## Your guide to shopping in the supermarket

# ownership

Choose Australian owned brands.

Keep dollars in Australia
for jobs & community.
See www.ausbuy.com.au or
www.fightbacknews.com.au

### fairtrade

Choose coffee that is certified with the Fairtrade label.
Ensure fair wages & working conditions, reduce exploitation by multinationals. See Oxfam www.oxfam.org/coffee

# packaging

Reduce waste. Choose recycledcontent packaging and packaging that is recycleable in common council curbside collections. Avoid plastics code 3, 4, 5, 6 & plastic wrap. See www.sustainability.vic.gov.au

### manufacture

Buy local. Reduce transport,
Support community & growers.
Choose items labelled "Product of
Australia" or "Made in Australia"
See product label, or
www.onlyoz.com.au

#### nutrition

Safe & healthy for you.
Choose food & drink with low salt, sugar, fat, no questionable food additives, or irradiated ingredients.
See www.heartfoundation.com.au

# sodium & phosphorus

Use laundry products that are low in sodium (salt) & phosphorus. Reduce salinity & algae growth. Use greywater on the garden. See Lanfax report www.lanfaxlabs.com.au

# cruelty free

Not tested on animals.
Choose cosmetics & cleaning products from "Choose Cruelty Free" preferred products list. www.choosecrueltyfree.org.au www.carringconsumer.com

### company record

Boycott companies involved in damaging industries or with poor environmental, social or governance track-record.

See www.slf.org.au/directory

# organic

Grown without chemicals, pesticides & artificial fertilisers.
Reduce land degredation.
Choose fresh fruit & vegetables that are certified organic. See www.organicchoice.com.au

## gefree

Choose food & drink that are free from genetically engineered ingredients. Avoid unknown health risks, crop contamination & multinational control of our food. See Greenpeace True Food Guide www.truefood.org.au

# Your Dollar i\$ your Vote

www.ethical.org.au

There are often many companies associated with a product.

Most obviously there is the brand owner, or owners, who may be different from the manufacturer, distributor, importer or trademark licensee. A company may be owned by a parent company or group of companies.