

# PALM OIL – THE OILY TRUTH



Palm oil is a versatile vegetable oil from oil palm trees.

Over **50 MILLION TONNES** are produced annually. **85%** of it is produced in **Indonesia and Malaysia**.

**OVER 50% OF PRODUCTS ON SUPERMARKET SHELVES NOW CONTAIN PALM OIL** or its derivatives – processed food, cosmetics, personal care and cleaning products. It's also in fast foods.

**RAINFOREST DESTRUCTION** for **OIL PALM PLANTATIONS** drives species extinction, carbon pollution and community conflict.



Up to **300 FOOTBALL FIELDS** of forest are **CLEARED** every **HOURLY** globally.

More than **140 MILLION METRIC TONNES OF CO<sub>2</sub>** –

**EQUIVALENT** to the amount of CO<sub>2</sub> released by **28 MILLION VEHICLES** –

was released during deforestation to make way for oil palm plantations in Indonesia in 2010 alone.

**DEFORESTATION** causes **15% OF ALL HUMAN-MADE CO<sub>2</sub>** emissions.



**ORANGUTANS** have **DIMINISHED BY 50% IN JUST 10 YEARS** as oil palm plantations have encroached on their habitat. The **Sumatran tiger, rhino and elephant** are also in **extreme danger**.

In 2012, **600 MAJOR LAND CONFLICTS** on oil palm plantations were recorded in **Indonesia** alone.



If nothing changes, some of our most **CRITICAL CARBON STORAGE SYSTEMS WILL BE GONE**, so too will wild populations of **Orangutans** and other **endangered species**.



We can be part of the solution. **FIND OUT WHAT YOU CAN DO >**

# WHAT CAN I DO?

So you've read the facts on the cover and feel overwhelmed? Although an extremely complex issue, a sustainable palm oil industry is possible.

## 1. AVOID PROCESSED FOOD AND CONSUME MOSTLY WHOLEFOODS

such as vegetables, fruit, grains, nuts and organic meat and dairy. These don't contain additives such as palm oil and are also better for your health.

*Note: Palm sugar is different to palm oil so there is no reason to avoid it.*



USE OUR HANDY CUT-N-KEEP GUIDE TO HELP YOU IDENTIFY PALM OIL AND ITS DERIVATIVES IN PRODUCTS.

## 2. CHECK.

When you do purchase packaged products, **check** to see if palm oil or its derivatives are **listed in the ingredients**.

## 3. CHOOSE

a palm oil free alternative and let the manufacturer and the retailer of the palm oil product know why you've chosen not to buy it. Tell them you'll support their brand if they make the switch to Certified Sustainable Palm Oil (CSPO). If you can't find an alternative, look for the RSPO logo on the **label**.



## 4. TAKE ACTION.

Contact manufacturers and retailers via social media and sign petitions supporting groups that are campaigning for better labelling and use of Certified Sustainable Palm Oil. Also consider donating to an orangutan rescue organisation.

For tips on what sort of questions to ask companies, visit [palmoilinvestigations.org](http://palmoilinvestigations.org).

Many groups are campaigning for truth in labelling and use of sustainable palm oil. Support them by signing their petitions and spreading the word to your friends and family:

Palm Oil Action Group  
[palmoilaction.org.au](http://palmoilaction.org.au)

Melbourne Zoo's Don't Palm Us Off  
[zoo.org.au/get-involved/act-for-wildlife/dont-palm-us-off](http://zoo.org.au/get-involved/act-for-wildlife/dont-palm-us-off)

Melbourne Zoo's Zoopermarket  
[zoo.org.au/zoopermarket](http://zoo.org.au/zoopermarket)

USE OUR PALM OIL FREE OR CSPO PRODUCT SHOPPING GUIDE FOR ALTERNATIVES.



# HOW TO IDENTIFY PALM OIL

There are currently no laws in Australia making the labelling of 'palm oil' mandatory. As a result, there are a trillion ways palm oil can be listed!

## SUSTAINABLE PALM OIL?

**About 14% of palm oil is certified sustainable (CSPO)** meaning that it's produced under a set of criteria that are designed to protect the environment and the rights of local communities.

The peak body for sustainable palm oil is the Roundtable on Sustainable Palm Oil (RSPO). The RSPO has designed a certification scheme and manufacturers who source through the scheme may display the RSPO trademark.

**Unfortunately there are major pitfalls with the supply chain and scheme, meaning that not all companies who claim to support sustainable palm oil in actual fact use 100% CSPO.**

Despite its pitfalls, the RSPO scheme is currently the only framework for a sustainable palm oil market – it's all we have to go by. If you find a product does contain palm oil, we recommend you ask the company directly about it, as consumer pressure is what will encourage change.

## THESE INGREDIENTS ARE DEFINITELY PALM OIL OR DERIVED FROM PALM OIL:

Palm oil kernel, Palm kernel or Palm fruit oil  
 Anything containing the words "Palmitate" or "Palmate", such as Cetyl Palmitate and Octyl Palmitate  
 Elaeis guineensis  
 Sodium Kernelate or Sodium Palm Kernelate  
 Hydrated Palm Glycerides  
 Hexadecanoic or Palmitic Acid  
 Palmityl Alcohol  
 Palmolein  
 Glyceryl Stearate  
 Stearic Acid  
 Palmitic Acid  
 Palm Stearine  
 Palmitoyl oxostearamide  
 Palmitoyl tetrapeptide-3  
 Sodium Kernelat  
 Sodium Palm Kernelate

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## THESE INGREDIENTS MAY ALSO BE PALM OIL OR DERIVED FROM PALM OIL

Vegetable oil or vegetable fat  
 Anything containing the words "stearate, stearyl"  
 Anything containing the words "cetyl, cetearyl"  
 Sodium Laureth Sulfate  
 Sodium Lauryl Sulfate  
 Sodium Dodecyl Sulphate (SDS or NaDS)  
 Steareth -2  
 Steareth -20  
 Sodium Lauryl Lactylate/Sulphate  
 Sodium Lauryl Sulfoacetate  
 Sodium Isostearoyl Lactylate  
 Cetyl Alcohol  
 Emulsifier 422, 430-436, 465-467, 470-478, 481-483, 493-495, 570

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CUT &amp; KEEP

# PALM OIL FREE OR CSPO PRODUCT SHOPPING GUIDE

The Borneo Orangutan Survival Australia foundation has compiled a list of products that are either palm oil free or contain segregated CSPO.\* The list isn't exhaustive but it's a start. For the full list visit [orangutans.com.au](http://orangutans.com.au).

It's also worth thinking about other aspects of the product, for instance, whether the chocolate uses Fairtrade cocoa, or whether the product is sustainably produced overall.

Palm Oil Investigations is also constantly updating their website with products that do and don't contain palm oil [palmoilinvestigations.org](http://palmoilinvestigations.org) (See the Hungry for More? section at the back of this brochure).

"The most important thing to remember about food labels is that you should avoid foods that have labels."

Dr Joel Fuhrman

## SNACK FOOD

**Red Rock Deli** Potato chips with sea salt

**Kettle** Original salted chips (other variants have small quantities of palm oil derivatives in flavouring), Sweet Potato, Beetroot and White potato vegetable chips

**R W Garcia** Organic corn tortilla chips (white, soy and flaxseed, bluecorn, spicy)

**Macro** Gluten free Original potato chips

## CEREALS

**Be Natural** Five Whole Grain Flakes

**Carman's** All muesli products and rolled oats

**Lowan Whole Foods** Muesli range

**Abundant Earth** Organic bircher muesli, puffed rice, corn, millet, kamut

**Kellogg's** All Bran, Coco Pops, Crispix, Crunchy Nut (except Clusters), Frosties, Guardian, Nutri-Grain, Rice Bubbles, Special K, Sultana Bran (except Crunch), Sustain

**Uncle Tobys** All cereals

**Sanitarium** All cereals (Weetbix, Crunchy Bites, Granola Oat Clusters, Skippy Cornflakes, Honey Weets, Puffed Wheat, Light 'n Tasty, Up & Go)

## ICE CREAM

**So Good Frozen Dessert** Soy based ice cream alternative

**Ben & Jerry's**

**Golden North**

## SAVOURY BISCUITS

**Ryvita** Crispbread

**Artisse Organic** Original rice crackers

**Kurrajong Kitchens** Lavosh bread

**Sunrice** Corn cakes, rice cakes

**Waterthins** Bagelettes, Cheese Twists, Fine Wafers, Flatbread Crackers, Savoury Straws

**Walkers** Shortbreads

**Corn Thins** Corn cakes

**Arnotts** Cruskits

**Biofood Organic** Melba Toast

**Fantastic** Rice crackers (seaweed flavour only)

**Sakata** Rice crackers

**Carr's Melts** Wheaten biscuits (cheese flavour)

# HUNGRY FOR MORE?

Visit Sustainable Table [sustainabletable.org.au](http://sustainabletable.org.au) for more information on palm oil. Here's a list of other useful websites to help you learn more and shop better:

## PALM OIL AND ORANGUTAN INFORMATION

**Borneo Orangutan Survival Australia**  
[orangutans.com.au](http://orangutans.com.au)

**Palm Oil Action**  
[palmoilaction.org.au](http://palmoilaction.org.au)

**Say No to Palm Oil**  
[saynotopalmoil.com](http://saynotopalmoil.com)

**World Wide Fund for Wildlife**  
[wwf.org.au](http://wwf.org.au)

## SUSTAINABLE PALM OIL AND CERTIFICATION SCHEMES

**The Roundtable on Sustainable Palm Oil**  
[rspo.org](http://rspo.org)

**Sustainable Palm Oil Platform**  
[sustainablepalmoil.org](http://sustainablepalmoil.org)

**Palm Oil Investigations**  
[palmoilinvestigations.org](http://palmoilinvestigations.org)

**Melbourne Zoo's Don't Palm Us Off**  
[zoo.org.au/get-involved/act-for-wildlife/dont-palm-us-off](http://zoo.org.au/get-involved/act-for-wildlife/dont-palm-us-off)

## SHOPPING GUIDES

**Palm Oil Action Shopping Guide**  
[palmoilaction.org.au/shopping-guide.html](http://palmoilaction.org.au/shopping-guide.html)

**Palm Oil Free Products**  
[palmoilfreeproducts.com.au](http://palmoilfreeproducts.com.au)

**Cheyenne Mountain Zoo Palm Oil Shopping Guide for both iPhone and Android**  
[cmzoo.org/conservation/palmOilCrisis](http://cmzoo.org/conservation/palmOilCrisis)



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Sustainable Table is a young and innovative not-for-profit organisation that empowers people to use their shopping dollar to vote for a food system that is fair, humane, healthy and good for the environment. **With up to 60% of our personal eco-footprint embodied in the food that we buy, there is no better place to start.**

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[sustainabletable.org.au](http://sustainabletable.org.au)

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## CUT & KEEP

### SWEET BISCUITS

**Bonne Maman** Butter cookies, Tartlets (lemon and raspberry)

**Weightwatchers** Butternut cookies, Raspberry tartlets

**Arnotts** Glengarry, Snack Right

### CHOCOLATE

**Aldi Just Organics** chocolate blocks

**Haig's Chocolates**

**Koko Black**

**Lindt** (except for filled products such as Lindor Balls)

**Whittaker's** chocolate blocks

**Cocolo**

**Green & Black's** Chocolate blocks (except Butterscotch, Raisin and Hazelnut)

**KoKo Black** Chocolates and chocolate blocks

### SPREADS

**Ambrosia** Honey and peanut butter

**Ceres Organic** Peanut Butter (Crunchy and Smooth), Almond Butter

**Devondale** Dairy Soft and Dairy Soft salt reduced

**Mainland** Butter Soft

**Melrose Naturals** 100% Cashew, 100% Almond, Hazelnut, Almond, Brazil and Cashew

**Sanitarium** Peanut butters and Marmite

### CLEANING PRODUCTS

**Orange Power**

**Aware**

**Earth Choice**

**Clean Conscience**

**ECologic**

**EnviroClean**

### PERSONAL CARE

**MiEssence** Skin, body and hair care, toothpaste

**Riddells Creek** Skin, body and hair care, toothpaste

**Gaia Skin Naturals Australia** Baby wipes

**Mokosh** Soaps and moisturisers

**Natures Organics** Skin care and hair care

**Australian Biologika** Skin and hair care (all products except soap bars)

**Lush** Soaps

**Kuush** Skin, body and hair care

**Mountain Minerals Makeup** Makeup and skin care

**Pure and Green Organics** Cleansing bars, exfoliating scrub, facial cleanser, serum, toothpaste



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