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 Alchohol
- Palmolein
- Glyceryl Stearate
- Stearic Acid
- Palmitic Acid
- Palm Stearine
- Palmitoyl oxostearamide
- Palmitoyl tetrapeptide-3
- Sodium Kernelat
- Sodium Palm Kernelate

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 Lactylaye
- Cetyl Alcohol

CUT & 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.

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.

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)

IC 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
- Waterhins 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)

“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

+ Segregated CSPO is certified sustainable palm oil from diverse sources and remains physically separated from non-certified palm oil throughout the supply chain.
 Hungry for more?

Visit Sustainable Table 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 orangutana.com.au
- Palm Oil Action palmoilaction.org.au
- Say No to Palm Oil saynotopalmoil.com
- World Wide Fund for Wildlife wwf.org.au

### Sustainable Palm Oil and Certification Schemes
- The Roundtable on Sustainable Palm Oil rspo.org
- Sustainable Palm Oil Platform sustainablepalmoil.org
- Palm Oil Investigations palmoilinvestigations.org

### Shopping Guides
- Palm Oil Free Products palmoilfreeproducts.com.au
- Cheyenne Mountain Zoo Palm Oil Shopping Guide for both iPhone and Android cmzoo.org/conservation/palmOilCrisis
- sustainabletable.org.au
  - follow us @SustainTable
  - like us /thesustainabletable

### 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

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.

sustainabletable.org.au
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