

PALM OIL FREE SHOPPING GUIDE Last updated 27/04/11

BABY PRODUCTS

Bepanthen antiseptic cream
Curash medicated anti-rash family powder
Eco Store baby nappy balm protection
Farex baby rice and cereals
Green Monkey organic baby food
Heinz summer drink
Heinz Little Kids 6 rice bars – banana and honey, 12 bread sticks – cheesy, cheesymite
Heinz Nurture 3 toddler milk drink
Johnson's baby bedtime oil, baby powder, mineral oil
Karicare steriliser tablets
Lansinol
Little Genie baby wipes, natural bamboo baby wipes
Made4baby All
Milton anti-bacterial tablets
Only Organic baby food, first cereal
Precious biodegradable wipes, flushable wipes
Select baby wipes scented refill, travel baby wipes, unscented baby wipes
Ungvita Vitamin A ointment
UV Tripleguard Colourtech Kids sun spray
Vaseline jelly
Wattie's baby food jars, cans
Wattie's Create All
Wattie's For Baby All
Wattie's Kids Simply All
Wattie's Little Kids All cans
Wattie's Organic All jars
Wiggles toddler wipes
Woodward's original gripe water



BAKING SUPPLIES

All food colours and essences
Angas Park dried diced apricots, figs, prunes, soft and juicy apricots
Bakels pettinice almond flavoured icing, white icing
Blackwood Lane marzipan, rainbow chocolate chips, sugar crystals
Cadbury Bournville cocoa
Champion high-grade white flour, self-raising white flour, wholemeal wheat flour
Chelsea caster sugar, dark cane sugar, demerara sugar, golden syrup, icing sugar, soft brown sugar, treacle, white sugar
Cinderella dates
Davis gelatine

Dollar Sweets Bright, chocettes, hundreds and thousands
Edmonds baking powder, baking soda, corn flour, high-grade flour, instant dry yeast,
natural wheat bran, self-raising flour, standard flour, wholemeal flour
Equal tablets, refills, sachets
Hansells cream of tartar
Healtheries fine ground flaxseed, fine-ground gluten flour, ground rice flour, natural bran
flakes
Homebrand brown sugar, cocoa, dried apricots, glace cherries, high-grade flour, icing sugar,
mixed fruit, self-raising flour, sultanas, white sugar, wholemeal flour, corn flour
Joyline silver cachous, hundreds and thousands, mini flavoured decorations
Nestlé baking cocoa, choc bit (milk, dark, white), rich dark cooking chocolate
Ocean Spray raisins
Patak's Coat and Cook Lime & Coriander, Tikka
Queen glucose syrup, vanilla bean dusting sugar, vanilla bean paste, writing icing
Select golden syrup
Signature Range cocoa powder, Splenda, low calorie sweetener (powder)
Sucaryl liquid and tablets
Sunbeam Fruit Flakes, Fruit on the go - fruit salad, Tropicana
Sun-Maid raisins
Sunsweet dried apricots, prunes, prunes (ones)
Tasti figs, glace cherries, mixed peel, ready to eat apricots
Weight Watchers sweetener

BISCUITS

Arnott's Kohi Classics shortbread, snack right sultana
Griffin's butter shortbread, cookie bear party time wafers, Vitalife wellgrain range
Homebrand vanilla crème, strawberry crème, chocolate crème
Loacker Gran Pasticceria noir orange
Select cookies
Tuckers Natural Gourmet - dessert crackers

BREADS, ROLLS, OTHER BREAD PRODUCTS

Abe's Real Food Company baby bagels natural
Bazaar All
Bürgen All
Country Life Bakery
Country Split All
Danny's real pita bread
Delphi Souvlaki Pitta All
Dovedale Rice Chea Gluten-free, rye-linseed bread
Flinders
Freya's All
Giannis pita bread
Golden crumpets
Helga's

Homebrand wheat meal bread, white bread
La Famiglia
Leaning Tower
MacKenzie High Country
Marx All
Mighty Soft
Molenberg All
Nature's Fresh
Pane Toscano classic ciabatta, focaccia bread
Patak's chapattis, naan, pappadoms
Quality Bakers All
Signature Range bread, pita bread
Sunny Crust white sandwich bread, wholemeal bread
Tip Top Super Soft malted wholemeal, white, wholegrain, wholemeal & grains
Vogel's All
Wonder White

BREAKFAST CEREALS

Homebrand Crunchy Grain cereal, Fruity Rings, Honey Poppas, Tropical Muesli, Wheat Biscuits
Hubbards Honey Bee good cereal, Inspirations cereal, Outward Bound chunky multigrain energy cereal, Simply Muesli
Kellogg's All Bran, Cocoa Pops, Cornflakes, Crispix Cocoa, Crispix, Crunchy Nut cornflakes, honey, Rice Bubbles, Special K
Nicola's Organic
Sanitarium Honey Puffs, Puffed Wheat, Rice Bubbles Ricies, Skippy cornflakes, Weetbix – crisp honey, oat bran, original
Select muesli
Signature Range wheat biscuits
Uncle Toby's oat crisp honey, plus muesli
Vogel's All

CAT FOOD

Chef
Fancy Feast gourmet gold, Purina small tins, and Royale small tins
Heinz Gourmet cat/kitten
Heinz Gourmet pouches - tuna red meat, salmon in jelly
Homebrand cat food
Optimum Waltham
Purina cat chow, kitten chow, One Adult, One natural blends, healthful life cat chow, party mix cat treats
Rival
Whiskas canned, cravers, dry, milk, temptations treats
Select Pouches chicken, deep-sea delight with mackerel in sauce, prawn & gravy, rock lobster & seafood bisque, turkey & giblets in gravy

Select chicken, chicken giblet, chicken with salmon fillet, red snapper*, salmon fillet, tender beef morsels, tender tuna*, tuna with prawn*, turkey, vegetable & egg
Tasti Dinner original, chicken & fish, chicken & rice

*see www.forestandbird.org.nz/what-we-do/publications/-best-fish-guide

CLEANING PRODUCTS

Down to Earth laundry concentrate powder, dishwashing liquid

Greenwoods washing soda crystals

Next Generation all products in range

CONFECTIONERY

Allen's barley sugar

Annie's all fruit bars

Cadbury Dairy milk block, Flake, After dinner mints

Chupa Chups All

Donovan's Dark chocolate with ginger, Turkish delight

Go Nutz All

Green and Black's All

Guylian seashell chocolates

Hershey's plain kisses

Hubba Bubba strawberry bubble tape

Jelly Belly jelly beans

Lindt chocolate range

Mackintosh Party Mix, Oddfellows, Snakes

Mentos cola

Mr Mallow mallow mates, bananas, mini marshmallows

Natural Confectionery Co. Snakes, Tropical jellies

Nestlé chocolate macadamias, chocolate almonds, After 8 chocolate mints

Pascall Mint imperials, marshmallows, Jaybees, Eskimos

Patagonia chocolate

RJs natural licorice, raspberry natural licorice

Scarborough Fair Adore milk chocolate, Sinless dark chocolate, Sublime fruit and nut

Starburst Squirts, Rattlesnakes, Sucks, Gummi Fruits, Party mix

The Seriously Good Chocolate Co. All

Toblerone All

Trade Aid Fair Trade dark chocolate 70% cocoa, orange, mint, almond

Werther's sugar free

Whittaker's All chocolate

Wonka Fruit Tingles

Woolworths Home Brand Crown Mints, liquorice pieces, jelly party mix, snakes, boiled sweets, sour worms, marshmallows, jelly babies

Woolworths Select shake rattle 'n' roll party mix, snakes, dinosaurs

CONFECTIONARY (FROZEN)

Gourmet Ice Cream Co. All

Juicies All

Killinchy Gold All

Kiwi Crush All

Kohu Road ice cream

Minoo gelato – chocolate, coffee

Movenpick All

NZ Natural All

Rush Munro's ice cream range

Signature Range indulgent range

CRISPS, CHIPS, CRACKERS, MEXICAN BREADS, POPCORN

Abe's bagel bites, bagel crisps

Always Fresh rosemary & sea salt

Arnott's Cruskits - corn

Ceres Organics savoury rice chips – gluten-free, sea salt, tamari soy

Copper Kettle lime and black pepper, sea salt, woodfire bbq, sea salt and vinegar, chicken, honey soy

Dainty rice crackers – jumbo mix

Delmaine crackers range

ETA - Upper Cuts Crostini – feta & garlic, sea salt with poppy seeds, tomato basil, brie

Freedom Foods chickpea chips, gluten free wraps

Garden of Eatin' sesame blues, mini yellow rounds, blue chips, red-hot blues

Gonuts corn chips – cheese, salsa, popcorn - double butter salted

Healthieries bbq rice wheels, rice wafers - natural

Jolly Time popcorn – butter, white & buttery, blast O butter

Light Plus Bluebird All

LAKKHU 1 NZ salted cashews

Orgran Crispibites – mini corn crisp bread

Pams taco shells, taco kits

Perfetto mini ciabatta Italian flat bread

Pito's Pita Crisps tangy tomato & red pepper salsa, parmesan & cracked pepper, sour cream & chives

Pretzel Pete gourmet pretzel nuggets - garlic & cheese, habanero, honey mustard, sour cream

Proper Crisps All

Schultz pretzels

Solay multigrain potato crisps – tzatziki, sea salt, sour cream & chives

Tio Pablo authentic corn tortillas

Tuckers natural gourmet crackers - oatmeal, caramelised onion, coriander & cracked pepper

Value pack pretzel range

Vege Chips multi packs – all flavours

Wild Snacks vege chips

Very Premium bagelettes - original, garlic, savoury straws - original cheese, poppy seed, parmesan water thins - cheese crisps, parmesan & garlic, feta and olive, poppy & cracked pepper

Weight Watchers potato bakes – lightly salted, sour cream & chives

DAIRY, DIPS, DRESSINGS, SAUCES AND SPREADS

Alfa One aioli dressing, Caesar dressing, creamy blue cheese dressing, creamy smoked paprika dressing, mayonnaise dressing, rice bran oil spread

Bean Supreme ginger and honey marinated tofu

Best Foods Real mayonnaise, light mayonnaise

Butter All standard butter

Colman's mustards

Cotterill and Rouse balsamic, mango & chilli, Thai coriander & lime

Country Goodness green onion dip, sour cream & chives dip, sour cream

Delmaine beef lasagne, carbonara sauce, chicken & cashew tortellini, mista fettuccini, pomodoro sauce, traditional tomato sauce

Edmonds Balsamic, Caesar, Thousand Island, 100% fat free Italian, 100% fat free French, Ranch, whole egg mayonnaise

ETA avocado & garlic, aged balsamic with horopito, aioli, balsamic, Caesar, coleslaw French - lite 'n' Free, Italian - lite 'n' Free, mayonnaise, salad dressing - lite 'n' Free, seafood classic, sour cream & chives, thousand island, tangy tomato & basil, tartare classic

Flavourit Dip smoked salmon & dill

Frescarini tricoloure fettuccine

Frescarini carbonara sauce, pomodoro sauce

Fresh 'n' Fruity choc mousse

Ceres Organic peanut butter, almond butter, cashew butter

Genoese ground fresh basil pesto

Global classic tartare, spicy seafood

Global Cuisine (Diron) Mediterranean style cooking, devilled sausages stir through sauce, Tuscany beef casserole sauce, Moroccan lamb casserole sauce, butter chicken stir through sauce, honey garlic marinade, seafood cocktail sauce, Thai yellow curry

Gregg's sauce - rich red tomato, smoked hickory bbq

Heinz mayonnaise - traditional, salad cream, Seriously Good mayonnaise, tomato ketchup

Hellman's Real mayonnaise

Homebrand bbq sauce, coleslaw, French - fat free, HP sauce Italian - fat free thousand island, tomato sauce

Jellibotz

Just Hummus garlic & lemon

Kraft lite cheese spread

La Bonne Cuisine cucumber mint & yoghurt dip, original hummus dip, roasted garlic & onion classic dip, sun dried tomato & garlic dip

Lisa's chunky dip - sun dried tomato basil & ricotta, grilled capsicum hummus, original hummus

Lea & Perrins hot pepper sauce

Marmite

Masterfoods honey mustard, mild American mustard, fine wholegrain mustard, red wine & garlic marinade
Mediterranean chunky dips - basil pesto, basil & tomato, hummus - roast garlic, original, roasted capsicum, sun-dried tomato with cashew and parmesan
Nando's peri peri sauce
Olive Grove falafel
Patak's cooking sauces (jar and canned), pastes & pickles
Paul Newman's Classic, south west, creamy roasted garlic, creamy Caesar, balsamic, ranch, light honey mustard, light Balsamic
Pic's Really Good peanut butter
Sahara falafel
Salisbury Smokey bacon flavoured spread, ham and chicken spread
Select balsamic, barbecue sauce, coleslaw, Caesar, French, Italian - fat free, seafood sauce, mayonnaise - 97% fat free, tartare sauce, Thousand Island, tomato sauce
Signature Range All fresh pastas, Al Fredo sauce, pomodoro sauce hummus – plain, roasted pumpkin & kumara
SW Real mayonnaise
Tararua chocolate mousse lite sour cream, sour cream, roast garlic & onion dip, sour cream & chives dip
Tatua Mr Cheese
Tuimato sauce
Wattie's tomato sauce, tomato ketchup, bbq sauce, steak sauce
Weight Watchers Caesar, honey mustard, French balsamic, mayonnaise
Whitlock's tomato chutney sauce
Woolworths Oriental sweet plum, Portuguese chicken, coconut extract, mustard & herb sauce
Vegemite

DOG FOOD AND PRODUCTS

Butch black label, blue label, white label, economy hound log, wag log
Dermaleen medicated itch wash
Dine canned, dry
Dingo chew bones
Gourmet classic tender beef , dog range – canned
Homebrand dog roll, dry dog food
Love 'em pork liver treats
Pedigree adult complete nutrition, dentastix, dry, natural, puppy chow
Schmackos
Purina Beneful, Beneful prepared meals - roasted chicken, beef stew
Purina One adult dog
Schmackos
Tasti choc drops, Dinks pork snouts, dinner, gourmet liver treats, Jerhigh, Much beef strips, pigs ears, porky bone, porky trotter, puppy bones, rawhide flat bones, chew bones, rawhide twists
Waggin Tail Brand jerky bits, Brand meat blast pork hide twists

FROZEN & CHILLED FOODS

Aria Farm chicken strips

lamb strips

Birds Eye corn fritters

Birds Eye oven bake fish fillets – original, lightly battered, herb & garlic

Birds Eye tuna cakes

Dakshin's chicken tikka masala, garlic naan, lamb korma with rice, Thai green chicken curry

Delking sweet chilli calamari, sweet chilli prawns

Ho Mai yum cha mini dim sim

Homebrand frozen potato chips

Imperial beef & vegetable dumplings

Independent fish fingers

Inghams chicken cordon bleu, chicken fillets - original, garlic, lemon, chicken kiev, frozen chicken – plain, flame grilled, chicken burger, tempura chicken nuggets, tenders – original

Irvines - Super Snack fish pie, lasagne bake, spaghetti Bolognese, butter chicken, mac n cheese, beef casserole

Leaning Tower Pizza Pronto - microwave chicken bbq, Hawaiian

McCain Purely potato sweet potato cubes, potato chunks, mini roasters - sea salt & garlic, Italian herbs

McCain Shredded hash browns, original crunchy potato fries, beer batter thin & crispy crunchy potato fries, original crunchy potato wedges, hot banditos crunchy potato wedges, superfries

McCain Healthy Choice apricot chicken

McCain fettuccini carbonara microwave meal

Sealord Dory-lite lemon & dill, Hoki-light mild Thai chilli, Simply Natural dory & hoki fillets, Tempura prawns

Select French fries, crinkle cut chips, chunky steakhouse chips, supreme crunch chips, straight cut chips, light supreme crunch chips, mashed potato

Soyworks Herb & Cajun vegetarian sausages, vegetarian mince, vegetarian balls, organic tofu, marinated tofu

Signature Range garden stir-fry, oriental stir-fry vegetables with oyster sauce, Thai stir-fry vegetables with green curry sauce

Signature Range spaghetti bolognese microwave meal

Signature Range mixed chicken portions - baked

Talley's stir-fry vegetables

Tegel battered chicken drums – pieces, breast fillets – basted, breasts – tandoori, chargrill chicken steak, chicken bites, crumbed chicken nuggets, frozen chicken - plain, grilled chicken breast strips, sweet chilli lime breast, tempura battered chicken nuggets, zoo animal chicken nuggets

Uncle Chang's beef & black bean sauce, chicken & hot pepper sauce, home-style chicken, meal for one – sweet & sour pork, roast pork & meal to go – sweet & sour pork

Wattie's Wok creations stir fry – Chinese, Hong Kong, Malaysian style, Vietnamese

Wattie's Golden Heart - mashed potato with roasted garlic chives & black pepper, home-style, pom poms, original medallions, hash brown buttons, tri browns, jacket wedges, crunchy wedges original, kumara chips skin on, potato roasters - rosemary & garlic, duchess potatoes, Golden Heart chunky cut chips, shoestring fries, super oven chips, crispy crinkle cut chips

Wattie's smoked fish pie microwave meal, mild chicken curry, chicken chow mien, mac & cheese. curried Sausage, sweet & sour pork

Wattie's Big Eat chicken schnitzel

Wattie's Home-style roast beef

Wattie's Steamfresh chicken & cashew noodles, salmon linguine

Weight Watchers spaghetti & meatballs, beef burgundy, chicken fettuccini, beef hotpot

MUESLI BARS AND SNACK BARS

Envirokidz crispy rice – chocolate, berry

Florida's Natural Awesome fruit nuggets

Freedom Foods muesli breakfast bars

Fruitwise fruit strips

Ledn Nutrition gluten free bars

Mother Earth All

Naked cashew & coconut, almond & cranberry, macadamia & apricot

Nature Valley Crunchy - apple crisp, roasted almond, oats & honey

Pams fruit & nut

Pams Tandem fruit cereal bars

Rollups Splitsens, Smoothies

Sunreal Kids dried apricot mix

Tasti Milkies, nut bar - fruit & nut

Vogel's All pita and scroggin

POWDERED DRINKS AND SYRUP

Aussie Bodies Energy replacement – Lemon and Orange

Baker Halls fruit juice, syrup

Barker's fruit juice, syrup

Buderim Ginger ginger refresher, lemon lime & bitters (cordial)

Hansells Vita Fresh All 5x1 litre sachet packs

Go sticks orange, raspberry

Healtheries Naturally Slim – Whole range

Homebrand All 3x 86g sachets

Roses lime, blackcurrant, lemon

Schweppes all squash and cordial

Signature Range cordial - orange & barley, blackcurrant, lemon barley, lime

Sodastream

Weight Watchers lemon & lime

STOCK

Vegeta gourmet stock

Campbell's All real stock

Signature Range All vegetable stock

TOILETRIES

Body Botanics whole range

Dermasoft liquid soap substitute

Dr Hauschka birch-arnica body oil, blackthorn body oil, body silk, clarifying toner, cleansing clay mask, cleansing cream, eye contour day balm, eye solace, eyeshadow 01-04, facial steam bath, facial toner, intensive treatment 04 & 05, lavender body oil, lemon body oil, lip balm, lip colour 01-04, moor lavender body oil, neem hair lotion, neem hair oil, neem nail oil pen, neem nail oil, normalising day oil, rhythmic conditioner sensitive, rhythmic night conditioner, rose body oil, rose day cream, rosemary body oil, rosemary leg and arm toner, St. John's wort body oil, toned day cream, translucent face powder compact, translucent face powder loose

Feel at Home All products

Healtheries Tea tree oil deodorant

Immersion Cosmetics family skin care range, mineral make up, mascara

Organic Selection all shampoos

Ria's natural health soap

Sensodyne gentle whitening, total care + whitening

Simple refreshing facial wash gel

Trilogy aromatic body oil, balancing gel cleanser, botanical body wash, certified organic rosehip oil, clean & balance shampoo, for men 2 shave, for men 3 soothe, gentle moisturising shampoo, hydrating mist toner, intensive lip treatment, purifying masque, smooth shine shampoo

Weleda All toothpastes

OTHER NAMES FOR PALM OIL

Palm oil kernel Anything containing the words "Palmitate" or "Palmate" *Elaeis guineensis* (taxonomic name for palm oil) Hydrated Palm Glycerides Hexadecanoic or Palmitic Acid

LIKELY TO BE PALM OIL

Vegetable oil

Anything containing the words "stearate, stearyl" Anything containing the words "cetyl, cetearyl" Sodium Lauryl Sulphate (SLS) Sodium Laureth Sulphate Sodium Dodecyl Sulphate (SDS or NaDS) Sodium or Calcium Stearoyl Lactylate Steareth -2 and Steareth -20 Emulsifier 422, 430-36, 465-67, 470-8, 481-483