

BEST CHOICES SHOPPING GUIDE



PALM OIL

MAKE A DIFFERENCE!

Read labels when you shop.
The choices that you make can affect orangutans.

HOW CAN I HELP?

- Urge companies that are not RSPO members to join and make a commitment to sustainable palm oil.
- Demand clear labeling for products that contain sustainable palm oil.
- Choose products made by Roundtable on Sustainable Palm Oil (RSPO) member companies. They have made a commitment to move toward using sustainable palm oil in their products.

Avon
Burger King
Costco Wholesale
Dunkin'
Estee Lauder
General Mill
Girl Scouts of the USA
Hershey's
J.M. Smucker
Johnson & Johnson
Kellogg
Kraft Heinz Co.

L'Oreal
Mars, Incorporated
McDonald's
Nestle
PepsiCo
Pizza Hut
Seventh Generation
Shearer's Foods
Target
Tyson Foods
Walmart
Wendy's

*Partial list

RSPO Member Products (Food)

Partial list courtesy of Cheyenne Mountain Zoo

A.1. Sauce	Claussen Pickles	Honey Maid	Muselix	Snack Pack Pudding
Act II	Combos	Hot/Lean Pockets	Muscle Milk	Smart Ones
Activia Yogurt	Cool Whip	Hungry Man	Nabisco	Smart Balance
ALTOIDS	Country Crock	Hunt's	Naked Juice	Skippy
Archer Farms	Country Time	I Can't Believe It's Not Butter	Nature Valley	SlimFast
Athenos	Cracker Jack	Ice Breakers Mints	Nature's Own	SlimJim
Aunt Jemima	Crunch 'n Munch	IZZE	Nutella	Sour Patch Kids
Austin Crackers	Crystal Light	Jell-O	Nutri-Grain	Soy DREAM
Bagel Bites	David Seeds	Jenny Craig	Old El Paso	Stacy's
Baker's Chocolate	Dean's Dips	Jet-Puffed Marshmallows	Oikos	Stouffer's
Ball Park	Dole Juice	Jiffy Pop	Ore-Ida	Stove Top
Banquet	Doublemint Gum	Jif Peanut Butter	Oreos	Sun Chips
Barnum's Crackers	Dove Chocolates	Jimmy Dean	Orville Redenbacher	Swiss Miss
Beech-Nut	Dreyer's Ice Cream	Jolly Ranchers	Oscar Mayer	Tastykake
belVita	Duncan Hines	Juicy Juice	Otis Spunkmeyer	TGI Friday's Frozen Foods
Ben & Jerry's Ice Cream	Earth Balance	Kashi	Ovaltine	Tic Tacs
Better Cheddars	Eclipse Gum	Keebler	Pam	Tim Tam
Betty Crocker	Eddy's Ice Cream	Kid Cuisine	Parkay	Toberlone
Big Red Gum	Egg Beaters	KIND	Peter Pan	Toll House
Birds Eye	Eggo	Klondike	P.F. Chang's	Tombstone
Biscoff	Extra Gum	Knorr	Philadelphia Cream Cheese	Thai Kitchen
Bisquick	Famous Amos Cookies	Kraft Macaroni & Cheese	Pillsbury	Tostitos
Blue Bird Donuts	Ferrero Rocher	La Choy	Popsicle	Trident Gum
Blue Bonnet	French's	Lactaid Ice Cream	Progresso	Triscuit
Blue Bunny	Frito Lay	Lean Cuisine	Promise	Tropicana
Blue Ribbon Foods	Gardenburger	Lender's Bagels	Planters	Udi's
Bomb Pops	Gardetto's Snacks	Lifesavers	Poppycock	Uncle Ben's
Boost	Gerber	Lindt Candy	Post	Velveeta
Breath Savers Mints	Ghirardelli	Log Cabin Syrup	Pringles	Weight Watchers
Breyers Ice Cream	Good Humor	Magnum Ice Cream	PowerBar	Wheat Thins
Bubble Yum Gum	Grandma's Cookies	Manwich	Progresso	Wholly Guacamole
Cadbury	Green Giant	Marie Callender's	Quaker	Wish-Bone
Capri Sun	Haagen Daz	Mazola	Reddi-Wip	Wonder Bread
Carnation	Hamburger Helper	Mentos	Ritz	Wrigley's Gum
Cheese Nips	Haribo	Metamucil	Roll Gold	Yoplait
Cheez-It	Healthy Choice	Minute Maid	Ro-Tel	
Chef Boyardee	Hebrew National	Mission	Russell Stover	
Chester's Popcorn	Hellmann's	Morning Star Farms	Sabra	
Chips Ahoy!	Hidden Valley	Mrs. Freshley's	Simply Asia Noodles	
Chupa Chups Lollipop Classics	Home Pride		Simply Juice	

What is palm oil?

Palm oil (or palmitate) is a very common ingredient in everyday food, household and beauty products, including baked goods, convenience and snack foods, candy, non-dairy products, cosmetics and soaps.

Non-sustainable palm oil production destroys rain forests and is devastating to orangutans and other wildlife.

