an organisation **made to promote the sustainable agriculture of the palm oil crop**. It is a **good start** for companies to **become a member of RSPO** and commit to sourcing '**Sustainable Palm Oil**', however; the **effectiveness of RSPO** is **yet to be proven**.

There has been **large debate** and **controversy** over whether RSPO is a **well run, effective organisation** or as some describe; '**a green wash**'. Many consumers are **not happy** with RSPO's **low standards and lack of regulations**. Consumers state that the RSPO is simply **a name that companies can hide behind** and that the palm oil **cannot be proven** to be sustainable. **"At the present time, it is possible to be a full member of the RSPO without ever actually producing any RSPO certified sustainable palm oil."** - Wikipedia, the online Encyclopedia.

For now, **it's up to YOU as a consumer** to **choose** whether you **trust** the RSPO and their standards on sustainable palm oil. [Click here to visit the RSPO website](#)

To see the full list of companies that are members of RSPO, [click here](#).

7 ways to detect & avoid palm oil

If you live in countries such as Australia, New Zealand or the UK, then you will understand how frustrating it is trying to avoid palm oil when shopping, because there are no laws on the mandatory labelling of palm oil. This means companies usually don't label palm oil on their products.

The list below consists of a number of different ways in which you can detect and avoid palm oil when shopping:

1. The **most common name** palm oil is **hidden under** is '**vegetable oil**'. Almost all **Asian products or products made in Asia** that have 'vegetable oil' written on the label **means that it is palm oil**.
2. Most **pre-packaged snack foods** made by **well known, large corporate-giants** (Nestle, Unilever etc) contain palm oil.
3. **If a product's saturated fat content is over 40% of it's total fat content**, it will almost **always have palm oil in it**.
4. **Ingredients** with the **word 'palm' in them** are **palm oil** or are **derived from the oil palm fruit** (as shown in the ingredient list below).
5. Nearly **all home-brand/no-name pasties and confectionery** will contain palm oil (**Coles/Safeway donuts, muffins, cakes, chocolate, confectionery etc**).
6. If you are not sure whether a product contains palm oil, either **type the product name into google along with 'palm oil'** and see the search results, **or call the company and ask if they use palm oil**.
7. To **avoid palm oil**, look out for products that contain **alternative vegetable oils**, such as **100% sunflower oil, corn oil or canola oil**. However, please note that Soybean oil is often associated with the destruction of rainforest in Brazil.

IMPORTANT:

Just because a product says it is "Organic" or "Cruelty-Free" does not mean it doesn't contain palm oil. In fact, most natural/organic products do contain palm oil - because palm oil is a very much a natural ingredient. It's the way it is produced that is far from natural, which is something many companies fail to realise.

30 NAMES PALM OIL CAN BE LABELLED UNDER

Foods, Body Products, Cosmetics & Cleaning Agents:

- Vegetable Oil
- Vegetable Fat
- Sodium Laureth Sulfate (in almost everything that foams) ^
- Sodium Lauryl Sulfate ^
- Sodium Dodecyl Sulphate (SDS or NaDS) ^
- Palm Kernel#
- Palm Oil Kernel #
- Palm Fruit Oil #
- Palmate #
- Palmitate #
- Palmolein #
- Glyceryl Stearate #
- Stearic Acid #
- Elaeis Guineensis #



This is little Jessie, a victim of the illegal pet/zoo trade in South-East Asia.

Photo credit: TRAFFIC Southeast Asia

- Palmitic Acid #
- Palm Stearine #
- Palmitoyl oxostearamide #
- Palmitoyl tetrapeptide-3 #
- Steareth -2 *
- Steareth -20 *
- Sodium Kernelate #
- Sodium Palm Kernelate #
- Sodium Lauryl Lactylate/Sulphate *
- Sodium Lauryl Sulfoacetate ^
- Hydrated Palm Glycerides #
- Sodium Isostearoyl Lactylate ^
- Cetyl Palmitate #
- Octyl Palmitate #
- Cetyl Alcohol ^
- Palmityl Alcohol #

These ingredients are definitely palm oil or derived from palm oil.

* These ingredients are often derived from palm oil, but could be derived from other vegetable oils.

^ These ingredients are either derived from palm oil or coconut oil.

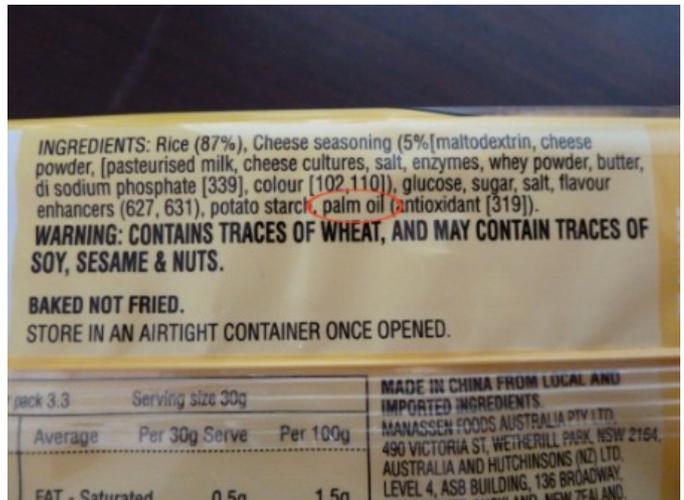


EXAMPLES OF HOW TO DETECT PALM OIL ON A LABEL:



Trident - Cheese Rice Crackers

Palm oil ingredient(s): Palm Oil



Arnott's - Scotch Finger

Palm oil ingredient(s): Vegetable Oil





Corinthians - Chocolate Cream Wafers

Palm oil ingredient(s): Palm oil, Vegetable Oil (palm)



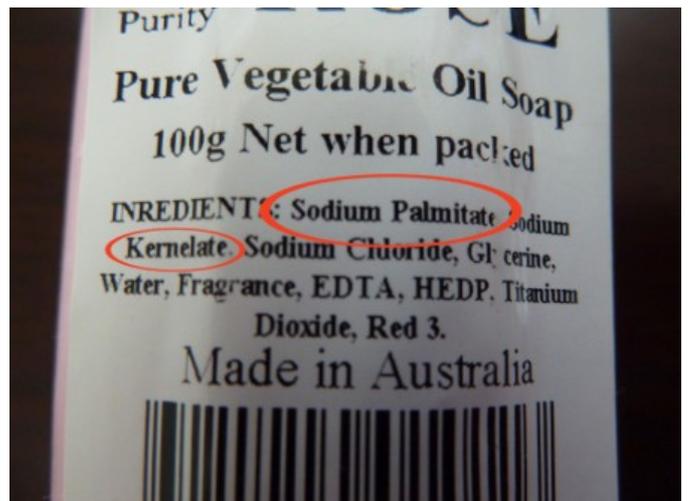
Coles Smart Buy - Light Fruit Cake

Palm oil ingredient(s): Vegetable Oil, Vegetable Fats and Oils (palm)



Purity - Rose Pure Vegetable Oil Soap

Palm oil ingredient(s): Sodium Palmitate, Sodium Kernelate





Swami Sarasvati - Apricot E Moisturiser



Palm oil ingredient(s): Palmitate, Stearic Acid, Glyceryl Stearate-Coco palm, Sodium Stearate, Retinyl Palmitate



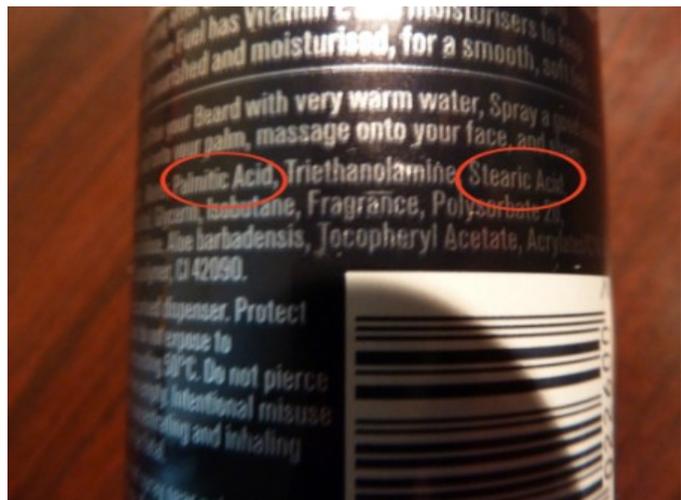
Organic Care/Nature's Organics - Normal Balance Conditioner



Palm oil ingredient(s): Palm Kernel



Brut Endurance - Tough Growth Shave Gel



Palm oil ingredient(s): Palmitic Acid, Stearic Acid

Product Lists

Below are three lists:

TOP LEFT: Companies and their products that use palm oil sourced from land that once-was orangutan rainforest habitat.

BOTTOM LEFT: Companies and their brands that use RSPO 'sustainable' palm oil.

TOP RIGHT: Companies and their products that are palm oil free.

It is up to you as a consumer to choose whether to continue buying these products, whether they are crude, or whether you trust RSPO sustainable palm oil to be farmed in a sustainable manner.

A great way to help is to use these lists to target companies and complain about the use of palm oil in their products. Choose some of your favourite products that contain palm oil, go to their websites and find their contact details. You could either send them an email, or even better, give them a call! Express your opinion about their use of environmental-damaging palm oil - tell them about the catastrophic impacts palm oil is having on the planet, and encourage them to switch to an alternative vegetable oil!
CONSUMER PRESSURE = CHANGE!

For a full list of over 300 products containing crude palm oil [click here](#).

PLEASE NOTE:

**these lists mainly consist of companies and products from Australia and New Zealand.
 The lists were last updated in February 2012.**

PRODUCTS THAT CONTAIN CRUDE PALM OIL:

Aldi Supermarkets

- Damora snack foods
- Belmont Biscuit co.
- GoldenVale cereals
- Dominion products
- Choceur chocolates
- Bramwells
- Sprinters chips
- Brookdale
- Milfina ice-cream

Arnott's Biscuits ~ [Click here for more brands](#)

- Shapes (AP)
- Shapes Sensations (AP)
- Tim-Tams (AP)
- Wagon Wheels
- Mint Slice biscuit
- Royals
- Classic assorted
- Venetian
- Lemon Crisp
- Raspberry shortcake
- Arnott's cookies
- Tiny Teddies
- Jatz Clix biscuits (savoury)

Coles Supermarkets - Coles brand range ~ [Click here for more brands](#)

- "You'll Love Coles" range (ice-cream, garlic bread, milk chocolate etc.)
- \$mart Buy
- Coles Pastries: Donuts, Biscuits, Cakes, Muffins & Scrolls (AP)

Colgate-Palmolive ~ [Click here for more products](#)

- Shampoos (AP)
- Conditioners (AP)
- Body wash (AP)
- Soaps (AP)
- Liquid hand-soap (AP)
- Shower gel (AP)

Colgate ~ [Click here for more products](#)

- Toothpastes (AP)
- Mouthwash
- Shaving cream

Fonterra dairy products ~ [Click here for more brands](#)

- Dairy Milk
- Anchor (Fonterra brand)*
- Blue top milk
- Cheese singles
- Butter

Mainland cheeses (Fonterra brand) ~ [Click here for more products](#)

- Edam cheese
- Colby cheese
- Tasty cheese
- Mild cheese
- Special reserve cheese range (AP)

Tip Top ice-creams (Fonterra brand) ~ [Click here for more products](#)

- Joy Bar
- Soft serve
- Ice-creams in tub (AP)
- Ice-creams on cone (AP)
- Ice-creams on stick (AP)

PALM-OIL-FREE ALTERNATIVE PRODUCTS:

Alternatives List from the Borneo Orangutan Survival Foundation

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)
Chokolit	Chokolit	Chocolate blocks*
Haigh's Chocolates	Haigh's	Chocolate blocks (Note that nougat and fudge fillings contain some palm oil)
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 spread do contain palm oil)
Wesfarmers Ltd	You'll love Coles	Chocolate blocks (except mint)
Whittaker's	Whittaker's	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

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; Salada Original (not lite); Vita-weat; Vita-weat grain snacks; Vita-weat crackers; Vita-Weat rice crackers
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
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
Paradise Foods	Vive Wellbeing	7 grains; Soy & linseed crispbread
Real Foods	Corn Thins	Corn cakes
Ricegrowers Ltd	SunRice	Rice cakes; Corn cakes
Riviana Foods	Always Fresh	Grissini Italian breadsticks; Crustini bruschetta toasts; Wafer crispbread
Roccas Fine Foods	RoccasDeli	Mini Flatbreads; Baker chips; Gourmet crackers

General Mills ~ [Click here for more brands](#)

- Old El Paso tacos, dips, salsas & tortillas (AP)
- Betty Crocker products (AP)
- Cheerios breakfast cereal
- Nature Valley granola bars
- Fruit roll-ups
- Latina Pasta (AP)
- Olay (owned by General Mills)*
- Most cosmetics

Kraft ~ [Click here for more brands](#)

- Easy Mac
- Deluxe macaroni and cheese
- Peanut Butter
- Philadelphia cream cheese (AP)
- Toberlone Chocolate
- Velveeta
- Cool Whip cream

Nabisco (owned by Kraft) ~ [Click here for more brands](#)

- Oreos (AP)
- Ritz Crackers
- Chips Ahoy! (biscuits)
- Wheat Thins

Heinz ~ [Click here for more brands](#)

- Beans
- Spaghetti Spaghetti
- Sauces & dressings
- Soups (AP)
- Frozen meals
- Desserts (AP)
- Wattie's canned snack foods (AP)
- Weight watchers products

Mars Incorporated ~ [Click here for more brands](#)

- M&Ms
- Snickers
- Mars bars
- Milky Way
- Twix
- Bounty
- Maltesers
- Doublemint
- Dove

Wrigley's (owned by Mars)

- 5 gum (AP)
- Extra gum (AP)
- Juicy Fruit gum (AP)
- Starburst lollies
- Skittles lollies
- Hubba Bubba bubble gum (AP)
- P.K. chewing gum (AP)

Mars Petcare ~ *All brands*

- Pedigree
- My Dog
- Dine
- Kitekat
- Optimum
- Schmakos
- Advance

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	Red Rock Deli	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)
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
"	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
Gateaux Bonne Maman	Bonne Maman	Butter cookies; Tartlets (lemon & raspberry)
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
Paradise Foods Industries	Vive Lites & Wellbeing	Lites: Apricot & coconut; Caramel pecan; Choc chip; Tartlets (blackcurrant & strawberry) Wellbeing: Date & ginger; Lemon & almond
"	Cottage Cookies	More-ish macadamia
The Old Colonial Cookie Co	Butterfingers	Pure butter shortbread
Unibic	Unibic	Aniseed cake; Anzac biscuits; Biscotti; Savolardi sponge fingers; Shortbread fingers
"	Weightwatchers	Butternut cookies; Raspberry tartlets
Woolworths Ltd	Home Brand	Tartlets (blackberry & raspberry)
"	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.

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	Michelin's	Beef ravioli
Simplot Australia	Birds Eye	All frozen fish products

- Whiskas
- Royal Canin

Sara-Lee ~ [Click here for more brands](#)

- Bavarians
- Cakes & cheesecakes (AP)
- Chocolate Pies & Fruit Pies
- Croissants & Danishes (AP)
- Crumbles & Puddings
- Ice Creams (AP)
- Lasagna
- Quiches (AP)

Snack Brands Australia - packaged chips ~All brands

- Cheezels
- Kettle chips (AP)
- Samboy chips (AP)
- CC's corn chips
- Thins chips (AP)
- French Fries
- Chickadees
- Colvan chips

Uncle Tobys ~ [Click here for more brands](#)

- Fruit Breaks bars (AP)
- Chewy bars (AP)
- Bodywise bars
- Le Snack
- Roll Ups

(AP)= All products:- palm oil is found in all products or flavours of this specific brand. Example - palm oil is found in all flavours of Arnott's Shapes: Plain, Chicken, Pizza, BBQ etc.

PRODUCTS THAT CONTAIN OR ARE SWITCHING TO 'SUSTAINABLE' PALM OIL:

Goodman Fielder ~ [Click here for more brands](#)

- Crisco
- Praise bread
- Helga's bread
- Wonder White bread
- Paradise Cottage Cookies
- White Wings pastries
- Meadowlea margarine
- Veri Deli biscuits

Jordan's Multigrain Bars and Cereals (UK) ~ [Click here for more brands](#)

- Muesli bars (AP)

Kelloggs cereals & confectionery ~ [Click here for more brands](#)

- Just Right (AP)
- Special K (AP)
- Cornflakes
- Crunchy Nut
- Rice Krispies
- LCM bars (AP)

L'Oreal Paris

- Most cosmetics (make-ups, tanning lotions, cleansers) (AP)
- Shampoos (AP)
- Conditioners (AP)

Maybelline (owned by L'Oreal)

- Most cosmetics

Carier (owned by L'Oreal)

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
Bartter Steggles	Steggles	Tempura style nuggets; Dinosnack shapes
Borgcraft Pty Ltd	Borgs	Butter puff pastry
C&M Antoniou Pty Ltd	Antoniou	Chilled fillo pastry
Careme	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	Mini dim sims

Frozen chips & wedges

Manufacturer	Brand	Product
McCain Foods (Aust) Pty Ltd	McCain	All fry range 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.

Most 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. However we have found one of the Sanitarium range of products which is 100% peanuts along with Ceres Organic and Melrose Health spreads which are also palm oil free.

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

Manufacturer	Brand	Product
Arla Foods	Harmonie	Organic spreadable
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
Melrose Health	Melrose Naturals	100% Cashew; 100% Almond; Hazelnut; Almond, Brazil & Cashew
"	Melrose	Nut spreads
"	Melrose Omega Care	Table spreads
Sanitarium	Naturals	100% Peanuts (Crunchy & Smooth)

Instant noodles

Manufacturer	Brand	Product
Clahym	Just Egg Noodles	Instant noodles
Wesfarmers	Coles 2 minute instant 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
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; Sultan 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)

UNILEVER (OWNED BY L'OREAL)

- Most cosmetics
- The Body Shop (owned by L'Oreal)*
- Aloe Calming Facial cleanser
- Aloe Soothing night cream
- Body Focus Firming lotion
- Moisture White make-up remover
- Olive Leaf Cleansing gel
- Wise Woman Luxury cleanser

McDonalds ~ Click here for more products

- All foods that have been deep fried or contain vegetable oil:
- Fries
 - Burger meat
 - Hash browns
 - Chicken nuggets
 - Crispy chicken pieces
 - Tortilla meat
 - Desserts (AP)
 - Cookies

Natures Organics/ Organic Care ~ Click here for more products

- Shampoos & Conditioners (AP)
- Hair styling gel
- Hand wash (AP)

Nestle ~ Click here for more brands

- Maggi noodles (AP)
- Cheerios
- Corn Flakes (Nestle)
- Milo cereal
- Allen's lollies (AP)
- Kit-kat chocolate bars (AP)
- Wonka chocolate bars

Palmer's body Products ~ Click here for more products

- Skin products (AP)
- Cocoa butter lotions (AP)
- Make up (AP)
- Facial lotion (AP)
- Tanning lotion
- Shea butter formula

Procter & Gamble products ~ Click here for more brands

- Pringles (AP)
- Iams dog food (AP)
- Detergents & body products (AP)
- Oral-B toothpaste

Smiths Snackfood Company (chips)

- Crinkle-cut chips (AP)
- Doritos (AP)
- Twisties
- Burger Rings
- Cheetos
- Zig-zag chips
- Nobbys (AP)

Unilever (Multi-billion dollar company that consumes 20% of all palm oil farmed annually) ~ Click here for more brands

- Flora margarine
- Dove soaps and body-products (AP)
- Lux soaps and body-products (AP)
- Brut men's products (AP)
- Radox body-products
- Sunsilk shampoos and conditioners (AP)
- Vaseline skin care (AP)
- Chicken Tonight (AP)
- Continental
- Bertolli
- Raguletto

Woolworths/ Safeway Supermarkets - Select home-brand range

- Woolworths 'Select' range
- Woolworths Home-Brand range

Soaps / shampoos / beauty products / toiletries

Manufacturer	Product	Website / Retail outlets
Adorn Mineral Cosmetics	Skincare, cosmetics, lipstick	www.adornmineralcosmetics.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.naturalssoap.com.au
Bubblon	Soaps and skincare, dog soap	www.bubblon.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
Maclyn Grove	Soaps, shampoos, dog shampoo	www.maclyngrove.com.au
Mokosh	Soaps, moisturisers	www.mokosh.com.au
Murchison-Hume	Liquid hand soap	www.murchison-hume.com
Nurture with Nature	Soaps	www.nurture-with-nature.com
Olive Oil Soap Company	Olive oil soaps	www.oliveoilsoap.com.au
Organic Formulations	Riddells Creek toothpaste	From selected health food stores / online shops
Pental	Country Life, Sunlight & Velvet soaps	www.pental.com.au
Plunkett Pharmaceuticals	Plunketts Sorbolene	For stockists: www.plunketts.com.au/index.php/stocklists-menu
Pompadour	Soaps (& candles)	www.pompadour.com.au
Pure and Green Organics	Cleansing bars, moisturisers	www.pureandgreenorganics.com.au
Red Seal Phytoshield	Toothpaste	From selected health food stores
Rhasdala	Soaps	www.rhasdala.com.au
Sally's Soap Shoppe	Soaps	For product range and contact details, click here
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, yang yang)	www.soapsbyjules.com.au
Synthesis 345	Skin care products	www.synthesis345.com.au
Tinderbox	Skin, body and hair care products	www.cheekyherbs.com
Treasured Earth	Face & body products	www.treasuredearth.com.au
Uniquely Organic	Shampoo	Available at www.organicaustraliaonline.com.au
Weleda	Face & body products including soaps and moisturisers ***	www.weleda.com.au
Wesfarmers	Coles soap bars	Coles stores
Woolworths Ltd	Woolworths Select soap	Woolworths store
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 palmate 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.
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. For stockists click here
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; N'Viro	Soap nuts and colloidal cleaning products at www.kesenviron.com
Kin Kin naturals	Kin Kin Naturals	Kitchen and laundry products. For stockists click here .

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