

HELPING YOU BUY RESPONSIBLY – PALM OIL FREE ALTERNATIVES

- * The following 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 contact@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 membership of the Roundtable on Sustainable Palm Oil (www.rspo.org) is insufficient to guarantee that the palm oil is sustainable. Only a limited number of members are currently producing certified sustainable palm oil.
- * Product specifications can change – the information in this list is believed to be correct at the time of publication.
- * The list is based on a product by product basis rather than an company level. Many of the companies listed manufacture other products that do contain palm oil.

PALM OIL FREE PRODUCTS

SAVOURY 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	Sakata	Rice crackers
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
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Manufacturer	Brand	Product
Roccas Fine Foods	RoccasDeli	Mini Flatbreads; Baker chips; Gourmet crackers
Snowy Mountains Cookies	Snowy Mountains 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 Vi
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)

SWEET BISCUITS

Manufacturer	Brand	Product
Addiction Foods	Addiction Foods	Brownies, bars & balls. For NSW stockists see www.addictionfood.com.au
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.vpweb.com.au)
Gateaux Bonne Maman	Bonne Maman	Butter cookies; Tartlets (lemon & raspberry)
Goodman Fielder	Paradise Cottage Cookies	Vive Lites
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 Mountains Cookies	Snowy Mountains Cookies	All Cookie flavours (www.snowycookies.com.au)
The Old Colonial Cookie Co	Butterfingers	Pure butter shortbread
Unibic	Unibic	Aniseed cake; Biscotti; Savoirdi sponge fingers; Shortbread fingers
"	Weightwatchers	Butternut cookies; Raspberry tartlets
Woolworths	Macro	Shortbread

* 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.

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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 goal.

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)
R W Garcia	R W Garcia	Organic corn tortilla chips (white, soy & flaxseed, blue corn, spicy)
Simply 7 Snacks	Simply 7	Lentil Chips Sea Salt
Smith's Snackfood Co	Red Rock Deli	Potato chips with sea salt
"	Smith's Chips	All potato chip flavours
SnackBrands Australia	Kettle	Original salted kettle chips (variants have small quantities of palm oil derivatives in flavouring); Sweet potato, beetroot and white sweet potato vegetable chips
"	Thins	Popped (original, salted)
Tixana Pty Ltd	Piranha	Golden hash potato grills
Unisnack	Pitos	Pita chips
Vege Chip Company	Ajitas	Vege chips
Wesfarmers	Coles	Products containing CSPO: Simply Gluten Free corn chips, ancient grain chips and mixed root vegetable 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
FROZEN SNACKS / PIES / PIZZAS / PASTRY		
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

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Makmur Enterprises	Golden Wok	Dim sims
Marathon Foods	Marathon	Dim sim range; Beef & chicken bites; Spring roll range
Wesfarmers Ltd	Coles	Mini dim sims

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.

FROZEN MEALS & FISH		
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
Sanitarium	Vegie Delight	Chilled and frozen vegetarian range
Select Brands Pty Ltd	Michelina's	Beef ravioli
Simplot Australia	Birds Eye	All frozen fish products

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.

FROZEN CHIPS & WEDGES		
Manufacturer	Brand	Product
McCain Foods (Aust) Pty Ltd	McCain	All fry range other than Superfries shoestring

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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

Manufacturer	Brand	Product
Ambrosia	Ambrosia	Honey & peanut butter
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
Fonterra	Mainland	Butter Soft
Hansells Food Group	Alfa One Rice Bran Oil	Spread
Mayvers	Original Super Spread	Nut butter
Melrose Health	Melrose Naturals	100% Cashew; 100% Almond; Hazelnut; Almond, Brazil & Cashew
"	Melrose	Nut spreads
"	Melrose Omega Care	Table spreads
Nuttex Foods	Sunburst	Table spread
Pic's Really Good Peanut Butter	Pic's Really Good Peanut Butter	Peanut butter. Click here for Australian stockists
Ridiculously Delicious Peanut Butter Company	Ridiculously Delicious Peanut Butter	Peanut Butter. Click here for Australian stockists
Sanitarium	Sanitarium	Peanut butters & marmite
Trialia Foods	Eskal Freenut butter	Smooth & crunchy 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.

Nuttex's main ingredient is sunflower oil but it does also contain a small amount of palm oil.

Alfa rice bran spread is palm oil free using rice bran oil and a sunflower based emulsifier.

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 confirmed however that the Sanitarium range contains rapeseed oil or is 100% peanuts as are Ceres Organic and the Melrose Health spreads.

So, it's back to butter or the listed products above which we believe are palm oil free.

INSTANT NOODLES

Manufacturer	Brand	Product
Clahym	Just Egg Noodles	Instant noodles

CEREALS

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Manufacturer	Brand	Product
Be Natural Cereals	Be Natural	Five whole grain flake 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
Sanitarium	Sanitarium	All cereals (Weetbix, Crunchy Bites, Granola Oat Clusters, Skippy Cornflakes, Honey Weets, Puffed Wheat, Light 'n Tasty, Up & Go)
Table of Plenty	Table of Plenty	Muesli (velvety vanilla, honey spiced)

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*
Divine Chocolate	Divine	Chocolate blocks and bars. Stockists via http://search.fairtrade.com.au/brand/divine
Haigh's Chocolates	Haigh's	All chocolate products
Koko Black	KoKo Black	Chocolates and chocolate blocks
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	Nestle	Club chocolate blocks are palm oil free; other Nestle chocolate blocks and bars, Allens lollies containing chocolate (Fantales, Freckles, Jaffas) and the Nestle and Plaistowe cooking chocolate manufactured in Australia use segregated CSPO
Organic Trader Pty Ltd	Cocolo	Chocolate blocks
Plamil	Plamil Premium Organic	Chocolate blocks

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Robern Menz	Menz	Chocolate products contain CSPO
Sweet William	Sweet William	Chocolate blocks and bars (Note that cooking chocolate chips and spread do contain palm oil)
Vitality	Well, Naturally	Chocolate bars. Cherry Delight flavour contains CSPO mass balance palm oil
Vitarium	Vitarium	Drinking chocolate and other beverages
Wesfarmers Ltd	Coles	Products containing CSPO: Coles chocolate share packs - Light & Whippy, Caramel Mighty, Nutty Nougat, Crunchy Caramel Stix, Wafer Breaks
Wesfarmers Ltd	Smart Buy	Products containing CSPO: Choc honeycomb; Cooking chocolate blocks
Whittaker's	Whittaker's	All chocolate products

* 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

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 & banana chips
Sunbeam	Sunbeam	Natural sultanas
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
Ben & Jerry's	Ben & Jerry's	Ice cream available nationally - see www.benandjerry.com.au
Golden North Ice Cream	Golden North Ice Cream	Ice cream - available mainly in South Australia
Sanitarium	So Good Frozen Dessert	Soy based ice cream alternative

SOAPS / SHAMPOOS / BEAUTY PRODUCTS / TOILETRIES

Manufacture	Product	Website / Retail outlets
Adorius	Includes a range of palm oil free soaps	www.adorius.com.au
Adorn Cosmetics	Skincare, cosmetics, lipstick	www.adorncosmetics.com.au

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Alchemist's Grove	Soap	www.alchemistsgrove.com.au
Alex's Handcrafted Soaps	Soap, shampoo bars, bath products	www.handcraftedsoaps.com.au
Aromatic Essentials	Soaps and creams, dog soap	www.aromaticessentials.com.au
Australian Biologika	Skin & Hair Care - all products other than soap bars	www.australianbiologika.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
Bubblon	Soaps and skincare, dog soap	www.bubblon.com.au
Buddha Body Care	Skin care	www.buddhabodycare.com.au
Cherry Brown	Lipcare, makeup and eyeshadow	www.cherrybrown.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
Daylesford Soap Company	Soaps	www.daylesfordsoapcompany.com.au
Dindi Naturals	Soaps	www.dindinaturals.com
Divine Ewe	Soaps, bath milk, facial yoghurt	www.divineewe.com
EnviroCare	Personal products - check labels for palm oil free range	www.envirocareearth.com.au
Escent's Handmade Soap	Soap	www.escentshandmadesoap.com.au
Ethikool	Body care & cosmetics	www.ethikool.com.au
Fresh Cut Soap Co	Orange peppermint & lemon lavender goatsmilk soap	www.freshcutsoapco.com.au/
Gaia Skin Naturals	Gaia Natural baby wipes	www.gaiaskinnaturals.com
Glow skincare	Face creams, moisturisers and soaps	http://www.glow-skincare.com/
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
INDAH	Body care products including lip balms, body bars & body butter	www.indah.com.au . For stockists click here
Lush	Soaps	www.lush.com.au

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Maclyn Grove	Soaps, shampoos, dog shampoo	www.maclyngrove.com.au
Miessence	Skin, body & hair care, toothpaste	www.miessence.com
Miimaa Cosmetics	Mineral makeup	www.miimaa.com
Mokosh	Soaps, moisturisers	www.mokosh.com.au
Mountain Minerals Makeup	Makeup and skin care	www.mountainminerals.com.au
Natural Aroma Handmade Soaps	Soaps	www.purehandmadesoap.com.au
Natures Organics	Haircare and skincare	Products contain palm oil. Supplier claims this if from an accredited Malaysian supplier but no details available.
Nurture with Nature	Soaps	www.nurture-with-nature.com
Olieve & Olie	Skin creams, soaps & washes, shaving gel	www.olieveandolie.com.au
Olive Oil Skin Care Company	Olive oil soaps	Available at www.oliveoilskincare.com.au and http://www.bestpriceshere.com.au/SearchResults.asp?Search=olive+oil+soap
Organic Formulations	Riddells Creek toothpaste	From selected health food stores / online shops
Peace of Soap	Soaps	www.etsy.com/shop/peaceofsoapcompany
Pompadour	Soaps (& candles)	www.pompadour.com.au
Pure and Green Organics	Cleansing bars, exfoliating scrub, facial cleanser, serum, toothpaste	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
SANS	Skincare range	www.lovesans.bigcartel.com
Sassy Soap	Soaps	www.sassysoap.com.au
Scentsational Handmade Soap	Soaps	www.sshms.com.au
Scrumpy Soap	Soaps	www.scrumpysoapco.com.au
Soaps by Jules	Soaps (citrus & spice, goatsmilk & honey, lavender & lime, lemon myrtle, loofah, olive oil, rose geranium, sweet orange & calendula, ylang ylang)	www.soapsbyjules.com.au
Soapy Madness	Soaps	www.soapymadness.com.au
Suds and Wix	Soaps and candles	www.sudsandwix.com.au for stockists
Wesfarmers	Coles soap bars	Coles stores

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LAUNDRY & KITCHEN PRODUCTS		
Manufacturer	Brand	Product
Austech Products	Orange Power	Cleaning 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	Kitchen and bathroom products at www.cleanconscience.com.au
ECologic	ECologic	Home cleaning range at www.ecologicclean.com.au
EnviroCare	EnviroClean	Laundry & kitchen cleaning products: www.envirocareearth.com.au
Ethikool	Clean Conscience & Laundry Nuts	Laundry, kitchen and bathroom cleaners at www.ethikool.com.au
Herbon	Herbon	Kitchen and laundry products (except pure ground soap)
KES	Sindhiya; N’Viro	Soap nuts and colloidal cleaning products www.kesenviro.com
Kin Kin naturals	Kin Kin Naturals	Kitchen and laundry products. For stockists click here .
Lightning Products	Euca	Laundry products. For stockists click here
Miessence	MiEnviron, BioPure	Household cleaners at www.miessence.com
NanoChoice	NanoSmart	Laundry ball at www.nanochoice.com.au
Natures Organics	Earth Choice	Cleaning products. Supplier claims this is from an accredited Malaysian supplier but no details available.
Nature’s Quest	Nature’s Quest	Household cleaners at www.naturesquest.com.au