



HELPING YOU BUY RESPONSIBLY – PALM OIL FREE ALTERNATIVES

**HUMANE SOCIETY
INTERNATIONAL**

* 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 admin@hsi.org.au

PALM OIL FREE PRODUCTS

Savoury Biscuits	
Brand	Product
ABE'S	Bagel crisps
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
Arnotts	Cruskits
Biofood Organic	Melba Toast
Crispbic	Flatbics
Cocktail Rounds	Pumpernickel bread
Fantastic	Rice crackers (seaweed flavour only)
Ryvita	Crispbread
Huntley & Palmer	Quartets, Litebread, Wafer thins
Artise	Organic original rice crackers
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
South Cape	Crispbread
Sakata	Rice crackers
Corn Thins	Corn cakes
SunRice	Rice cakes; Corn cakes
Always Fresh	Grissini Italian breadsticks; Crustini bruschetta toasts; wafer crispbread
RoccasDeli	Mini Flatbreads; Baker chips; Gourmet crackers
Trentham Tucker	Lavosh poppy & sesame seed crispbread
SAVOURY BISCUITS	
Brand	Product
Tucker's	Gourmet crackers
Vita Vigor	Grissini breadsticks; Happy Vi
Waterthins	Bagelettes; Cheese twists; Fine wafers; Flatbread crackers; Savoury straws
Select	Multigrain wheat crispbread; Sea salt crackers
SWEET BISCUITS	
Brand	Product
Parkwood	Butter shortbread
Jules Destrooper	Almond Thins
Arnotts	Glengarry; Snack right
Borland's	Plain macadamia shortbread
Bonne Maman	Butter cookies; Tartlets (lemon & raspberry)
Paradise Cottage Cookies	More-ish macadamia



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Artisse	Dark chocolate crepes*
Ital	Almond toscani
Kez's Indulgences	Almond/apricot/date bread; Melting moments
Le Petit Ecolier	Butter biscuit
Walkers	Shortbread biscuits; Wheat'n'Oat organic biscuits
Butterfingers	Pure butter shortbread
Unibic	Aniseed cake; Anzac biscuits; Biscotti; Savoirdi sponge fingers; Shortbread fingers
Weightwatchers	Butternut cookies; Raspberry tartlets
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.**

SNACK FOODS

Brand	Product
Blackstone	Potato chips
Snappy	Soy crisps
Chic Nuts	Chickpea snacks (lightly salted; spicy tomato)
Sultry Sally	Potato chips (sea salt; cheese & onion)
Red Rock Deli	Potato chips with sea salt
R W Garcia	Organic corn tortilla chips (white, soy & flaxseed, blue corn, spicy)
Kettle	Original salted kettle chips (variants have small quantities of palm oil derivatives in flavouring)
Piranha	Golden hash potato grills
Pitos	Pita chips
Ajitas	Vege chips
Select	Light potato chips; Oven baked pretzel twists; Deli-style sea salt chips
Macro	Gluten free Original potato chips
Dip Stix	Soy snack sticks

FROZEN SNACKS / PIES / PIZZAS / PASTRY

Brand	Product
Steggles	Tempura style nuggets; Dinosnack shapes
Borgs	Butter puff pastry
Antoniou	Chilled fillo pastry
Careme	All pastries. For stockists click here
Pampas	Butter puff pastry
Pacific West	Seafood dumplings & vege buns; Prawn Hargow & spinach dumplings; Prawn Shao Mai & mushroom dumplings
Golden Wok	Dim sims
Marathon	Dim sim range; Beef & chicken bites; Spring roll range
Coles	Mini dim sims

FROZEN MEALS & FISH

Brand	Product
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



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McCain	Healthy Choice; frozen dinners
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
Michelina's	Beef ravioli
Birds Eye	All frozen fish products
FROZEN CHIPS & WEDGES	
Brand	Product
McCain	All fry range other than Superfries shoestring
Birds Eye	Golden crunch chips & wedges; Hash browns & potato gems; Oven bake chips & wedges; Oven roast potatoes
Weightwatchers	Oven chips; Crunchy oven wedges
MARGARINES, SPREADS & PEANUT BUTTER	
Brand	Product
Harmonie, Lurpak	Organic spreadable & spreadable butter
Ceres Organic	Organic Peanut butter (Crunchy & Smooth), Almond Butter
Devondale	Dairy soft & Dairy soft salt reduced
Dick Smith	Peanut butter
Mainland	Butter Soft
Melrose Naturals	100% Cashew; 100% Almond; Hazelnut; Almond, Brazil & Cashew
Melrose	Nut spreads
Melrose Omega Care	Table spreads
Naturals, Sanitarium	Peanut butters

- 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 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	
Brand	Product
Just Egg Noodles	Instant noodles
CEREALS	
Brand	Product
Be Natural	Five whole grain flake range
Carman's	All muesli products and rolled oats



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Lowan	Muesli range
Abundant Earth	Organic bircher muesli; puffed rice, corn, millet, kamut
Kelloggs	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 Uncle Tobys' cereals
Arnold's Farm	Toasted Muesli
Table of Plenty	Muesli (velvety vanilla, honey spiced)
CHOCOLATE	
Brand	Product
Choceur, Just Organics	Chocolate blocks
Moser-Roth	Chocolate bars
Cadbury Dairy Milk	Chocolate blocks - Dairy Milk, Old Gold, Dream
Green & Black's	Chocolate blocks (except Butterscotch; Raisin & Hazelnut)
Chocolate Mill	Chocolate blocks, bars and filled chocolates. www.chocmill.com.au
Chokolit	Chocolate blocks*
Haigh's	Chocolate blocks (Note that nougat and fudge fillings contain some palm oil)
KoKo Black	Chocolates and chocolate blocks
Scarborough Fair Trade	Chocolate blocks
Lindt Excellence; Lindt Creation	Chocolate blocks (Note that filled products such as Lindor do contain palm oil)
Kaoka	Organic chocolate range
Club	Chocolate blocks
Cocolo	Chocolate blocks
Plamil Premium Organic	Chocolate blocks
Sweet William	Chocolate blocks and bars (Note that cooking chocolate chips and spread do contain palm oil)
You'll love Coles	Chocolate blocks (except mint)
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

SOAPS / SHAMPOOS / BEAUTY PRODUCTS / TOILETRIES	
Product	Website / Retail outlets
Skincare, cosmetics, lipstick	www.adornmineralcosmetics.com.au
Soap	www.alchemistsgrove.com.au
Five Stars soap	Aldi stores
Soap, shampoo bars, bath products	www.handcraftedsoaps.com.au
Selected shampoos & conditioners*	www.aubrey-organics.com.au
Soaps (biscuit latte, lavender, charcoal & irish stout, champagne & roses)**	www.barsoap.etsy.com
Soaps, moisturisers, cleansers	www.beebeauty.com
Soaps and body products	www.naturalsoap.com.au
Soaps and skincare, dog soap	www.bubbylon.com.au
Chikii ambrosial soap, chikii cosmetics	www.chikii.com.au
Soaps, face & body products, dog shampoo	www.customvintage.com.au



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Soaps	www.dindinaturals.com
Soaps, bath milk, facial yoghurt	www.divineewe.com
Personal products – check labels for palm oil free range	www.envirocareearth.com.au
Shampoo – Normal persons shampoo only	www.evohairproducts.com
Body and skin care, make-up	www.evohe.com.au
Orange peppermint & lemon lavender goatsmilk soap	www.freshcutsoapco.com.au/
Goodfella shaving soap and hand soap	www.goodfella.com
Olieve soaps, body butter, lip balm, salt scrub	www.gunbowercreekolives.com.au
Soaps, shampoo, moisturiser	From selected health food stores
Body care products including lip balms, body bars & body butter	www.indah.com.au . For stockists click here
Body, bath and hair care products	www.lamari.com.au
Soaps, shampoos, dog shampoo	www.maclyngrove.com.au
Skin, body & hair care, toothpaste	www.miessence.com
Soaps, moisturisers	www.mokosh.com.au
Soaps	www.nurture-with-nature.com
Olive oil soaps	www.oliveoilsoap.com.au
Riddells Creek toothpaste	From selected health food stores / online shops
Soaps	www.etsy.com/shop/peaceofsoapcompany
Country Life & Velvet soap	www.pental.com.au
Soaps (& candles)	www.pompadour.com.au
Cleansing bars, moisturisers	www.pureandgreenorganics.com.au
Goat's milk soap	www.puresoap.com.au
Soaps	www.rhasdala.com.au
Soaps	For product list and contact details, click here
Soaps	www.sshms.com.au
Soaps (citrus & spice, goatsmilk & honey, lavender & lime, lemon myrtle, loofah, olive oil, rose geranium, sweet orange & calendula, ylang ylang)	www.soapsbyjules.com.au
Goat Milk Soap	www.palmoilfreesoap.com
Skin care products	www.synthesis345.com.au
Soap	www.thesoapemporium.com
Skin, body and hair care products	www.cheekyherbs.com
Face & body products	www.treasureearth.com.au
Shampoo	Available at www.organicsaustraliaonline.com.au
Face & body products including soaps and moisturisers ***	www.weleda.com.au
Coles soap bars	Coles stores
Woolworths Select soap	Woolworths store
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



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

LAUNDRY & KITCHEN PRODUCTS	
Brand	Product
Orange Power	Cleaning and laundry products available in most major and independent retailers. Visit www.orangepower.com.au for more information.
Aware	Range of laundry powders and liquids available in most major supermarkets. Visit www.awareenvironmental.com.au
Bio+Green Crystals	Kitchen, bathroom and glass cleaners at www.biogreencrystals.com.au
Clean Conscience	Kitchen and bathroom products (For stockists click here)
EnviroClean	Laundry & kitchen cleaning products: www.envirocareearth.com.au
Herbon	Kitchen and laundry products (except pure ground soap)
Sindhiya; N'Viro	Soap nuts and colloidal cleaning products www.kesenviro.com
Kin Kin Naturals	Kitchen and laundry products. For stockists click here.
MiEnviron, BioPure	Household cleaners at www.miessence.com
Sunlight	Laundry soaps
Radiant	Laundry powders

- 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.
- 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.