

2009

THE GUIDE TO
ethical
SUPERMARKET
Shopping



TS DRINKS TEA FROZEN CANNED BAKED BEANS SPAGHETTI CANNED MEAT CANNED
P CANNED VEGIES BEANS CHILLED EASY MEALS FROZEN CHIPS FROZEN MEATS FROZEN FIS
ZEN FOODS FROZEN PASTRY FROZEN PIZZA FROZEN VEGIES SOUPS TASTY MEATS PASTIES PUFFS RICE MEA
LL GOODS HOUSEHOLD AIR FRESHENERS BATTERIES DISHWASHER DETERGENT DISINFECTANT FLOORS SOFTENER P
G WRAP GLOVES LAU DRY DETERGENT LIGHT GLOBES MULTI-PURPOSE CLEANERS PEST CONTROL SPRAY & STARC
URERS SPONGES & WIPES SHOE FOOT CARE SPECIALTY CLEANERS TOILET CLEANERS WOOL WASH INTERNATIONAL &
LTH FOODS ASIAN HEALTH BARS HEALTH FOODS INDIAN MEXICAN PROTEIN BARS PROTEIN POWDER VITAMINS WEIG
S PERSONAL CARE BALMS BANDAGES BODYWASH SHOWER GEL COLD & FLU CONDOMS COSMETICS COTTON BUDS
S DENTAL FLOSS DEODORANT DIGESTIVE CARE EYECARE FEMININE HYGIENE LAXATIVES LIP CARE MOUTHWASH OIL

www.ethical.org.au

Your dollar is your vote – make it count!




HOW TO USE THIS GUIDE & ICON DECODER

Use the **Contents** or **Index** to find the 'product type' you are seeking.

Look in the left-hand column to find the **brand** you usually buy.

See the right-hand column for the related **company and parent company**.

Seek a **best buy** ✓ considering **company ownership** (Australian owned) and rating, and **outstanding product** ★ features.

BRAND	COMPANY
TOILET PAPER \ Native forest logging (choose recycled)	
Cottonsoft, Naturale ★, Quilton, Softly	ABC Tissue Products  ✓
Ecosoft ★	E Sime and Co NZL ✓
Purex, Sorbent	SCA SWE ✓
Bouquets, Envirosoft ★, Merino, Safe ★, Tree Free ★	Encore Tissue  ~
Paseo	Asia Pulp & Paper SCP ~
Delsey, Kleenex, Wondersoft	Kimberly-Clark USA 
★ <i>Recycled content</i>	

If there are concerns about an entire industry, you will see an **industry alert** in the header bar for that category.

The right-hand columns contain the **country of origin code** and an icon indicating **praise and criticism** for a company.

ICON DECODER

- ✓ **BETTER BUY**
PRAISES, NO CRITICISMS
- ~ **NO INFORMATION**
NO PRAISES, NO CRITICISMS
- ✗ **AVOID WHERE POSSIBLE**
CRITICISMS
- ⊘ **BOYCOTT CALL**
HAS RECEIVED ONGOING INTERNATIONAL CRITICISM
-  **AUSTRALIAN OWNED**
- ★ **OUTSTANDING PRODUCT**
- ⚠ **INDUSTRY ALERT**

Visit our website www.ethical.org.au to give feedback to the companies on the choices you have made and why.

INTRODUCTION

With every dollar you spend you have an impact on the planet and its people

Welcome to the second edition of ***The Guide to Ethical Supermarket Shopping*** (Feb 2009). It is fully revised and updated with a new layout, new categories, more brands, updated company ratings, ownership changes and other cool improvements.

We live in a time of human rights abuse, animal cruelty, genetically modified foods and industry's massive impact on the environment. These factors can often seem beyond our control and quite removed from our everyday life. However, the fact is that every time we buy something, the money we spend endorses a company and its activities, whether we are aware of it or not — and whether we like it or not.

By avoiding companies with a negative track record and instead buying products from companies that have a positive impact, we can send a strong message for change and support the practices that

make our world a better place to live in. Companies need our money to stay in business — money talks, and your dollar literally is your vote.

This shopping guide provides information on the environmental and social record of companies behind the brand names of common supermarket products. The information is based on assessment gathered from over 25 sources including the work of organisations such as Greenpeace, Choose Cruelty Free, Corporate Monitor, Responsible Shopper and Sustainability Victoria.

Visit our website at **www.ethical.org.au** for more detailed information and further resources for reducing your impact by being deliberate about the things you buy.

Every time you go shopping, make a difference, make your dollar count!

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What can you do?

This guide is full of information but it's only as valuable as the changes that you can make in your own everyday shopping habits. Start with what you value, learn about the issues, see the connections and seek out the best alternatives available. Celebrate good choices, knowing every purchase makes a difference.



For 'best buys' when shopping

- » Shop at independent grocers and small supermarkets.
 - » Choose local, independent Australian-owned brands, over generic supermarket homebrands.
 - » Avoid brands from companies labeled with 'Boycott call', or criticisms; see icon decoder on inside cover.
 - » Read the product label and look for products that are manufactured locally – labeled 'Product of Australia' is best, 'Made in Australia' second-best; avoid imported.
 - » Look for products that have minimal packaging, packaging that is recyclable in your council collections, and packaging made from recycled content.
- See www.recyclingnearyou.com.au

5 PRINCIPLES *to guide a more sustainable purchase*

1. **AVOID UNNECESSARY CONSUMPTION — ASK, “DO I NEED IT?”**

About 80% of all saleable products end up as waste, on average, within just six months. How you buy will influence directly what you buy so it is important to think about the way you spend money. Is the purchase based on need, importance, urgency, or impulse? Make a preferred shopping list and keep to it.

2. **REMEMBER, EVERY PURCHASE MAKES AN IMPACT — YOUR CHOICE MAKES A DIFFERENCE!**

For most of us, most of the time, cost and convenience are the main reasons for our shopping choices. These aren't bad reasons, but they don't reflect the true cost of our purchases to the environment and people.

3. **LEARN ABOUT THE ISSUES BUT DON'T BE OVERWHELMED — TAKE ON ONE ISSUE AT A TIME.**

There are many aspects of sustainability that relate to a particular product. See the centerfold chart as an example of some issues related to products in the supermarket.

4. **SEEK OUT THE BEST BUY — ASK, “WHAT DO I VALUE AND WHAT OPTIONS ARE AVAILABLE?”**

There are no right or wrong purchasing decisions. A better buy will depend on what you value as it will determine the criteria you see as most important. Most products won't meet all the criteria that you could choose, so it's important to prioritise your values. You might decide to buy local over organic, or choose to buy with minimal packaging over companies with a poor track record.

5. **MAKE LASTING CHANGE — CELEBRATE GOOD CHOICES, MAKE THEM INTO GOOD HABITS, GIVE FEEDBACK**

Each good choice makes a world of difference. It looks like a huge task to change your shopping patterns, but start with one item, say milk, and find out about the issues and best alternatives. Choose another item next week. It only takes 20 days to change a habit. Let those companies know, via letter or email, of the choices you have made.

Although this guide suggests which supermarket items are more or less preferable to buy, an even better option is to buy locally produced food from co-ops and farmers markets. See www.communityfoods.com.au





THE PILLARS OF A SUSTAINABLE SOCIETY



RATINGS & ASSESSMENT


METHODOLOGY

We have tried to accurately distinguish more ethically preferable companies based on a simple screening process using existing assessment information (see page 65). This includes information pertaining to the record of both the company itself and its parent company. Assessment covers the areas of environmental and social impact, treatment of animals and accountable business practice.

Companies receiving ongoing international criticism are assigned a ‘boycott call’ mark ; those with substantial criticisms are assigned a ‘cross’ ; and those with praises (and no criticisms) receive a ‘tick’ . The remainder — those with no information — are indicated with a ‘dash’ .

Criticisms are typically for things like animal testing, genetic engineering, involvement with defence, military, nuclear, tobacco, irresponsible marketing or exploitation of workers.


Please note, the focus of this guide is on a company’s track record, rather than the features of the products

themselves. However, if some products under the brand have outstanding features, this is highlighted with a star . Outstanding ethical or sustainable features include certified organic, GE free, recycled content, and fairtrade.

INDUSTRY ALERT

This guide uses a ‘best of sector’ approach — meaning that while we’ve identified companies that are more or less preferable given their company record, the common practices within some industries may be damaging, or the product may have substantial health concerns, enough to warrant avoiding the product completely.

Example of such practices are factory farming for eggs, chickens and pigs; child labour and exploitative work conditions for coffee, chocolate, clothing, and footwear; tobacco, directly linked to lung cancer; and batteries, leaving toxic chemicals in landfill.

Where this symbol appears we recommend seeking products with an outstanding product feature star  that address the particular concerns.

ICON DECODER*



BETTER BUY
PRAISES, NO CRITICISMS



NO INFORMATION
NO PRAISES, NO CRITICISMS



AVOID WHERE POSSIBLE
CRITICISMS



BOYCOTT CALL
HAS RECEIVED ONGOING
INTERNATIONAL CRITICISM



AUSTRALIAN OWNED



OUTSTANDING PRODUCT



INDUSTRY ALERT

COUNTRY CODES

AUS	Australia	LKA	Sri Lanka
AUT	Austria	MEX	Mexico
BEL	Belgium	MYS	Malaysia
CAN	Canada	NLD	Netherlands
CHN	China	NZL	New Zealand
CRO	Croatia	PHL	Philippines
DNK	Denmark	RUS	Russia
ESP	Spain	SGP	Singapore
FRA	France	SWE	Sweden
GER	Germany	SWI	Switzerland
GRC	Greece	THA	Thailand
HKG	Hong Kong	TLS	East Timor
IND	India	UK	United Kingdom
ISR	Israel	USA	United States
ITA	Italy	ZAF	South Africa
JPN	Japan		

* Icons relate to company record, not the product itself (except Outstanding Product icon)

BOYCOTT CALL WHO HAS IT AND WHY

NESTLE

Called by: IBFAN (UK) www.babymilkaction.org

The world's largest food company, Nestle proudly proclaims “good food, good life”. Nestle has been the target of strong international criticism for its aggressive marketing of infant formula in developing countries with scarce drinkable water, leading to infant deaths (despite a 10-year ban by the World Health Organisation).

OTHER CRITICISMS: As one of the top four global water bottling companies, for contributing to the problem of plastic waste and expropriating water that should remain a shared resource. As one of the world's largest chocolate producers, for contributing to child and forced labour problems in cocoa-growing nations.

PROCTER & GAMBLE

Called by: 1.) Uncaged (UK) www.uncaged.co.uk/pg.htm

Called by: 2.) PETA (USA) www.iamscruelty.com

Procter & Gamble has been criticised for its ongoing involvement in painful and lethal animal tests.

OTHER CRITICISMS: For use of unsafe ingredients in personal care and food products, use of sweatshop labour, for working to weaken Europe's laws regarding toxins in household products and GMO disclosure laws.

COCA-COLA COMPANY

Called by: 1.) India Resource Center (India) www.IndiaResource.org

Called by: 2.) Campaign to Stop Killer Coke (USA) www.killercoke.org

Coca-Cola has received ongoing criticism for murders, kidnappings and torture of union leaders at Coca-Cola bottling plants in Colombia. In India, local communities have been exposed to toxic waste, had their groundwater and soil polluted, and suffered shortages of drinking water as a direct result of Coke's operations.

** While Coca-Cola Amatil is majority Australian-owned, it pays licensing fees to, and is 30% owned by, the Coca-Cola Company (US).*

L'ORÉAL

Called by: NatureWatch (UK) www.naturewatch.org

Naturewatch has a long-standing boycott of L'Oréal due to its continued use of animal testing for cosmetics, despite public statements to the contrary.

OTHER CRITICISMS: Lobbying against an EU ban on animal testing for cosmetics, unwillingness to sign the Compact for Safe Cosmetics, clothing subsidiary Ralph Lauren (Polo) involvement in sweatshop garment worker abuse. L'Oréal (in whom Nestle is a large stakeholder) bought the Body Shop in 2006.

KIMBERLY-CLARK

Called by: Greenpeace USA www.kleercut.net

Kimberly-Clark Corporation, the world's largest tissue product company, continues to rely on paper and pulp made from clearcut ancient forests including Canada's Boreal forest. In North America, less than 19% of the pulp Kimberly-Clark uses for its disposable tissue products (toilet paper, facial tissue, napkins and paper towels) comes from recycled sources.

GLAXOSMITHKLINE

Called by: 1.) The Paxil Protest (USA) www.thepaxilprotest.com

Called by: 2.) Ethical Consumer (UK) www.boycottbush.net

GlaxoSmithKline (GSK) has been criticised for denying responsibility for the drug Paxil and its side-effects. The drug is claimed to be unsafe, dangerous and even fatal, linked to depression, cancer and aggression. A boycott was called on GSK products in September 2005.

TATA GROUP

Called by: The Burma Campaign (UK) www.burmacampaign.org.uk

Tata Group (India's largest industrial conglomerate) has been criticised for helping to finance Burma's brutal military dictatorship.

OTHER CRITICISMS: Tata Group subsidiary Tata Power makes weapons and weapon components for India's Defence forces. Tata owns car makers Jaguar and Land Rover, and Tetley tea.

For more information on boycotts visit www.ethicalconsumer.org/Boycotts.aspx

For other criticisms, see page 64.

OTHER BOYCOTTS

3 MOBILE for involvement in Burma.

ADIDAS for using kangaroo skin to make some types of football boots.

ALTRIA for funding groups which claim that global warming is a "myth" or "uneconomic" to address. Altria is the world's largest tobacco company.

CHEVRON for dumping billions of gallons of toxic waste in the Ecuadorian Amazon and failing to clean it up. Chevron is 50% owner of Caltex Australia.

EXXON MOBIL for sabotaging international action on climate change.

SHELL for stealing oil from the peoples of the Ogoni region in Nigeria and destroying their environment and living conditions.

STARBUCKS for poor wages to coffee growers.

SUZUKI for involvement in Burma.

TOYOTA for involvement in Burma.

WHO OWNS THE SUPERMARKETS?

WESFARMERS

Wesfarmers owns Coles, Bi-Lo, Bunnings, Officeworks, Target, Kmart, liquor retailers (1st Choice Liquor Superstore, Liquorland, Vintage Cellars), fuel & convenience outlets (Coles Express), online stores (Coles Online, Pharmacy Direct), plus other divisions in the areas of coal mining, energy, insurance, chemicals & fertilisers, and industrial & safety products. Acquired Coles Group Ltd for \$22 billion in November 2007.

WOOLWORTHS

Woolworths owns Safeway, Woolworths, Big W, liquor retailers (Woolworths/Safeway Liquor, BWS, Dan Murphy's), electronics retailers (Dick Smith Electronics, Dick Smith Powerhouse, Tandy Electronics), online stores (Woolworths/Safeway Homestore), Caltex Woolworths/Safeway (an alliance with Caltex Australia — over 500 outlets), Australian Leisure and Hospitality Group, plus interests in New Zealand, India and Hong Kong.

IGA

IGA stands for Independent Grocers of Australia. There are more than 1000 stores in Australia, which are independently owned, and supplied by IGA Distribution, a division of Metcash.

METCASH

Metcash is primarily a distribution company which distributes food and other consumer goods to Supa IGA, IGA, IGA X-Press, Friendly Grocer, FoodWorks, 7-Eleven, Lucky 7, and independent liquor retailers Cellarbrations, Cheers, IGA Plus Liquor, Liquor Force and Liquor Wise.

FOODWORKS

Foodworks is Australia's second largest independent supermarket retailing group, also supplied by Metcash. It operates more than 710 stores, 390 under the Foodworks banner.

ALDI

ALDI has more than 150 stores now operating in Australia. 80% of ALDI's suppliers are local manufacturers. ALDI Australia's parent company, ALDI Group, is based in Germany. It operates more than 7000 stores across Europe, USA and Australia.

AUSTRALIA'S SUPERMARKET DUOPOLY

Australia has one of the most concentrated grocery markets internationally. The two top players, Coles and Woolworths/Safeway, account for approximately 80% of supermarket sales in Australia. In Britain, the top twelve supermarkets have less than 60% of the market.

In spite of increasing its revenue by 75% from 2001 to 2006, Woolworths cut its workforce by 27% or 35,592 people over these five years. Similarly, in this time period, Coles slashed its workforce, down from 160,000 to 94,000.

Generic “house brands” encourage us to trust that cheap is best with no questions asked. Both supermarket chains have recently introduced a three-tiered private label structure. This is likely to mean less choice, with fewer independent brands on the shelves and more produce sourced from overseas.

SUPERMARKET “House Brands”








BRAND	COMPANY	
Black & Gold, IGA, Way of life, Body Logic, Purely Organic	IGA/ Metcash	
Black & Gold, Best Buy	FoodWorks	
Most brands in store are ALDI owned, sourced from local producers	Aldi Australia (Aldi Group)	GER
Coles, You'll love Coles, Coles Smart Buy, Organic, Banquet & Purr pet food	Coles Group (Wesfarmers)	
Woolworths, Select, Home-brand, Fresh, Organic, Naytura	Woolworths/ Safeway	

BAKING & COOKING

BRAND

COMPANY

ARTIFICIAL SWEETENERS Health concerns

Sugarella	Symbion Health		
Hermesetas	McCormick	USA	
Equal	Merisant	USA	
Nutrasweet	NutraSweet	USA	
Splenda	Johnson & Johnson	USA	
Sugarine	Reckitt Benckiser	UK	









CAKE MIX

Anchor, Lion, Robur	Anchor Foods		
Defiance, Pavlova Magic, White Wings	Goodman Fielder		
Nature's Selection	Nature's Selection Foods (AAB Holdings)		
Betty Crocker	General Mills	USA	
Basco, Cadbury, Green's	Green's Foods (Guinness Peat)	UK	

COOKING OIL Palm oil

Dick Smith	Dick Smith (Adventist Church SP)		
Chefol, Crisco, ETA, Gold'nCanola, Meadow Lea, Olio Granada, Vetta	Goodman Fielder		
Golden Fields, Sunshine	Steric		

EGGS Factory farming (choose free range)









Country Barn, Country House, Essential Foods, Farm Pride, Googgs, Mother Hens, Mrs McKechie's, New Start, Otway Ridge	Farm Pride Foods		
Pace Farms, Wattle Ridge	Pace Farm		
Sunny Queen Farms	Sunny Queen		
Omegga, Veggs	Veggs		




FLOUR & BREAD MIX

Defiance, Kream, McAlpin's, White Wings 	Goodman Fielder		
Laucke	Laucke Flour Mills		
McKenzies	Ward McKenzie		
Lowan	Lowan Whole Foods (Guinness Peat)	UK	
Kitchen Collection, Tip Top	George Weston Foods (Wittington Investments)	UK	











★ Some products certified organic


GRAINS & LEGUMES

Sunsol	Meriram (Select Harvests)		
Nature's Selection	Nature's Selection Foods (AAB Holdings)		
Mellow Yellow, Sanitarium	Sanitarium (Adventist Church SP)		
McKenzies	Ward McKenzie		



Azalea	Minerva Australia (SOS Group)	 ✓
Colossus	Colossus Food Company	 ~
Pro Chef	Lloyd Brooks	 ~
Ayam	A Clouet (Denis Freres Group)	FRA ~
International Collection	Anglia Oils (Aarhus Olie)	DNK ~
The Grove	Avocoda Oil NZ	NZL ~
Spitiko	Eleourgiki	GRC ~
Blue Diamond	MacFarms of Hawaii	USA ~
Alfa One	Old Fashioned Foods	NZL ~

DRIED FRUIT & NUTS




Ducks Nuts, Winn	Australian Nut Processors	 ✓
Buderim Ginger	Buderim Ginger	 ✓
Gomans	Goman Foods	 ✓
Trident	Manassen Foods (CHAMP)	 ✓
Sandhurst	Sandhurst Fine Foods	 ✓
Lucky	Select Harvests	 ✓
Angas Park, Sunbeam	Sunbeam Foods (CHAMP)	 ✓
Amore	Amore Foods	 ~
Royal Nut Co.	Royal Nut Co.	 ~
FreshLife	Scalzo	 ~
Planters	Kraft	USA ✗
Nobby's	Smith's Snackfood Co. (Pepsico)	USA ✗

Lowan	Lowan Whole Foods (Guinness Peat)	UK ✓
Select	Select Foods	 ~

GRAVY

Massel	Massel	 ✓
Orgran	Roma Food Products	 ✓
Gravox	Cerebos (Suntory)	JPN ✓
Continental	Unilever	UK/ NLD ✗

HERBS & SPICES

Jensens	Jensens Choice Foods	 ✓
Clive of India, McKenzies	Ward McKenzie	 ✓
Kooka, Mermaid, Saxa, Tandaco	Cerebos (Suntory)	JPN ✓
Keen's, McCormick	McCormick	USA ✓
Hoyt's	Hoyt Food	 ~
Masterfoods	Mars	USA ✗

JELLY CRYSTALS

Cottee's	Cadbury	UK ✓
Weight Watchers	Hansells (Old Fashioned Foods)	NZL ✓
Aeroplane	McCormick	USA ✓

OLIVE OIL

Aurora, Giralda	Cantarella Group	🇦🇺 ✓
Moro	Conga Foods	🇦🇺 ✓
Crisco, Olive Grove, Vetta	Goodman Fielder	🇦🇺 ✓
Always Fresh	Riviana Foods (SunRice)	🇦🇺 ✓
Colavita	Colavita Olive Oil	ITA ✓
Dante, Lupi, Minerva	Minerva Australia (SOS Group)	ESP ✓
Cobram Estate	Cobram Estate	🇦🇺 ~
Jingilli	Frankland River Olive Company	🇦🇺 ~
Olo	Mitolo Group	🇦🇺 ~
Red Island	Red Island	🇦🇺 ~
Viva	Viva Olives (Barkworth)	🇦🇺 ~
Borges	Borges	ESP ~
1866, Carbonell ★	SOS Group	ESP ~
Bertoli ★	Unilever	UK/ NLD ✗

★ Some products certified organic

OTHER BAKING

Lotus	Kadac	🇦🇺 ✓
Queen	Queen Fine Foods	🇦🇺 ✓
Orgran	Roma Food Products	🇦🇺 ✓
CSR	Sugar Australia (CSR)	🇦🇺 ✓
McKenzie's	Ward McKenzie	🇦🇺 ✓

PASTA (FRESH)

Fantastic	Fantastic Snacks	🇦🇺 ✓
Bamboo Pot	Manassen Foods (CHAMP)	🇦🇺 ✓
Specialty Pasta	MM Foods	🇦🇺 ✓
San Remo	San Remo	🇦🇺 ✓
Mr. Lees Kitchen	TLY Australia	🇦🇺 ✓
Dorato, Latina	General Mills	USA ✓
Golden Pasta	Guzzi's	🇦🇺 ~
Pasta Di Casa	Pasta Di Casa	🇦🇺 ~
Taings	Taings	🇦🇺 ~

PUDDING

Defiance, White Wings	Goodman Fielder	🇦🇺 ✓
Cottee's	Cadbury	UK ✓
Big Sister	Fowlers Vacola	🇦🇺 ~
Aunt Betty's	Old Fashioned Foods	NZL ~

RICE

Tilda	Manassen Foods (CHAMP)	🇦🇺 ✓
Koala, Mahatma, Premier, Riviana, SunRice ★, Tastic	SunRice	🇦🇺 ✓
Hoyt's	Hoyt Food	🇦🇺 ~
Uncle Ben's	Mars	USA ✗

★ Some products certified organic

Lowan	Lowan Whole Foods (Guinness Peat)	UK ✓
Krummies	George Weston Foods (Wittington Investments)	UK ✗
Nestle	Nestle	SWI Ⓞ

OTHER COOKING

NSM	NSM Food Products	AU ✓
Leggo's	Simplot	USA ✓
Tip Top	George Weston Foods (Wittington Investments)	UK ✗
Cerevite	Specialty Cereals (Kellogg)	USA ✗

PASTA (DRY)

Aurora	Cantarella Group	AU ✓
Casalare Specialty	Casalare Specialty Pasta	AU ✓
Buotempo, Orgran	Roma Food Products	AU ✓
Balducci, Nidi, San Marino, San Remo ★, Zafarelli	San Remo	AU ✓
Barilla	Barilla	ITA ✓
Nanda	Green's Foods (Guinness Peat)	UK ✓
Golden Pasta	Guzzi's	AU ~
Vetta	Manildra Group	AU ~
Divella	Divella	ITA ~
Dolmio	Mars	USA ✗

★ Some products certified organic

STOCK

Massel	Massel	AU ✓
Campbell's	Campbell Soup Company	USA ✓
Gravox	Cerebos (Suntory)	JPN ✓
McCormick	McCormick	USA ✓
Vegeta	Podravka	CRO ~
Continental, Oxo	Unilever	UK/ NLD ✗
Maggi	Nestle	SWI Ⓞ

SUGAR

CSR	Sugar Australia (CSR)	AU ✓
Bundaberg	Bundaberg Sugar (Finasucre)	BEL ✓

VINEGAR

Moro	Conga Foods	AU ✓
Cornwells	Goodman Fielder	AU ✓
Lloyds	Lloyds Vineyard	AU ~

BREADS, SPREADS & CEREAL

BRAND	COMPANY		
BREAD			
Golden Hearth Organic ★	Gold Coast Bakeries		✓
Atlantic Bakery, Buttercup, Country Bake, Country Life Bakery, Early Harvest, Flinders, Helga's, La Famiglia, Riga, Sunicrust, Taylors, Vogel	Goodman Fielder		✓
Moores	Moores Corporation		~
Pure Life	Pure Life Biodynamic		~
Burgen, Cracker, Golden, Kelly's, Mighty White, Nobel Rise, Our Town, Sunblest, Tip Top, Up	George Weston Foods (Wittington Investments)	UK	✗
Uncle Tobys	Uncle Tobys (Nestle)	SWI	⊘

★ Some products certified organic

CAKES

Balfours	Balfours		✓
Big Sister	Fowlers Vacola		~
Mills & Wares, Top Taste, Westons	George Weston Foods (Wittington Investments)	UK	✗

HAZELNUT SPREAD

Nutino	Cantarella Group		✓
Nutella	Ferrero	ITA	✓

HONEY

Pure Beechworth	Beechworth Honey		✓
Barnes, Bee Vital, Capilano	Capilano Honey		✓
Pureharvest	Pureharvest		✓
Leabrook	Spring Gully Foods		✓
Archibalds	Archibald Honey		~

JAM

Dick Smith	Dick Smith Foods (Adventist Church SP)		✓
IJC	Windsor Farm Foods		✓
Knight Bros.	Doran's Fine Foods		~
Prue Sobers	Prue Sobers Jam Co.		~
St Dalfour	St Dalfour	FRA	~
AJC, Balgay, IXL, Weight Watchers	SPC Ardmona (Coca-Cola Amatil)		✗
Golden Circle	Golden Circle (Heinz)	USA	✗
Cottee's, Monbulk, Rose's	Heinz	USA	✗

CEREAL

Freedom Foods, Norganic ★	Freedom Nutritional Products	AU	✓
Goodness	Popina	AU	✓
Dick Smith Bush Foods, Sanitarium	Sanitarium (Adventist Church SP)	AU	✓
Green's	Green's Foods (Guinness Peat)	UK	✓
Lowan	Lowan Whole Foods (Guinness Peat)	UK	✓
Weight Watchers	Tasti	NZL	~
Kelloggs	Kellogg	USA	✗
Cerevite, Provita, Vogel's	Specialty Cereals (Kellogg)	USA	✗
Nestle	Nestle	SWI	⊘
Healthwise, Plus, Uncle Tobys, Vita Brits ★	Uncle Tobys (Nestle)	SWI	⊘

★ Some products certified organic

FLAT BREADS

Freedom Foods	Freedom Nutritional Products	AU	✓
Khobz, Sorj, The Original, Vitastic	Middle East Bakeries	AU	~
Mountain Bread	Mountain Bread	AU	~
Bazaar	George Weston Foods (Wittington Investments)	UK	✗

ETHICAL INVESTMENT

Like most Australians, you probably have money invested in managed funds or superannuation. Your fund manager could be investing your money in companies whose activities don't align with your own personal values.

You could unwittingly be profiting from activities such as uranium mining, old growth forest logging, the destruction of the natural environment or the sale and promotion of tobacco and gambling products.

Ethical investment is the practice of consciously choosing to invest in companies whose activities you believe will serve the common good on a range of ethical, social and environmental issues as well as provide financial returns which are competitive with conventional investments.

» ask your superannuation fund to put your super into their ethical portfolio.

» consider investing with an ethical investment fund management company.

See www.austethical.com.au and www.ethicalinvestments.com.au



MUESLI

Norganic	Freedom Nutritional Products	AU ✓
Sunsol	Meriram (Select Harvests)	AU ✓
Monster Muesli	Monster Muesli	AU ✓
Arnold's Farm, Carman's, Goodness	Popina	AU ✓
Lowan, Weight Watchers	Lowan Whole Foods (Guinness Peat)	UK ✓
Kialla ★	Kialla Pure Foods	AU ~
The Muesli Company	The Muesli Company	AU ~
Kelloggs	Kellogg	UK ✗
Vogel's	Specialty Cereals (Kellogg)	USA ✗
Morning Sun, Purina Health Foods Co., Uncle Tobys	Uncle Tobys (Nestle)	SWI Ⓞ

★ *Certified organic***OATS & BRANS**

Anchor, John Bull	Goodman Fielder	AU ✓
Golden Fields	Steric	AU ✓
Lowan	Lowan Whole Foods (Guinness Peat)	UK ✓
Cerevite	Specialty Cereals (Kellogg)	USA ✗
Quaker, Uncle Tobys	Uncle Tobys (Nestle)	SWI Ⓞ

OTHER SPREADS

Dick Smith	Dick Smith Foods (Adventist Church SP)	AU ✓
Melrose	Melrose Health Supplies	AU ✓
CSR	Sugar Australia (CSR)	AU ✓
Pecks	General Mills	USA ✓
Kraft	Kraft	USA ✗
Masterfoods	Mars	USA ✗

PEANUT BUTTER

Dick Smith, Sanitarium	Sanitarium (Adventist Church SP)	AU ✓
ETA, Kraft	Kraft	USA ✗

SNACK BARS

Wallaby	Energy Products	AU ✓
Nana Diver's	Fontelle	AU ✓
Carman's	Popina	AU ✓
Sanitarium	Sanitarium (Adventist Church SP)	AU ✓
Sunbeam	Sunbeam Foods (CHAMP)	AU ✓
Cadbury	Cadbury	UK ✓
Lowan	Lowan Whole Foods (Guinness Peat)	UK ✓
Be Natural	Be Natural Snacks	AU ~
Nice & Natural	Nice & Natural	NZL ~
Tasti, Weight Watchers	Tasti	NZL ~

MULTINATIONAL MONOPOLY

Foreign-owned multinational companies control 70% of world trade, and their brands make up 85% of the products in the average Australian grocery trolley. Top-selling milk brands, Rev and Pura, are owned by Italian multinational Parmalat and Kirin Holdings of Japan, respectively. Out of the top 100 brands of all food sold in Australian supermarkets, just 13 are Australian owned, and these are owned by just nine companies.

- » Choose Australian-owned brands.
- » Shop at locally owned businesses. For every \$100 spent with a locally-owned firm, \$68 remains within the local economy. The same \$100 spent with a multinational sees only \$43 staying local. Buying at locally owned businesses supports local jobs and helps guarantee fair wages and conditions for workers. See more at www.fightbacknews.com.au.
- » Have your 100% Australian-made and -owned groceries delivered to your door with Aussie Farmers Direct. See www.aussiefarmers.com.au.



IXL	SPC Ardmona (Coca-Cola Amatil)	AU X
Kellogg's	Kellogg	USA X
a.o.	Nestle	SWI X
Le Snak, Uncle Tobys	Uncle Tobys (Nestle)	SWI X

YEAST SPREAD

Aussie Mite	All Natural Foods	AU ✓
Marmite	Sanitarium (Adventist Church SP)	AU ✓
MightyMite	Three Threes Condiments	AU ✓
Kraft, Vegemite	Kraft	USA X
Promite	Mars	USA X

DAIRY & SOY

BRAND	COMPANY		
BUTTER			
Devondale	Murray Goulburn Co-op	🇺🇸	✓
Copha	Peerless	🇺🇸	✓
Allowrie, Country Gold, Duck River, Girgar, Mainland, Western Star	Fonterra	NZL	✓
Harmonie, Lurpak	Arla Foods	DNK	~

CHEESE

Bega	Bega Cheese	🇺🇸	✓
Bulla	Bulla Dairy Foods	🇺🇸	✓
Jarlsberg	Cantarella Group	🇺🇸	✓
Dick Smith	Dick Smith Foods (Adventist Church SP)	🇺🇸	✓
Attiki	Goodman Fielder	🇺🇸	✓
Chrystal Fresh, Margaret River	Manassen Foods (CHAMP)	🇺🇸	✓
Cobram, Devondale, Murray Goulburn, Natra	Murray Goulburn Co-op	🇺🇸	✓
Nimbin Natural	Norco Co-operative	🇺🇸	✓
Black Swan	Poseidon Tarama	🇺🇸	✓
Tamar Valley	Tamar Valley	🇺🇸	✓
Bodalla, Ferndale, Mainland, Perfect Italiano, Weight Watchers	Fonterra	NZL	✓

GENETIC ENGINEERING

In 2008, the first genetically engineered (GE) crops were introduced in Australia, with GE canola now grown in NSW and Victoria. In Australia, the four main GE ingredients in our food are currently from imported corn (maize) and soy, and local and imported canola and cottonseed products.

Concerns over GE food include unknown health risks, threats to biodiversity, contamination of conventional and organic crops, increased pesticide and herbicide use, and control over our food by multinational companies that legally own the patents on the technology.

- » Look for foods labeled 'GMO free', 'GE-free', 'Not genetically modified', 'certified Organic' & 'Bio-dynamic' or items that are 'Product of Australia' (except food containing cottonseed or canola oil).
- » Check the *Greenpeace True Food Guide* for all brands guaranteed GE-free by their manufacturer (assurance they are not using GE ingredients anywhere in the food chain, including animal feed). See www.truefood.org.au.
- » Have your say and oppose GE food crops in Australia. See www.geneethics.org.



Ashgrove	Ashgrove Cheese	🇦🇺 ~
Capel Valley	Challenge Australian Dairy	🇦🇺 ~
Mayer	F. Mayer Imports	🇦🇺 ~
Jaycroix, Mamma Lucia, Puglia	Fresh Cheese Company	🇦🇺 ~
Mable's	Gourmet Cheese	🇦🇺 ~
Jindi	Jindi Cheese	🇦🇺 ~
Lemnos	Lemnos Foods	🇦🇺 ~
Wattle Valley	Menora Foods	🇦🇺 ~
Pantalica	Pantalica Cheese Co.	🇦🇺 ~
Piano Hill	Piano Hill Cheese Co.	🇦🇺 ~
Castello, Jackie Classic, Rosenborg, Tholstrup	Arla Foods	DNK ~
Baby Bel, Laughing Cow, Lavache Quiut	Fromageries Bel (Unibel)	FRA ~
Australian Farmers, Caboolture, Classique, Coon, Cracker Barrel, Dairy Farmers, Dairy Vale, Fred Walker, Malanda, Mil Lel, Shape	Dairy Farmers (Kirin)	JPN ✗
Australian Gold, Cheeses of the World, Clover Creek, Farmers Union, Heidi Farm, King Island Dairy, Mersey Valley, Premium Dairy, South Cape, Tasmanian Heritage, Tilba Club, Timboon	National Foods (Kirin)	JPN ✗
Watsonia	George Weston Foods (Wittington Investments)	UK ✗
Kraft, Philadelphia	Kraft	USA ✗

COTTAGE CHEESE

Bulla	Bulla Dairy Foods	🇦🇺 ✓
Dairy Farmers, Oak, Weight Watchers	Dairy Farmers (Kirin)	JPN ✗












CREAM

Gippsland	Bead Foods	🇦🇺 ✓
Bulla	Bulla Dairy Foods	🇦🇺 ✓
Jalna	Jalna Dairy Foods	🇦🇺 ✓
Devondale, Liddells	Murray Goulburn Co-op	🇦🇺 ✓
Snowy Mountain	Snowy Mountain Organic Dairy Co-operative	🇦🇺 ✓
Ideal Dairy, Pauls	Parmalat	ITA ✓
Dairy Whip, Farmers Pride	Tatua	NZL ~
Dairy Farmers	Dairy Farmers (Kirin)	JPN ✗
Pura, King Island Dairy, Weight Watchers	National Foods (Kirin)	JPN ✗



CUSTARD

Foster Clark's	Cerebos (Suntory)	JPN ✓
Pauls	Parmalat	ITA ✓
Dairy Farmers	Dairy Farmers (Kirin)	JPN ✗

DIPS

Chris'	Chris' Greek Dips	 ✓
Attiki, Copperpot	Goodman Fielder	 ✓
Aristocrat	Gourmet Food Holdings (Crescent Capital)	 ✓
Black Swan, Poseidon	Poseidon Tarama	 ✓
Pauls	Parmalat	ITA ✓
Farm Fresh	Cooee Cuisine	 ~
Delico	Delico Food Products	 ~
Fiddlers	Fiddlers Dips	 ~
Fifya, Weight Watchers	Fifya	 ~
Peckish, Wattle Valley	Menora Foods	 ~
Mum's Choice!	Mum's Choice!	 ~
Yumi's	Yumi's Fresh Quality Seafoods	 ~
Captain's Table, Kraft, Philadelphia	Kraft	USA ✗

FLAVOURED MILK

Moo	Murray Goulburn Co-op	 ✓
Nippys	Nippy's	 ✓
Up & Go	Sanitarium (Adventist Church SP)	 ✓
Wave	Cadbury	UK ✓
Brownes	Fonterra	NZL ✓
Breaka, Ice Break, King Curl, Pauls, Rush	Parmalat	ITA ✓

MARGARINE  Palm oil

Harvest Award	Atlantic Pacific Foods	 ✓
Crisco, ETA, Gold'nCanola, Logicol, Meadow Lea, Olive Grove, Vetta, Weight Watchers	Goodman Fielder	 ✓
Nuttex	Nuttex Food Products (Edward Zorn & Co.)	 ✓
Miracle, Tablelands, Ultima, Vitalite	Peerless	 ✓
Alfa One	Old Fashioned Foods	NZL ~
Becel, Bertolli, Flora, I Can't Believe It's Not Butter!, Olivio	Unilever	UK/ NLD ✗

MILK

a2, Freedom Foods	Freedom Nutritional Products	 ✓
Devondale, Liddells, Smart	Murray Goulburn Co-op	 ✓
Snowy Mountain	Snowy Mountain Organic Dairy Co-operative	 ✓
Anchor, Anlene, Brownes, Diploma, Weight Watchers Dairyfields, Farm House, Longlife, Parmalat, Pauls, PhysiCal, Pure Organic ★, Rev, Sandhurst Farms, Skinny Milk, That's Y, Trim, Vita Plus, Warwick, Zymil	Fonterra	NZL ✓
	Parmalat	ITA ✓

Dairy Farmers, Dare, Jacaranda, Just Natural, Max, Moove, Oak	Dairy Farmers (Kirin)	JPN ✗
Big M, Divine Classic, Farmers Union, Masters, Pura	National Foods (Kirin)	JPN ✗

★ *Certified organic*

ICE-CREAM (TUBS) Palm oil

Bulla	Bulla Dairy Foods	AU ✓
Dairy Bell	Dairy Bell Ice Cream	AU ✓
Cape Byron, Norco	Norco Co-operative	AU ✓
So Good	Sanitarium (Adventist Church SP)	AU ✓
Weis	Weis Frozen Foods	AU ✓
Brownes, Cadbury, Connoisseur, Tip Top, Toppa	Fonterra	NZL ✓
Haagen-Dazs	General Mills	USA ✓
Pauls	Parmalat	ITA ✓
Norgen-Vaaz	Everest Foods	AU ~
Gelativo	Gelativo	AU ~
Homer Hudson	PhD Group	AU ~
Sara Lee	Sara Lee	USA ✗
Dairy Farmers, Streets	Unilever	UK/NLD ✗
Nestle, Peters, Skinny Cow	Nestle	SWI 

PALM OIL

Palm oil is found in one out of every ten supermarket products including shampoos, cooking oil, chocolate, cosmetics, chips, biscuits, margarine and soaps.

Unfortunately, not only does palm oil promote heart disease, but the UN estimates that palm oil plantations are 'now the primary cause of permanent rainforest loss'. This threatens the survival of the Orang-utans, the Sumatran tiger and the Asian rhinoceros.

Additionally, burning after deforestation accounts for significant greenhouse gas emissions — 1,400 million tonnes of CO₂ every year in Indonesia alone.

- » Learn about the issues, find sample letters to write to retailers and the government, and sign the petition for compulsory labelling at the Palm Oil Action Group site www.palmoilaction.org.au
- » Check the ingredients — if the product contains palm oil, avoid it, and send a letter to the manufacturer telling them of your action.
- » See the 'Helping you buy responsibly' section on the BOS Australia website at www.orangutans.com.au for a list of manufacturers who are committed to avoiding the use of palm oil.



Australian Farmers, Dairy Farmers, Dairy Vale, Take Care	Dairy Farmers (Kirin)	JPN	✗
Classic, Farmers Union, Pura, Tasmaid Foods	National Foods (Kirin)	JPN	✗
Carnation, Sunshine	Nestle	SWI	⊘

★ *Certified organic*

SOY MILK

Australia's Own ★, Smooth White, So Natural, Vitalife, Xpress	Freedom Nutritional Products	AU	✓
Nutrisoy	Nutrisoy	AU	✓
Pureharvest ★	Pureharvest	AU	✓
Sanitarium, So Good	Sanitarium (Adventist Church SP)	AU	✓
Bonsoy	Spiral Foods	AU	✓
Soy Life	Parmalat	ITA	✓
Hari Har Chai ★	Hari Har	AU	~
Golden One	Trang's	AU	~
Lactasoy	Lactasoy	THA	~
Sun Gold	Dairy Farmers (Kirin)	JPN	✗
Good Life, Vitasoy	National Foods (Kirin)	JPN	✗

★ *Certified organic*

YOGHURT






Gippsland ★, Hakea	Bead Foods	AU	✓
Bulla	Bulla Dairy Foods	AU	✓
Attiki	Goodman Fielder	AU	✓
Jalna	Jalna Dairy Foods	AU	✓
Liddells	Murray Goulburn Co-op	AU	✓
Black Swan	Poseidon Tarama	AU	✓
Tamar Valley	Tamar Valley	AU	✓
Anlene, Ski	Fonterra	NZL	✓
Ideal Dairy, Pauls, Vaalia	Parmalat	ITA	✓
Yakult	Yakult	JPN	✓
Paris Creek	BD Farm Paris Creek	AU	~
Mundella	Mundella Foods	AU	~
Bornhoffen, Dairy Farmers, Danone	Dairy Farmers (Kirin)	JPN	✗
Divine Classic, Farmers Union, Fruche, King Island Dairy, Yogo, Yoplait	National Foods (Kirin)	JPN	✗
Nestle, Peters Farm	Nestle	SWI	⊘

★ *Certified organic*

SOY (OTHER)

Simply Better, Soyphistication	Bead Foods	 ✓
Nutrisoy	Nutrisoy	 ✓
Longalife, Sanitarium, So Good	Sanitarium (Adventist Church SP)	 ✓
Soy Life	Parmalat	ITA ✓
Blue Lotus	Blue Lotus Foods	 ~
Kingland	King International	 ~
Pappa Nutal	Nutritional Products	 ~
Alive	Soyganic Foods Australia	 ~
Tofutti	Tofutti Brands	USA ~

TOFU

Earth Angel, Earth Harvest, Hakea, Simply Better, Soy Belle	Bead Foods	 ✓
Nutrisoy ★, Soyco	Nutrisoy	 ✓
Joyce, Mr. Lees Kitchen, TLY	TLY Australia	 ✓
Blue Lotus ★	Blue Lotus Foods	 ~
Pureland ★	King International	 ~

★ Certified organic

ORGANICS

Organic farmers severely restrict the use of synthetic chemicals, pesticides and fertilisers they use in growing food. Animals are reared without the routine use of drugs such as synthetic growth hormones, antibiotics and wormers which are commonly used in intensive livestock farming.

These systems recognise that our health is directly connected to the health of the food we eat and ultimately, to the health of the soil. Organic farmers aim to produce good food from a balanced living soil.

» Choose products that are certified organic or biodynamic. Common labels include: BFA, ACO, NAASA, Demeter. See www.organicchoice.com.au

» Find out which fruits and vegies expose you to the most and least pesticides so you'll know which ones to buy organic and which conventionally-grown ones are okay when organic isn't available. See the Environmental Working Group's *Pesticides in Produce* guide at www.foodnews.org



DRINKS

BRAND	COMPANY		
BOTTLED WATER ⚠️ Plastic waste			
Aqua Pura, Bickfords	Bickford's Australia	🇦🇺	✓
Frantelle	P&N Beverages	🇦🇺	✓
Sanitarium Water Fitness, WaterPlus	Sanitarium (Adventist Church SP)	🇦🇺	✓
Cool Ridge	Cadbury	UK	✓
Fiji	Fiji Water (Roll International)	USA	✓
Aqua, Evian, H2GO, Mizone	Frucor Beverages (Suntory)	JPN	✓
Aroona	Aroona	🇦🇺	~
Noble's Pureau	Noble Beverages (Hawkesbridge)	🇦🇺	~
Rainfarm	Rainfarms Australia	🇦🇺	~
Snowy Mountain Organic	Snowy Mountain Bottlers	🇦🇺	~
Mount Frankin, Neverfail, Peats Ridge Springs, Pump, Taurina Spa, Vitamin Water	Coca-Cola Amatil	🇦🇺	✗
Adams Ale, Original Pure Water	Golden Circle (Heinz)	USA	✗
Summit	National Foods (Kirin)	JPN	✗
Aquafina	Pepsico	USA	✗
Perrier, Vittel	Nestle	SWI	⊘

COFFEE ⚠️ Worker exploitation

Aurora, Vittoria	Cantarella Group	🇦🇺	✓
Coffex, Global Cafe Direct ★ _{1,2}	Coffex Coffee	🇦🇺	✓
Cafe Palazzo	Maranatha	🇦🇺	✓
Mocopan, Riva	Cerebos (Suntory)	JPN	✓
Nature's Cuppa ★ ₂	Eat Rite Australasia	🇦🇺	~
Eureka Coffee	Eureka Coffee	🇦🇺	~
Jasper ★ _{1,2}	Jasper Coffee	🇦🇺	~
Griffiths, Oasis	Oasis Griffiths	🇦🇺	~
Republica ★ ₁	Republica Coffee	🇦🇺	~
Bean Ground & Drunk ★ _{1,2} , Gravity, Monte, Del Zotti	The Bean Alliance	🇦🇺	~
Organic East Timor Coffee ★ ₁	Cafe Timor	TLS	~
Clipper ★ _{1,2}	Clipper Teas	UK	~
Cafe Maison, Europa, Faggs, Pablo, Robert Timms, Robert Timms Earth Blends ★ ₁	Freshfood Holdings	SGP	~
Illy	Il Caffe Espresso (Illy)	ITA	~
Lavazza	Lavazza	ITA	~
Scarborough Fair ★ _{1,2}	Lighthouse Ventures	NZL	~
Melitta	Melitta Group	GER	~
Grinders	Grinders (Coca-Cola Amatil)	🇦🇺	✗
Jarrah	AB Food & Beverages Australia (Wittington Investments)	UK	✗

PACKAGING & WASTE

Product packaging takes valuable resources to produce, involves processes which pollute air and water, and is often thrown out at the end of its short life, ending up in landfill. Australia consumes more than 3.4 million tonnes of packaging every year — that's about 165kg per person — and only 48% is recycled. Plastic bags are a particular problem. Australians use 6.9 billion each year or 7,000 each minute. A serious threat to our environment and natural resources, they not only spoil our parks and beaches but actually take up to 1000 years to break down.

- » Minimise packaging. Remember the waste hierarchy — first avoid if you can, reuse where possible, then recycle. Find out what your council takes at www.recyclingnearyou.com.au.
- » Remember to take your reusable shopping bag.
- » Buy in bulk where possible. Avoid double packaging and unlabeled plastic tubs.
- » Choose plastics 1 & 2 (commonly recycled within Australia) over 4, 5 & 6 (often processed overseas). Avoid 3 — PVC produces hazardous by-products (dioxins) when recycled.



Jacobs, Lyons, Maxwell House	Kraft	USA	✗
Douwe Egberts, Harris, Moccona, Senseo	Sara Lee	USA	✗
Bushells	Unilever	UK/ NLD	✗
Andronicus, International Roast, Nescafe	Nestle	SWI	⊘

★1 Certified Fairtrade ★2 Certified organic

CORDIAL

Vimto	Anchor Foods		🇦🇺 ✓
Bickfords, Fruities	Bickford's Australia		🇦🇺 ✓
Buderim Ginger, Lemon Lime & Bitters	Buderim Ginger		🇦🇺 ✓
Cascade	Cascade Beverage Co. (Foster's Group)		🇦🇺 ✓
Diet Rite, Extra Juicy, P&N	P&N Beverages		🇦🇺 ✓
Dick Smith, Sanitarium	Sanitarium (Adventist Church SP)		🇦🇺 ✓
Sunshine	Steric		🇦🇺 ✓
Cottee's, Schweppes	Cadbury	UK	✓
Happy Valley, Hi-C Sunsplash, KidsFruit	Coca-Cola Amatil		🇦🇺 ✗
Golden Circle, Weight Watchers	Golden Circle (Heinz)	USA	✗
Berri	National Foods (Kirin)	JPN	✗
Lucozade, Ribena	GlaxoSmithKline	UK	⊘



ENERGY DRINKS

HiNRG	Bickford's Australia	 ✓
Wild NRG	P&N Beverages	 ✓
V	Frucor Beverages (Suntory)	JPN ✓
Red Bull	Red Bull	AUT ✓
Superman	Hero Energy	 ~
Red Eye	Red Eye International	 ~
Solis	Solis Beverages	 ~
Rockstar	Rockstar	USA ~
Lift Plus, Mother	Coca-Cola Amatil	 ✗
Glucodin	Reckitt Benckiser	UK ✗
Lucozade	GlaxoSmithKline	UK 

FRUIT DRINKS/JUICE

Cascade	Cascade Beverage Co. (Foster's Group)	 ✓
Boost, Grove, Only	Grove Fruit Juices	 ✓
Juicy Isle	Juicy Isle	 ✓
Mountain Fresh	Mountain Fresh	 ✓
Nippys	Nippy's	 ✓
Nudie	Nudie	 ✓
Apple Time, Brekky Juice, Extra Juicy, Farmer Joe's, Glo, Juice Pops, Juice Stop, Mini Pops, P&N, Pop Tops, Smart Juice	P&N Beverages	 ✓
Pureharvest ★1	Rockstar	 ✓

ICED TEA

Spring Valley	Cadbury	UK ✓
Pokka	Pokka	JPN ~
Nestea	Coca-Cola Amatil	 ✗
Lipton	Unilever	UK/ NLD ✗
Tetley	Tetley Australia (Tata Group)	IND 

POWDERED DRINKS

OzeChoc	Dick Smith Foods (Adventist Church SP)	 ✓
La Bella	Valcorp Fine Foods	 ✓
Cadbury	Cadbury	UK ✓
Weight Watches	Hansells (Old Fashioned Foods)	NZL ✓
Abundant Earth ★	Aussie Bodies (Next Capital)	 ~
Nature's Cuppa ★	Eat Rite Australasia	 ~
Akta-Vite	Myerton Australia	 ~
Indulge Your Senses	The Bean Alliance	 ~
Klassno	Future Enterprises (Food Empire)	SGP ~
Jarrah, Ovaltine	AB Food & Beverages Aus (Wittington Investments)	UK ✗
Sustagen	Novartis	SWI ✗
Horlicks	GlaxoSmithKline	UK 
Caro, Coffeemate, Ecco, Milo, Nesquick, Nestle	Nestle	SWI 

★ Certified organic

D'vine Sparkling	Sanitarium (Adventist Church SP)	AU ✓
Sunraysia	Sunraysia (Sabrand)	AU ✓
Sunzest	Sunzest	AU ✓
Spring Valley	Cadbury	UK ✓
V8	Campbell Soup Company	USA ✓
So Juicy	Parmalat	ITA ✓
Lloyds	Lloyds Vineyard	AU ~
Robinvale ★2	Robinvale Organic Wines	AU ~
Wild About Fruit	Wild About Fruit	AU ~
Ocean Spray	Ocean Spray	USA ~
Ardmona, Crusta, Fruitbox, Frutopia, Goulburn Valley	Coca-Cola Amatil	AU ✗
Golden Circle, Original Juice, Popper Juice, Premium Tetra Pak	Golden Circle (Heinz)	USA ✗
Australian Daily Juice Co., Aus- tralian Fresh, Berri, Daily Juice Co., Frusion, G7, Harmonics, Just Juice, Mildura, Mr Juicy, Multi V, Nature's Own, Prima, Quelch, Squeeze, Summit, Sunrise, Valencio	National Foods (Kirin)	JPN ✗
FruitWorks, Tropicana	Pepsico	USA ✗
Ribena	GlaxoSmithKline	UK ☹

★1 Certified organic ★2 Certified biodynamic

SOFT DRINKS

Reef, Torquay	BCB Beverages (Foster's Group)	AU ✓
Bickford's	Bickford's Australia	AU ✓
Buderim Ginger	Buderim Ginger	AU ✓
Bundaberg Ginger Beer	Bundaberg Brewed Drinks	AU ✓
Cascade	Cascade Beverage Co. (Foster's Group)	AU ✓
Angostura	CUB (Foster's Group)	AU ✓
Brewers Choice, Ceda, Club, Crush, Diet Rite, LA Ice, Lido, McSars, P & N, Pipelime, Pub Squash, Waterfords	P&N Beverages	AU ✓
Saxbys	Saxbys Soft Drinks	AU ✓
7UP, Cottee's, Dr Pepper, Loys, Mirinda, Mountain Dew, Passiona, Pepsi, Schweppes, Snapple, Solo, Sunkist	Cadbury	UK ✓
The Natural Beverage Co.	The Natural Confectionery Company (Cadbury)	UK ✓
Coca-Cola, Deep Spring, Diet Coke, Ecks, Fanta, Frutonic, Kirks, Lift, Shelley's, Sprite	Coca-Cola Amatil	AU ✗
Golden Circle	Golden Circle (Heinz)	USA ✗
Kyneton	National Foods (Kirin)	JPN ✗

SPORTS DRINKS

Torquay	BCB Beverages (Foster's Group)	AU ✓
Staminade	Steric	AU ✓
Gatorade, Oasis	Cadbury	UK ✓
Mizone	Frucor Beverages (Suntory)	JPN ✓
Powerade	Coca-Cola Amatil	AU ✗
Adam's Ale Sport	Golden Circle (Heinz)	USA ✗
ISO Sport	National Foods (Kirin)	JPN ✗
All Sport	Pepsico	USA ✗

TEA ⚠ Pesticides

Natureland	Cantarella Group	AU ✓
Formosan	Formosan Tea	AU ✓
Madura	Madura Tea Estates	AU ✓
Planet Organic ★1	Planet Organic	AU ✓
Qi ★2	Herbal Health	UK ✓
Lotus Peak	BH Fine Foods (Pascoe's)	AU ~
Nature's Cuppa ★1	Eat Rite Australasia	AU ~
Healtheries	Healtheries (Next Capital)	AU ~
Madame Flavour	Madame Flavour	AU ~
Jones	A.F. Jones (Capital Maharaja)	LKA ~
Celestial	Celestial Seasonings (Hain Celestial)	USA ~
Clipper ★1,2	Clipper Teas	UK ~

Shopping with a Conscience
Public workshops & shopping tours

Put theory into practice — walk the aisles and learn more about the products, companies and related issues that are part of your weekly supermarket shop. Runs monthly in Melbourne as a public workshop. Call Nick for more information on 0417 114 492.

**FOOD ADDITIVES**

Many food additives are permitted for use in Australia even though their use is limited or banned in many overseas countries. While some food additives are safe, others are suspected carcinogens and many have adverse health effects. Food additives have been associated with a range of food intolerance symptoms including hyperactivity, headaches, gastric irritation, behavioural disorders, learning difficulties, skin rashes and asthma symptoms.

See more at www.fedup.com.au

Dilmah	MJF Group	LKA	~
Nerada, Nerada Organics ★ _{1,2}	Nerada Tea	MYS	~
Dr Stuart's	Only Natural Products	UK	~
Red Seal	Red Seal Natural Health	NZL	~
Stassen	Stassen Group	LKA	~
Vital	Vital Health Foods	ZAF	~
Twinnings	AB Food & Beverages Australia (Wittington Investments)	UK	✗
Bushells, Lan Choo, Lipton	Unilever	UK/ NLD	✗
Billy Tea, Kinkara, Robur, Tetley, Tuckfields, Tynee Tips	Tetley (Tata Group)	IND	⊖

★₁ Certified organic ★₂ Some products certified Fairtrade

WATER ICES

Rugrats, Simpsons	Green's Foods (Guinness Peat)	UK	✓
Funny Face, Quelch, Sunny Boy, Zooper Dooper	National Foods (Kirin)	JPN	✗

ADDITIVES TO AVOID

TYPE OF ADDITIVE	ADDITIVE NUMBER OR SPECIFIC ADDITIVE
Colours	102, 104, 107, 110, 122, 123, 124, 127, 129, 132, 133, 142, 143, 151, 153, 155, 160b (Annatto), 173, 174, 175
Preservatives	Sorbates 200–203 (in cheese, dips, drinks) Benzoates 210–213, 216, 218 (in soft drinks, cordials, medicine) Sulphites 220–228 (in dried fruits, cordials, juices, processed meats) Nitrates 249–252 (in processed meats) Propionates 280–283 (in bread & bakery)
Artificial flavours	All — they don't have numbers
Flavour enhancers	620–625, 627, 631, 635, Hydrolysed Vegetable Protein (HVP)
Artificial sweeteners	951 (aspartame)
Fat	Hydrogenated fats or trans fats
Antioxidants	310, 311, 312, 319, 320, 321, 385
Thickeners	407, 466
Anti-caking agents/ Emulsifiers	431, 433, 435, 436, 530, 553, 900, 914
Miscellaneous	943a, 950, 952, 954, 1201, 1520, 1521

FROZEN, CANNED & EASY

BRAND

COMPANY

BAKED BEANS/SPAGHETTI

SPC	SPC Ardmona (Coca-Cola Amatil)		
Heinz, Wattie's, Weight Watchers	Heinz	USA	

CANNED FISH

Santa Maria, Sole Mare	Conga Foods		
Brunswick, Paramount	Freedom Nutritional Products		
King Oscar	Manassen Foods (CHAMP)		
Always Fresh	Riviana Foods (SunRice)		
Sirena	Valcorp Fine Foods		
Safcol	Safcol (Tropical Canning Group)	THA	
Ally, John West, Seakist	Simplot	USA	
Greenseas	Heinz	USA	

CANNED FRUIT

Admiral	Riviana Foods (SunRice)		
Great Lakes	Maxwell Food Products		
Ardmona, Goulburn Valley, SPC, Weight Watchers	SPC Ardmona (Coca-Cola Amatil)		
Golden Circle	Golden Circle (Heinz)	USA	
Heinz	Heinz	USA	

FROZEN DESSERTS/FRUIT

Pampas	Goodman Fielder		
Weis	Weis Frozen Foods		
McCain, Season's Choice	McCain	CAN	
Cafe Moments, Creative Gourmet, Nanna's	Patties Bakery		
Weight Watchers	Heinz	USA	
Bon Gateaux, Sara Lee	Sara Lee	USA	

FROZEN FISH

Huon	Huon Aqua		
Superior Gold, Tassal	Tassal Group		
Bird's Eye, I & J	Simplot	USA	
Top Hat	Top Hat Fine Foods		
Ocean House	Trang's		
Seaways	Vesco Foods		
Pacific West	Kylie Australia (Golden Fresh)	MYS	
Sealord	Sealord	NZL	

FROZEN MEALS/PIZZA

Griff's, Healthy Choice, McCain	McCain	CAN	
Enrico's Kitchen	Cumberland Industries		
Red Island	Red Island		
Michelina's	Bellisio Foods	USA	

CANNED MEAT

Fray Bentos	Campbell Soup Company	USA	✓
Harvest, Plumrose	Simplot	USA	✓
Hormel, Spam, Stagg	Hormel	USA	~
Hamper, Heinz	Heinz	USA	✗
Kraft	Kraft	USA	✗

CANNED VEGIES/BEANS

Val Verde	Conga Foods	🇦🇺	✓
Always Fresh	Riviana Foods (SunRice)	🇦🇺	✓
La Gina	Valcorp Fine Foods	🇦🇺	✓
Windsor Farm	Windsor Farm Foods	🇦🇺	✓
Edgell	Simplot	USA	✓
Chang's	Cypress & Sons	🇦🇺	~
La Nova	Global Food Distributors	🇦🇺	~
Greenland	Greenland Pacific	🇦🇺	~
Annalisa, BioNature ★	Leo's Imports	🇦🇺	~
Ardmona, SPC	SPC Ardmona (Coca-Cola Amatil)	🇦🇺	✗
Golden Circle	Golden Circle (Heinz)	USA	✗
Heinz, Tom Piper	Heinz	USA	✗

★ Certified organic

Heinz, Weight Watchers	Heinz	USA	✗
Sara Lee	Sara Lee	USA	✗
Lean Cuisine, Maggi, Papa Giuseppe's	Nestle	SWI	🚫

FROZEN PASTRY

Borgs	Borgcraft	🇦🇺	✓
Pampas	Goodman Fielder	🇦🇺	✓

FROZEN SAVOURIES

Borgs	Borgcraft	🇦🇺	✓
Antoniou	C & M Antoniou	🇦🇺	✓
Golden Wok, Ho Mai	Makmur Enterprises	🇦🇺	✓
Sanitarium	Sanitarium (Adventist Church SP)	🇦🇺	✓
I & J	Simplot	USA	✓
Microeasy	Vesco Foods	🇦🇺	~
Darshan	Australian International Foods	🇦🇺	~
Marathon	Marathon Food Industries	🇦🇺	~
Syndian	Syndian	🇦🇺	~
Temptation	Temptation Bakeries	🇦🇺	~
Asiana Selection	Kylie Australia (Golden Fresh)	MYS	~

your dollar IS your vote



OWNERSHIP

Choose Australian owned brands. Keep dollars in Australia for jobs & community.

See www.fightbacknews.com.au

FAIRTRADE

Choose coffee and chocolate that is certified with the Fairtrade label. Ensure fair wages & working conditions, reduce exploitation by multinationals.

See Oxfam www.oxfam.org/coffee and www.fta.org.au/locator

NUTRITION

Eat safe & healthy food. Choose food & drink with low salt, sugar & fat. Avoid questionable food additives and irradiated ingredients.

See www.heartfoundation.com.au

PACKAGING

Reduce waste. Choose recycled-content packaging and packaging that is recyclable in common council curbside collections. Avoid plastics code 3, 4, 5, 6 & plastic wrap.

See www.sustainability.vic.gov.au

FOOD MILES

Buy local. Reduce transport. Support community & growers. Choose items labeled "Product of Australia" or "Made in Australia".

See product label, or www.100milediet.org

CRUELTY FREE

Spare animals from unnecessary testing.
Choose cosmetics & cleaning products from
“Choose Cruelty Free” preferred products list.
See www.choosecrueltyfree.org.au
and www.caringconsumer.com

COMPANY RECORD

Boycott companies involved in damaging
industries or with poor environmental,
social or governance track-record.
See www.ethical.org.au

PALM OIL

Don't be part of the habitat destruction of the
endangered orangutan. Avoid products containing
palm oil. See www.palmoilaction.org.au
and www.orangutans.com.au

CHEMICALS

Avoid dangerous chemicals in cleaning
products. Choose natural alternatives that won't
compromise health. Use laundry products low
in sodium (salt) & phosphorus.
See www.saferolutions.org.au
and www.lanfaxlabs.com.au

G.E. FREE

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

ORGANIC

Avoid chemicals, pesticides & artificial fertilisers.
Reduce land degradation. Choose fresh fruit &
vegetables that are certified organic.
See www.organicchoice.com.au

www.ethical.org.au

FROZEN VEGIES/CHIPS

Logan Farm	Logan Farm (Talley's Group)	NZL	✓
McCain	McCain	CAN	✓
Bird's Eye	Simplot	USA	✓
Chang's	Cypress & Sons	AU	~
Heinz, Weight Watchers	Heinz	USA	✗

PACKET MEALS


Fantastic	Fantastic Snacks	AU	✓
Wokka	Manassen Foods (CHAMP)	AU	✓
Enjoyo, San Remo	San Remo	AU	✓
Sanitarium	Sanitarium (Adventist Church SP)	AU	✓
SunRice	SunRice	AU	✓
Dinner Winner, Rice-a-Riso	McCormick	USA	✓
Leggo's	Simplot	USA	✓
Da Vinci	Da Vinci Foods	AU	~
Prodan	Global Castle	AU	~
Ayam	A Clouet (Denis Frères Group)	FRA	~
BonCaro	BonCaro	GER	~
Compleats, Hormel, Kid's Kitchen, Stagg	Hormel	USA	~
Gourmet to Go	St Dalfour	FRA	~
Ainsley Harriot	Symington's	UK	~

Heinz	Heinz	USA	✗
Kraft	Kraft	USA	✗
Continental	Unilever	UK/ NLD	✗
Maggi	Nestle	SWI	⊘

PIES & PASTIES

Balfours	Balfours	AU	✓
Big Ben, Sargents, Scotts	Sargents	AU	✓
Stone's	Stone's	AU	✓
Bakehouse, Mrs Mac's	Mrs Mac's	AU	~
Mrs Quick	Mrs Quick Foods	AU	~
Four 'n' Twenty, Great Australian Pies, Herbert Adams, Nannas, Patties, Snowy River, Wedgewood	Patties Bakery	AU	~
McMain's, Tastee	Tastee	AU	~
Sara Lee	Sara Lee	USA	✗

POULTRY  Factory farming (choose free range)

Baiada, Lilydale 	Baiada	AU	✓
Ingham	Inghams	AU	✓
Steggles	Steggles	AU	✓

★ Free range

SMALLGOODS  Factory farming (choose free range)

Butch's	Boss Foods	AU	✓
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FACTORY FARMING

Factory farming is the system of raising animals using 'intensive production' line methods that maximise the amount of meat produced while minimising costs. It is characterised by close confinement in barren and unnatural conditions and involves massive environmental pollution and health risks for both animals and humans. In Australia, as in other countries, this is the conventional means of raising pigs and chickens and producing eggs.

- » Look for eggs labeled 'free-range' by an accredited body (FREPA, RSPCA, EggCorp). Next choose 'free-range' over 'barn-laid' and 'barn laid' over regular 'cage' (battery) eggs.
- » Look for small-goods labeled 'Bred Free-Range'. KR Castlemaine has such a product line.
- » Look for 'Organic' or 'Free-Range' chicken and pork. See www.freerangepork.com.au (in order to receive organic certification, chicken and pigs farmed organically must be free-range).
- » See more at www.themeatrix.com, www.voiceless.org.au and www.animalsaustralia.org.



Mayfair, Primo, Weight Watchers	Primo Smallgoods	AU	✓
Bertocchi	Bertocchi Smallgoods	AU	~
Hans	Hans Continental Smallgoods (Japan Tobacco)	JPN	✗
Don, Huttons, Makers Choice, Otto Wurth, Watsonia	George Weston Foods (Wittington Investments)	UK	✗
KR Castlemaine ★	KR Castlemaine Foods (Wittington Investments)	UK	✗

★ *Some products free range*

SOUP (CANNED)

Rosella	Gourmet Food Holdings (Crescent Capital)	AU	✓
Campbell's	Campbell Soup Company	USA	✓
Baxters	Baxters	UK	~
Heinz, Weight Watchers	Heinz	USA	✗

SOUP (PACKET)

Fantastic	Fantastic Snacks	AU	✓
LaZuppa	Valcorp Fine Foods	AU	✓
McKenzies	Ward McKenzie	AU	✓
Campbell's	Campbell Soup Company	USA	✓
Heinz	Heinz	USA	✗
Continental	Unilever	UK/ NLD	✗
Country Cup	Nestle	SWI	⊘

HEALTH FOODS

BRAND COMPANY

HEALTH BARS

All Natural Bakery	All Natural Bakery	🇦🇺 ✓
Bellis	Bellis Fruit Bars	🇦🇺 ✓
Wallaby	Energy Products	🇦🇺 ✓
Go Natural	Go Natural	🇦🇺 ✓
Golden Days	Manassen (CHAMP)	🇦🇺 ✓
Naturally Good	Naturally Good Products	🇦🇺 ✓
Sun	Sun Health Foods	🇦🇺 ✓
Sweet William	Sweet William	🇦🇺 ✓
Be Natural	Be Natural Snacks	🇦🇺 ~
Artisse	Hampden Trading	🇦🇺 ~
Leda, Slim & Natural	Leda Nutrition	🇦🇺 ~
Hip Hop	Smart Snacks	🇦🇺 ~
well,naturally	Vitality Brands	🇦🇺 ~
Naturo	Naturo	IND ~
Nice & Natural	Nice & Natural	NZL ~

HEALTH FOODS

Mayver's	Ancient Distributors	🇦🇺 ✓
Freedom Foods, Norganic	Freedom Nutritional Products	🇦🇺 ✓
Naturals	Melrose Health Supplies	🇦🇺 ✓
Nu-Vit, Sunsol	Meriram (Select Harvests)	🇦🇺 ✓

VITAMINS

Blackmores	Blackmores	🇦🇺 ✓
Herron	Herron (Sigma)	🇦🇺 ✓
Bioglan, Nature's Way	Pharmacare	🇦🇺 ✓
Evidin, Swisse	Swisse Vitamins	🇦🇺 ✓
Cenovis, Nature's Own	Symbion Health	🇦🇺 ✓
Blooms	Blooms Health	🇦🇺 ~
Golden Harvest	Golden Harvest	🇦🇺 ~
Myadec	Inovail	🇦🇺 ~
Pluravit	Bayer	GER ✗
Berocca	Roche	SWI ✗
Caltrate, Centrum	Wyeth	USA ✗

WEIGHT LOSS

Metabolift, Nature's Way, Slim Right	Pharmacare	🇦🇺 ✓
Medislim	Agenix	🇦🇺 ~
Xantrax	Hershel-Beck Laboratories	🇦🇺 ~
Fatblaster	Naturopathica	🇦🇺 ~
Ultra Slim	AB Food & Beverages Australia (Wittington Investments)	UK ✗
Slim-Fast	Unilever	UK/NLD ✗

Pureharvest	Pureharvest	🇺🇸	✓
Orgran	Roma Food Products	🇺🇸	✓
Sanitarium	Sanitarium (Adventist Church SP)	🇺🇸	✓
Spiral Foods	Spiral Foods	🇺🇸	✓
Basco, Lowan	Green's Foods (Guinness Peat)	UK	✓
Abundant Earth	Aussie Bodies (Next Capital)	🇺🇸	~
Food For Health	Food For Health	🇺🇸	~
Healtheries	Healtheries (Next Capital)	🇺🇸	~
Eskal	Trialia Foods	🇺🇸	~
Naytura	Woolworths	🇺🇸	✗

PROTEIN BARS

Nature's Way, Slim Right	Pharmacare	🇺🇸	✓
A M Bar, HPLC, Protein Delight, Protein FX	Aussie Bodies (Next Capital)	🇺🇸	~
Gym, Winners	Winners Sports Nutrition	🇺🇸	~
Growling Dog, Musashi, Power Bar	Nestle	SWI	🚫

PROTEIN POWDER

Nature's Way	Pharmacare	🇺🇸	✓
Aussie Bodies	Aussie Bodies (Next Capital)	🇺🇸	~
Musashi, Power Bar	Nestle	SWI	🚫



www.spiralfoods.com.au ~ 1300 303 794

HOUSEHOLD

BRAND	COMPANY		
AIR FRESHENERS			
Orange Power	Orange Power	AU	✓
Clean Air	Clean-A-Matic	AU	~
Magic Tree	Car Freshner Corporation	USA	~
No Vac	WD-40 Co.	USA	~
Air Wick, Glen 20, Pine-O-Clean	Reckitt Benckiser	UK	✗
Ambi-Pur	Sara Lee	USA	✗
Glade, Oust	SC Johnson	USA	✗

BATTERIES ⚠ Toxic waste (choose rechargeable)

Energiser, Eveready	Energizer	USA	✓
Varta	Remington Australia (Spectrum Brands)	USA	~
Toshiba	Toshiba	JPN	✗
Duracell	Procter & Gamble	USA	⊘

DISHWASHING DETERGENT

Green Choice	Creative Brands	AU	✓
Blast, Earth Choice, Swish	Natures Organics	AU	✓
So Gentle	Steric	AU	✓
ecostore	Ecostore	NZL	✓
Bushland	Campbell Brothers	AU	~
Squeek	Copak	AU	~

GARDEN CARE

Miracle-Gro, Osmocote, Scotts	Scotts Miracle-Gro	USA	✓
Brunnings	Brunnings	AU	~
Powerfeed, Seasol	Seasol	AU	~
Hortico	Hortico (Orica)	AU	✗
Confidor, Yates	Yates (Orica)	AU	✗
Pestoil	Caltex Australia	AU	✗
Roundup	Monsanto	USA	✗

GLOVES

Ansell	Freudenberg	GER	~
Sabco	Housewares International	AU	✗
Scotch-Brite	3M	USA	✗
Astra, Chux	Clorox	USA	✗

LAUNDRY DETERGENT

Bosisto's Eucofresh	Felton Grimwade & Bosisto's	AU	✓
Blitz, Earth Choice, Purity	Natures Organics	AU	✓
Orange Power ★	Orange Power	AU	✓
So Gentle	Steric	AU	✓
ecostore	Ecostore	NZL	✓
BioZet	Kao Corporation	JPN	✓
Lectric Soap Powder	Brands RMJ	AU	~
Breath Easy	CAAW International	AU	~
Green Care	Campbell Brothers	AU	~

Sunlight	Pental (Symex)	🇦🇺 ~
Castle, Palmolive, Spree	Colgate-Palmolive	USA ✗
Morning Fresh, Trix	PZ Cussons	UK ✗
Finish, Kwit, Maaa's	Reckitt Benckiser	UK ✗
Dawn	Procter & Gamble	USA 🚫

DISINFECTANT Toxic chemicals

Myo	Campbell Brothers	🇦🇺 ~
Sphagnum Moss	Tri Nature	🇦🇺 ~
Handy Andy	Clorox	USA ✗
Hurricane	Colgate-Palmolive	USA ✗
Dettol, Nu-Clenz, Pine-O-Clean	Reckitt Benckiser	UK ✗
Duck	SC Johnson	USA ✗
Domestos	Unilever	UK/NLD ✗

FABRIC SOFTENER

Earth Choice, Purity	Natures Organics	🇦🇺 ✓
Aura Soft	Pascoe's	🇦🇺 ~
Huggie	Pental (Symex)	🇦🇺 ~
Cuddly, Fluffy, Moresoft	Colgate-Palmolive	USA ✗
Comfort	Unilever	UK/NLD ✗

FOIL/CLING WRAP

Multix	Multix (McPherson's)	🇦🇺 ✓
Glad, OSO	Clorox	USA ✗

Aware, Planet Ark	Embiosafe	🇦🇺 ~
Atomic, Sparkle	Lloyd Brooks	🇦🇺 ~
Aura, Mean & Green	Pascoe's	🇦🇺 ~
Lux, Sunlight, Velvet	Pental (Symex)	🇦🇺 ~
Duo	Unilab Group	PHL ~
Amolin Sensitive	Bayer	GER ✗
Cold Power, Dynamo, Fab, Gow's BioClean, Hurricane, Love'n Care, Spree	Colgate-Palmolive	USA ✗
Radiant	PZ Cussons	UK ✗
Drive, Omo, Surf	Unilever	UK/NLD ✗

★ Good Environmental Choice label

LIGHT GLOBES

Mirabella	Mirabella	🇦🇺 ~
Philips	Philips	NLD ~
Osram	Siemens	GER ✗

MULTI-PURPOSE CLEANERS

CLR	Advil (Sabrands)	🇦🇺 ✓
Citrofresh ★, San-E-Foam ★	Citrofresh	🇦🇺 ✓
Earth Choice	Natures Organics	🇦🇺 ✓
Orange Power ★	Orange Power	🇦🇺 ✓
Citro Clean	Chem Pack	🇦🇺 ~
Glitz	Pascoe's	🇦🇺 ~
method	Method	USA ~

Seventh Generation	Seventh Generation	USA	~
Selleys, Sugar Soap	Selleys (Orica)	AU	X
Clorox, Green Works, Gumption, Handy Andy	Clorox	USA	X
Ajax, Nifti	Colgate-Palmolive	USA	X
Easy Off BAM, Pine O Clean	Reckitt Benckiser	UK	X
White King	Sara Lee	USA	X
Domestos, Jif	Unilever	UK/ NLD	X

★ *Good Environmental Choice label*

PAPER TOWELS Native forest logging (choose recycled)

Naturale ★, Quilton	ABC Tissue Products	AU	✓
Handee	SCA	SWE	✓
Kleenex, Thick & Thirsty, Viva	Kimberly-Clark	USA	⊘

★ *Recycled Content*

PEST CONTROL Toxic chemicals

Hovex	Pascoe's	AU	~
Sureguard	Pental (Symex)	AU	~
Rid	Thorley Labs	AU	~
Rentokil	Rentokil Initial	UK	~
Talon	Selleys (Orica)	AU	X
Ant-Rid	Henkel	GER	X
Aerogard, Mortein, Pea-Beu	Reckitt Benckiser	UK	X

Autan, Baygon, Off!, Raid	SC Johnson	USA	X
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SCOURERS, SPONGES & WIPES

Oates	E.D. Oates	AU	✓
Mr Clean	Asia Pacific Brands	AU	~
Curly Girl	Crowle Foundation	AU	~
Edco	Edgar Edmondson	AU	~
Merino	Encore Tissue	AU	~
Jex	Jex Industries	AU	~
Glitz, Mean & Green	Pascoe's	AU	~
Soapy	Redi-Brite Industries	AU	~
Vileda	Freudenberg	GER	~
Sabco	Housewares International	AU	X
Scotch-Brite	3M	USA	X
Chux	Clorox	USA	X
Steelo	Reckitt Benckiser	UK	X
Jif	Unilever	UK/ NLD	X

SHOE/FOOT CARE

Odor Eaters	Combe	USA	✓
Eulactol, Scholl	SSL International	UK	✓
Footcare	Footcare International	AU	~
Collonil	Salzenbrodt	GER	~

POLISH

O'Cedar	O'Cedar (Sabrands)	AU ✓
Orange Power	Orange Power	AU ✓
Tonizone	Pacific Products	AU ~
Long Life	Pascoe's	AU ~
3M	3M	USA ✗
Brasso, Mr. Sheen, Silvo	Reckitt Benckiser	USA ✗
Pledge	SC Johnson	USA ✗
Marveer	Sara Lee	USA ✗

PREWASH, SOAKER & BLEACH Toxic chemicals

Bosisto's	Felton Grimwade & Bosisto's	AU ✓
Orange Power 	Orange Power	AU ✓
Allendale	Allendale Products	AU ~
Delbrite, Lectric Soda	Brands RMJ	AU ~
K2r	Linkarch	AU ~
Prewash Power	OzKleen	AU ~
Bluo	Pascoe's	AU ~
StainGo	Surgix Pharmaceuticals	AU ~
Canesten	Bayer	GER ✗
Clorox Oxi Magic	Clorox	USA ✗
Sard	Colgate-Palmolive	USA ✗
Calgon, Dettol, Fiesta, Napisan, Preen, Vanish	Reckitt Benckiser	UK ✗
White King	Sara Lee	USA ✗

SWITCH TO NATURAL CLEANING

Many cleaning products contain dangerous chemicals. Disinfectants, oven cleaners, drain cleaners, floor polishes, anti-mould preparations and window cleaners can contain a potent mix including solvents, bleach, ammonia and chlorine.

Replace chemical cleaners with natural alternatives. A cheap and environmentally friendly green cleaning kit can make your home a safe place for your family.

Your Green Cleaning Kit

Pure soap and water to disinfect & clean

Bicarbonate of soda as a cheap all purpose cleaner & stain remover, deodoriser. Wash off with water.

White vinegar cuts grease & cleans glass. Also good for drains and septic systems.

Eucalyptus oil for spot cleaning & disinfection

Beeswax polish for wood & furniture cleaning.

Micro-fibre cloths that clean without chemicals

Plant-based concentrated products

Sunshine whitens fabrics & kills bacteria

Ventilation for air circulation & to reduce chemical build-up

Find out more at www.safersolutions.org.au



SPECIALTY CLEANERS

Earth Choice	Natures Organics	🇺🇸 ✓
★ Orange Power	Orange Power	🇺🇸 ✓
Harper's Borax	Ward McKenzie	🇺🇸 ✓
DecoGlaze	Deco Glaze	🇺🇸 ~
Cerapol	Hillmark Industries	🇺🇸 ~
Magic, Rubbedin	Lakeland & Co.	🇺🇸 ~
Shower Sparkle	Lloyd Brooks	🇺🇸 ~
McLintocks Vanilla Fresh	McLintocks	🇺🇸 ~
Carpet Power, Shower Power	OzKleen	🇺🇸 ~
Vin-A-Clean	Palms Products	🇺🇸 ~
Drain Clean, Long Life, Mechanix	Pascoe's	🇺🇸 ~
Hi Speed	Pental (Symex)	🇺🇸 ~
Cavalier Bremworth	Cavalier Bremworth	NZL ~
Actizyme, Rootox	Southern Cross Laboratories (Ecolab)	USA ~
No Vac	WD-40 Co.	USA ~
Selleys	Selleys (Orica)	🇺🇸 ✗
Scotch-Gard	3M	USA ✗
Air Wick, Easy Off Oven, Exit Mould, Preen	Reckitt Benckiser	UK ✗
White King	Sara Lee	USA ✗
Drano, Mr. Muscle, Pledge, Windex	SC Johnson	USA ✗

★ Good Environmental Choice label

STARCH

WT Demineralised Water	Steric	🇺🇸 ✓
Silver Star	Ward McKenzie	🇺🇸 ✓
Tonizone	Pacific Products	🇺🇸 ~
Crisp, Fabulon	Reckitt Benckiser	UK ✗
Febreze	Procter & Gamble	USA 🚫

TOILET CLEANERS ⚠️ Toxic chemicals

Earth Choice	Natures Organics	🇺🇸 ✓
Clorox	Clorox	USA ✗
Harpic, Pine O Clean	Reckitt Benckiser	UK ✗
Ambi-Pur, Bloo, Jeyes, White King	Sara Lee	USA ✗
Duck	SC Johnson	USA ✗

WOOL WASH

Australian Pure, Earth Choice	Natures Organics	🇺🇸 ✓
So Gentle	Steric	🇺🇸 ✓
Breath Easy	CAAW International	🇺🇸 ~
Martha Gardener, Softly	Pental (Symex)	🇺🇸 ~
Fluffy	Colgate-Palmolive	USA ✗
Maas	Reckitt Benckiser	UK ✗

Can powerful cleaning products also be environmentally responsible?



Tanya Ha
environmentalist
and author

Orange Power ticks all the boxes.

The Environmental Choice (GECA) tick is an independent guide only awarded to products that meet strict environmental standards at ALL stages of their lifecycle. By removing harsh chemicals like chlorine bleach and ammonia, these Orange Power cleaners

earned the Environmental Choice tick and a reputation for cleaning effectiveness. Find Orange Power in Coles, Bi-Lo, Woolworths, Safeway, IGA and leading Independent supermarkets. Find out more about their natural cleaning power at coolchange.org.au

The Greener Cleaner that really works.

cool  change.org.au
make a cool change

PERSONAL CARE

BRAND COMPANY

ANTISEPTIC

Isohol	Margaret Wallace Trading	AU	~
Bepanthen	Bayer	GER	X
Dettol, Savlon	Reckitt Benckiser	UK	X

BALMS

Goanna, Herron	Herron (Sigma)	AU	✓
Cenovis	Symbion Health	AU	✓
Deep Heat, Ice Gel	Mentholatum (Rohto)	JPN	✓
Eulactol	SSL International	UK	✓
Dencorub	Church & Dwight	USA	X
Voltaren	Novartis	SWI	X
Nurofen	Reckitt Benckiser	UK	X

BANDAGES

Elastoplast	Beiersdorf	GER	X
Band Aid, First Aid	Johnson & Johnson	USA	X

BODYWASH/SHOWER GEL

Natures Organics	Natures Organics	AU	✓
Norsca	Pharmacare	AU	✓
Dermeze	Aspen	ZAF	✓
Country Life	Pental (Symex)	AU	~

CONDOMS

Four Seasons	Australian Therapeutic Supplies	AU	✓
Durex, Saturn	SSL International	UK	✓
Ansell, Manix	Ansell	AU	X
Duo	Beiersdorf	GER	X

COSMETICS  Animal testing

Australis	Creative Brands	AU	✓
Revlon	Revlon	USA	✓
Smackers	Bonne Bell	AU	~
Elizabeth Arden	Elizabeth Arden	USA	~
Cutex, Rimmel	Coty (Joh A Benckiser)	GER	X
Sally Hansen	Del Laboratories (Joh A Benckiser)	GER	X
Maybelline	L'Oreal	FRA	⊘
Colorfast, Covergirl, Max Factor	Procter & Gamble	USA	⊘

COTTON BUDS/BALLS

Bath Belle	Bronson Marketing	AU	✓
Dove, Swisspers	McPherson's	AU	✓
Rite Aid	ToLife Technologies	AU	~
Johnson's	Johnson & Johnson	USA	X

Redwin	Redwin Industries	🇦🇺 ~
Body Sensitive	Universal Brands	🇦🇺 ~
Health Basics	API	NZL ~
Palmolive	Colgate-Palmolive	USA ✗
Johnson's	Johnson & Johnson	USA ✗
Pure	PZ Cussons	UK ✗
Dettol	Reckitt Benckiser	UK ✗
Radox, Sanex	Sara Lee	USA ✗
Dove, Lux	Unilever	UK/ NLD ✗
Zest	Procter & Gamble	USA 🚫

COLD & FLU

Dick's True Blue	Dick Smith (Adventist Church SP)	🇦🇺 ✓
Ease a Cold	Pharmacare	🇦🇺 ✓
Bug Fighters	Brands Worldwide	🇦🇺 ~
Cold Clear	Quigley	USA ~
Nyal	Valeant Pharmaceuticals	USA ~
Lemsip, Strepils	Reckitt Benckiser	UK ✗
Robitussin	Wyeth	USA ✗
Vicks	Procter & Gamble	USA 🚫

DENTAL FLOSS

Hydent	ML International	🇦🇺 ~
Colgate	Colgate-Palmolive	USA ✗
Reach	Johnson & Johnson	USA ✗
Sensodyne	GlaxoSmithKline	UK 🚫
Oral B	Procter & Gamble	USA 🚫

DEODORANT

Mayvers	Ancient Distributors	🇦🇺 ✓
Evoke	Creative Brands	🇦🇺 ✓
Brut, Norsca, Sassi	Pharmacare	🇦🇺 ✓
Cool Charm, Spray Fresh	Aspen	ZAF ✓
Mitchum	Revlon	USA ✓
Cedel	Brands RMJ	🇦🇺 ~
Redwin	Redwin Industries	🇦🇺 ~
Nivea	Beiersdorf	GER ✗
Mennen, Speed Stick	Colgate-Palmolive	USA ✗
Adidas	Coty (Joh A Benckiser)	GER ✗
Dry Idea, Fa	Henkel	GER ✗
Graphite, Imperial Leather	PZ Cussons	UK ✗
Dove, Impulse, Lynx, Rexona	Unilever	UK/ NLD ✗
Dufour, Gillette, Mum, Old Spice	Procter & Gamble	USA 🚫

DIGESTIVE CARE

Alka Seltzer, Rennie	Bayer	GER	✗
Mylanta	Johnson & Johnson	USA	✗
Gaviscon	Reckitt Benckiser	UK	✗
De-Gas	Wyeth	USA	✗
Eno, Tums, Zantac	GlaxoSmithKline	UK	⊘
Quick-Eze	Nestle	SWI	⊘

EYE CARE

Murine	Aspen	ZAF	✓
Opticlean	Cosmetico	AU	~
Bausch & Lomb, Renu	Bausch & Lomb	USA	~
Optrex	Reckitt Benckiser	UK	✗

FEMININE HYGIENE

Libra, Tena	SCA	SWE	✓
Wonder	Arico	AU	~
Cottons	Cottons	AU	~
De Jour	De Jour Sanitary Products	AU	~
Moxie	Millie & More	AU	~
Carefree, Meds, Stayfree	Johnson & Johnson	USA	✗
Depend, Kotex, Poise, U	Kimberly-Clark	USA	⊘
Tampax, Whisper	Procter & Gamble	USA	⊘

Pure	PZ Cussons	UK	✗
Dettol	Reckitt Benckiser	UK	✗
Dove, Pears	Unilever	UK/ NLD	✗

LAXATIVES

Herron	Herron (Sigma)	AU	✓
Ford Senna	Symbion Health	AU	✓
Laxettes	Mentholatum (Rohto)	JPN	✓
Agarol, Anusol	Johnson & Johnson	USA	✗
Senokot	Reckitt Benckiser	UK	✗
Metamucil	Procter & Gamble	USA	⊘

LIP CARE

Soft Lips	Mentholatum (Rohto)	JPN	✓
Blistex	Blistex	USA	~
Nyal	Valeant Pharmaceuticals	USA	~
Nivea	Beiersdorf	GER	✗
Bonjela	Reckitt Benckiser	UK	✗
Vaseline	Unilever	UK/ NLD	✗
Chap Stick	Wyeth	USA	✗
Lip-Eze, Zovirax	GlaxoSmithKline	UK	⊘

HAIR COLOUR

Napro Palette, Schwarzkopf	Henkel	GER	✗
Garnier Nutrisse, L'Oreal	L'Oreal	FRA	⊘
Clairol	Procter & Gamble	USA	⊘

HAIRSPRAY/GEL

TRESemme, Vo 5	Alberto Culver	USA	✓
Smackers	Bonne Bell	AU	~
Cedel	Brands RMJ	AU	~
Funky Monkey, Moosehead	Cosmex	AU	~
Dominate	Mix	NZL	~
Schwarzkopf, Taft	Henkel	GER	✗
Sunsilk	Unilever	UK/ NLD	✗
Garnier Fructis	L'Oréal	FRA	⊘
New Wave	Procter & Gamble	USA	⊘

HAND WASH

Natures Organics	Natures Organics	AU	✓
Milton	Milton (Probiotec)	AU	~
Redwin	Redwin Industries	AU	~
method	Method	USA	~
Palmolive, Soft Soap	Colgate-Palmolive	USA	✗
Purell	Johnson & Johnson	USA	✗

MOUTHWASH

Dentyl	Key Pharmaceuticals	AU	✓
Colgate	Colgate-Palmolive	USA	✗
Listerine, Listermint	Johnson & Johnson	USA	✗

OILS

Bosisto's	Felton Grimwade & Bosisto's	AU	✓
Goanna, Herron	Herron (Sigma)	AU	✓
Faulding	Symbion Health	AU	✓
Eureka!, Thursday Plantation	TP Health (Thompson Nutrition)	NZL	~

PAIN RELIEF

Herron	Herron (Sigma)	AU	✓
Nature's Way	Pharmacare	AU	✓
Nyal	Valeant Pharmaceuticals	USA	~
Aspro Clear	Bayer	GER	✗
Dymadon	Johnson & Johnson	USA	✗
Disprin, Nurofen	Reckitt Benckiser	UK	✗
Advil	Wyeth	USA	✗
Panadol, Panafen	GlaxoSmithKline	UK	⊘

PERSONAL LUBRICANT

Four Seasons	Australian Therapeutic Supplies	AU	✓
Durex	SSL International	UK	✓
Wet Stuff	Gel Works	AU	~
Wildfire	Wildfire International	AU	~
Summer's Eve	C.B. Fleet	USA	~
Sylk	Geneva Marketing	NZL	~
Ansell	Ansell	AU	✗
KY	Johnson & Johnson	USA	✗

SHAMPOO

Blackmores	Blackmores	AU	✓
Fruits, Organic Care, Turning Point	Natures Organics	AU	✓
Alberto, TRESemme, Vo 5	Alberto Culver	USA	✓
John Frieda	Kao Corporation	JPN	✓
Flex, Revlon	Revlon	USA	✓
Cedel	Brands RMJ	AU	~
Ossential Wash	Kusco-Murphy	AU	~
Toni&Guy	Toni&Guy	UK	~
Palmolive	Colgate-Palmolive	USA	✗
Schwarzkopf, Taft	Henkel	GER	✗
Johnson's, Neutrogena	Johnson & Johnson	USA	✗



AUSTRALIAN ORGANIC HEMP SEED OIL

**HEMP SOAPS, PURE OIL,
FACE CREAM, LIP BALM,
SHAMPOO, CONDITIONER,
HAND & BODY LOTIONS.**

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PH 03 9710 1644

All Clear, Dimension, Dove, Fruitrience, Pears, SunsilK, Timotei	Unilever	UK/ NLD	✗
Silkience	GlaxoSmithKline	UK	⊘
Elvive, Garnier Fructis	L'Oreal	FRA	⊘
Clairol, Decore, Head & Shoulders, Herbal Essences, Pantene, Pert, Vidal Sasson, Wella, Wella Balsam	Procter & Gamble	USA	⊘

SHAVERS

Schick, Wilkinson Sword	Energizer	USA	✓
Bic	Bic	FRA	✗
Gillette	Procter & Gamble	USA	⊘

SHAVING GEL/FOAM

Faulding	Symbion Health		✓
Schick	Energizer	USA	✓
King of Shaves	KMI	UK	~
Nivea	Beiersdorf	GER	✗
Mennen, Palmolive	Colgate-Palmolive	USA	✗
Imperial Leather	PZ Cussons	UK	✗
Gillette	Procter & Gamble	USA	⊘

SKIN CARE ⚠ Chemical safety concerns

Blackmores	Blackmores		✓
Rosken	Pharmacare		✓
St Ives	Alberto Culver	USA	✓
Biore	Kao Corporation	JPN	✓
Montagne Jeunesse	Montagne Jeunesse	UK	✓
Redwin	Redwin Industries		~
Palmers	E.T. Browne	USA	~
Nivea	Beiersdorf	GER	✗
Clean & Clear, Johnson's, Neutrogena	Johnson & Johnson	USA	✗
Clearasil	Reckitt Benckiser	UK	✗
Ponds, Vaseline	Unilever	UK/ NLD	✗
Garnier, L'Oreal	L'Oreal	FRA	⊘
Olay	Procter & Gamble	USA	⊘

SOAP

Simple, Wrights	Accantia (McPherson's)		✓
Norsca	Pharmacare		✓
Cenovis Natural Selections	Symbion Health		✓
Sole-Vita	Colavita Olive Oil	ITA	✓
ecostore	Ecostore	NZL	✓
Priya	ML International		~

Country Life, Knights Castile, Medi-Bact, Natural Essence of Australia, Natural Selections, Naturale, Sorbolene, Sunlight, Velvet	Pental (Symex)	AU	~
Redwin	Redwin Industries	AU	~
Felce Azzura	Biscol	ISR	~
Red Seal	Red Seal Natural Health	NZL	~
Solvol	WD-40 Co.	USA	~
Nivea	Beiersdorf	GER	X
Cashmere Bouquet, Cleopatra, Palmolive	Colgate-Palmolive	USA	X
Imperial Leather	PZ Cussons	UK	X
Dettol	Reckitt Benckiser	UK	X
Dove, Lux, Pears	Unilever	UK/ NLD	X
Pure & Simple	GlaxoSmithKline	UK	⊘

SUNSCREEN △ Chemical safety concerns

Le Tan	Creative Brands	AU	✓
Auscreen	Ross Cosmetics	AU	✓
Solarblock	Mentolatum (Rohto)	JPN	✓
Redwin	Redwin Industries	AU	~
Cancer Council	Skin Health (Vitality Brands)	AU	~
Sun Zapper	Sun Zapper	AU	~
Nivea	Beiersdorf	GER	X
Banana Boat	Playtex Products	USA	X
Reef, U.V. Triplegard	Reckitt Benckiser	UK	X

TANNING LOTIONS

Le Tan	Creative Brands	AU	✓
Sun 2000	Monne International	AU	~
Palmers	E.T. Browne	USA	~
Nivea	Beiersdorf	GER	X
Johnson's, Neutrogena	Johnson & Johnson	USA	X
Dove	Unilever	UK/ NLD	X
Garnier	L'Oréal	FRA	⊘

TISSUES △ Native forest logging (choose recycled)

Quilton, Symphony	ABC Tissue Products	AU	✓
Purex, Sorbent	SCA	SWE	✓
Safe ★	Encore Tissue	AU	~
Wet Ones	Playtex Products	USA	X
Kleenex	Kimberly-Clark	USA	⊘

★ Recycled content

TOILET PAPER △ Native forest logging (choose recycled)

Cottonsoft, Naturale ★, Quilton, Softly	ABC Tissue Products	AU	✓
Ecosoft ★	E Sime and Co	NZL	✓
Purex, Sorbent	SCA	SWE	✓
Bouquets, Envirosoft ★, Merino, Safe ★, Tree Free ★	Encore Tissue	AU	~
Paseo	Asia Pulp & Paper	SGP	~
Delsey, Kleenex, Wondersoft	Kimberly-Clark	USA	⊘

SAVE WATER — USE RECYCLED PAPER

Regular toilet and tissue paper uses wood fibre from native forests. Native forests absorb carbon dioxide, are home to animals and much biodiversity, and — importantly at this time of drought — act as water catchments. By using paper made from wood pulp with recycled content, you reduce demand for native forest logging.

Each ton of post-consumer-waste recycled paper saves 17 trees, 4,100kwh of energy and a whopping 26,000 litres of water.

- » Look for products made from post-consumer-waste paper as it is has been used as office paper and then collected for recycling.
- » Choose toilet paper with recycled content. Brands include SAFE, Treefree, Eve, Naturale, Ecosoft, Envirosoft, Nature Soft, Forest free, Elite, Earthwise & Softex. Choose those with paper wrapping where possible.
- » Avoid paper products that have been bleached with chlorine (it's toxic). Look first for unbleached then oxygen-bleached, total chlorine-free, or elemental chlorine-free.



★ Recycled content

TOOTHBRUSHES

White Glo	WhiteGlo	AU	~
Colgate	Colgate-Palmolive	USA	X
Reach, Tek	Johnson & Johnson	USA	X
Macleans	GlaxoSmithKline	UK	⊘
Oral B	Procter & Gamble	USA	⊘

TOOTHPASTE

Cedel	Brands RMJ	AU	~
Grants	Lateral Food Corp	AU	~
Aim, Close Up	Pental (Symex)	AU	~
White Glo	WhiteGlo	AU	~
Herbal Fresh, Red Seal	Red Seal Natural Health	NZL	~
Pearl Drops	Church & Dwight	USA	X
Colgate	Colgate-Palmolive	USA	X
Listerine	Johnson & Johnson	USA	X
Smoker's Toothpaste, Steradent	Reckitt Benckiser	UK	X
Macleans, Polident, Pronamel, Sensodyne	GlaxoSmithKline	UK	⊘
Crest, Oral B	Procter & Gamble	USA	⊘

PETS & BABIES

BRAND COMPANY

BABY FOOD

Bellamy's ★	Bellamy's Organic Farms	AU	~
Only Organic ★	Only Organic	NZL	~
Rafferty's Garden	Rafferty's Garden	NZL	~
Golden Circle	Golden Circle (Heinz)	USA	✗
Earth Best, Farex, Heinz ★	Heinz	USA	✗

★ Some products certified organic

BABY FORMULA

Bellamy's ★	Bellamy's Organic Farms	AU	~
Heinz, Nurture	Heinz	USA	✗
Karicare	Nutricia (Danone)	FRA	✗
S26, SMA	Wyeth	USA	✗
Lactogen, Nan, Nestle	Nestle	SWI	⊘

★ Certified organic

CAT FOOD

Petite Amie	Bush's International	AU	✓
Gourmet D'Lite, Pounce, Safcol, Snappy Tom, Ultimates	Safcol (Tropical Canning Group)	THA	✓
Dine, Kitekat, Optimum, Sheba, Whiskas	Mars	USA	✗
Fancy Feast, Friskies, GoCat, One, Purina, Supercoat	Nestle	SWI	⊘
Iams	Procter & Gamble	USA	⊘

DOG TREATS

Chew N Kleen, KraMar	KraMar (AMP)	AU	✓
Bow Wow	Nova Concepts	AU	~
Love 'em	The Show 'em How Much You Love 'em Co.	AU	~
Freshies	ADI Pet	USA	~
JerHigh, Vitapet	Masterpet	NZL	~
Schmackos	Mars	USA	✗
Lucky Dog, Purina	Nestle	SWI	⊘

NAPPIES

Bebes	Naelfran	AU	✓
BabyLove, BabyLove Ecobots ★, Lullaby	APPP (Unicharm)	JPN	✓
Moltex Eco ★, Nature Babycare ★	Naty	SWE	~
Seventh Generation Chlorine-Free ★	Seventh Generation	USA	~
Tushies Gel-Free ★	TenderCare (Hain Celestial)	USA	~
Dry Nites, Huggies, Little Swimmers, Pull Ups, Snugglers	Kimberly-Clark	USA	⊘

★ Eco-disposable

CAT LITTER

Breeders Choice ★	FibreCycle	🇦🇺 ✓
Max's	SunRice	🇦🇺 ✓
Crystal Clean, Snappy Tom	Safcol (Tropical Canning Group)	THA ✓
Natty Cat	East Coast Woodshavings	🇦🇺 ~
Dr Harry ★, Light & Easy ★	Equinox	🇦🇺 ~
Cat's Choice, Chandler, Thrifty Cat	Hudson	🇦🇺 ~
Catlux	Klorman Industries	🇦🇺 ~
Zeocat	Masterpet	NZL ~
Catsan	Mars	USA ✗
Purina Tidy Cats	Nestle	SWI 🚫

★ Made from 100% recycled paper

DOG FOOD

Bush's, Divine	Bush's International	🇦🇺 ✓
Excellence	Lovitt's	🇦🇺 ✓
Nature's Gift	Nature's Gift	🇦🇺 ✓
Biopet ★	Biopet Pet Care	🇦🇺 ~
Chub, Minder	Chub Pet Care	🇦🇺 ~
Chum, Good-O, My Dog, Optimum, Pal, Pedigree, Principal, Schmackos	Mars	USA ✗
Beneful, Lucky Dog, Mighty Dog, One, Purina, Supercoat	Nestle	SWI 🚫
Eukanuba, Iams	Procter & Gamble	USA 🚫

★ Certified organic

PET CARE

Pet Life	KraMar (AMP)	🇦🇺 ✓
I Love My Pet	My Pet	🇦🇺 ~
Saint Bernard Petcare	Saint Bernard Petcare	🇦🇺 ~
Advance, Exelpet	Mars	USA ✗
Friskies, Total Care	Nestle	SWI 🚫

PET FOOD (CHILLED)

Bush's	Bush's International	🇦🇺 ✓
Chunkers, Fussy Cat, Mega Bite, Platinum, V.I.P. Pet Foods	V.I.P. Petfoods	🇦🇺 ✓
4Legs	4Legs Pet Food Company	🇦🇺 ~
Fresh Pet Food Co.	Macro Meats — Gourmet Game	🇦🇺 ~

PET FOOD (OTHER)

Lovitt's, Whistler	Lovitt's	🇦🇺 ✓
Bird Munchies	Bird Munchies	🇦🇺 ~
Peters	Peters Pure Animal Foods	🇦🇺 ~
Golden Grain, Harmony, Trill	Mars	USA ✗
Kg Fish Food, Total Care	Nestle	SWI 🚫

SAUCES & INTERNATIONAL

BRAND	COMPANY		
ASIAN FOODS			
asia@home	Goodman Fielder		✓
Wraps of the World	General Mills	USA	✓
Kikkoman	Kikkoman	JPN	✓
Asian Home Gourmet, Dainty, Hikari, Indofood, Jeeny's, Koh-Kae, Kokita, Lee Kum Kee, Mae Ploy, Nisshin, Obento, Ong's, S & B, Six Fortune, Squid, TCC, UFC, Valcom, Yeo's	Oriental Merchant (China Merchants Group)	HKG	✓
Chang's	Cypress & Sons		~
Thai Gourmet	Southern Pacific Foods		~
Pandaroo	Yuen's Market		~
Ayam	A Clouet (Denis Freres Group)	FRA	~
Hakubaku	Hakubaku	JPN	~
Prima Taste	Prima	SGP	~
Conimex	Unilever	UK/ NLD	✗

CONDIMENTS

Green Valley, Sacla	Conga Foods		✓
Fletchers	Fletchers Foods		✓
Aristocrat, Blue Banner, Old Country, Rosella	Gourmet Food Holdings (Crescent Capital)		✓
Jensens	Jensens Choice Foods		✓
Globus	Manassen Foods (CHAMP)		✓
Always Fresh	Riviana Foods (SunRice)		✓
Sandhurst	Sandhurst Fine Foods		✓
Spring Gully	Spring Gully Foods		✓
Three Threes	Three Threes Condiments		✓
Gee Vale	Valcorp Fine Foods		✓
Leggo's	Simplot	USA	✓
Hoyts	Hoyt Food		~
Baxters	Baxters	UK	~
SPC	SPC Ardmona (Coca-Cola Amatil)		✗
Heinz	Heinz	USA	✗
Dolmio, Masterfoods	Mars	USA	✗
Maille	Unilever	UK/ NLD	✗
Branston	Nestle	SWI	⊘

BUYING LOCAL — GOOD FOOD MILEAGE

Food miles are a measure of the distance food has travelled between production and consumption. The more miles (or kilometres), the more greenhouse gases are produced. A typical Melbourne shopping basket has travelled a staggering 70,000 kilometres — equivalent to almost two trips around the world. By purchasing an orange grown in Mildura rather than somewhere in California, you reduce food ‘miles’ from 12,879km to 567kms. (See www.ceres.org.au/projects/foodmiles.html)

- » Buy local. Purchase from local independent co-ops and grocers rather than the big supermarket chains. In the market, ask your local grocer where the produce comes from. Check out local Farmers’ Markets at www.farmersmarkets.org.au.
- » Eat and buy in season. By eating seasonally you get the most flavour and nutritional value and it is usually the most affordable.
- » In the supermarket, choose items labeled “Product of Australia” as a first preference, then items labeled “Made in Australia” as second preference, and imported items as last preference. Order Australian-made products online at www.onlyoz.com.au.



INDIAN FOODS

Maharajah’s Choice	Ostindo International	AU ✓
Sharwoods	Riviana Foods (SunRice)	AU ✓
Pataks, Pillsbury, Wraps of the World	General Mills	USA ✓
Passage to India	Passage Foods	AU ~
Haldiram’s	Haldiram’s	IND ~
Tasty Bite	Preferred Brands	USA ~







MEXICAN FOODS

CCs	Snack Brands Australia	AU ✓
Old El Paso	General Mills	USA ✓
Byron Bay Chilli Co.	Byron Bay Chilli Co.	AU ~
Cafe Fiesta	Bruce Foods	USA ~
Rositas	Rositas Australasia (Gruma)	MEX ~
Masterfoods	Mars	USA ✗
Doritos	Smith’s Snackfood Co. (Pepsico)	USA ✗












NOODLES

Fantastic, Suimin	Fantastic Snacks	 ✓
Bamboo Pot, Trident, Wokka	Manassen Foods (CHAMP)	 ✓
Double Phoenix, Erawan, Gold Pearl, Indo Mie, Nissin, Nong Shim, Wai Wai	Oriental Merchant (China Merchants Group)	HKG ✓
Chang's	Cypress & Sons	 ~
Pandaroo	Yuen's Market	 ~
Ayam	A Clouet (Denis Freres Group)	FRA ~
Easy Mac, Kraft	Kraft	USA ✗
Kan Tong	Mars	USA ✗
Maggi	Nestle	SWI 

PASTA SAUCE

Sacla, Val Verde	Conga Foods	 ✓
Paul Newman's Own	Goodman Fielder	 ✓
Stromboli	Gourmet Food Holdings (Crescent Capital)	 ✓
San Remo	San Remo	 ✓
La Gina	Valcorp Fine Foods	 ✓
Barilla	Barilla	ITA ✓
Campbell's	Campbell Soup Company	USA ✓
Leggo's	Simplot	USA ✓
Ardmona	SPC Ardmona (Coca-Cola Amatil)	 ✗

SAUCES

Cornwells, ETA, Holbrooks, Paul Newman's Own	Goodman Fielder	 ✓
Rosella	Gourmet Food Holdings (Crescent Capital)	 ✓
Bamboo Pot, Trident	Manassen Foods (CHAMP)	 ✓
Sharwoods	Riviana Foods (SunRice)	 ✓
Three Threes	Three Threes Condiments	 ✓
Ezy-Sauce, Fountain, White Crow	Cerebos (Suntory)	JPN ✓
Pataks	General Mills	USA ✓
McCormick	McCormick	USA ✓
Lee Kum Kee	Oriental Merchant (China Merchants Group)	HKG ✓
Chefs Pantry	Chefs Pantry	 ~
Chang's	Cypress & Sons	 ~
Hoyt's	Hoyt Foods	 ~
Pandaroo	Yuen's Market	 ~
Ayam	A Clouet (Denis Freres Group)	FRA ~
Tabasco	McIlhenny Co.	USA ~
Nandos	Nandos	ZAF ~
Ocean Spray	Ocean Spray	USA ~
Taylor's	Henry Jones Foods (Coca-Cola Amatil)	 ✗
SPC	SPC Ardmona (Coca-Cola Amatil)	 ✗

Classico	Heinz	USA	✗
Dolmio	Mars	USA	✗
Bertolli, Chicken Tonight, Five Brothers, Raguletto	Unilever	UK/ NLD	✗

SALAD DRESSING/MAYONNAISE

Mayvers	Ancient Distributors	AU	✓
Norganic	Freedom Nutritional Products	AU	✓
ETA, Paul Newman's Own, Praise	Goodman Fielder	AU	✓
S & W	Manassen Foods (CHAMP)	AU	✓
Fountain, Salad Magic	Cerebos (Suntory)	JPN	✓
Chefs Pantry	Chefs Pantry	AU	~
Cardini's	Marzetti (Lancaster Colony)	USA	~
Taylor's	Henry Jones Foods (Coca-Cola Amatil)	AU	✗
Heinz, Weight Watchers	Heinz	USA	✗
J.L.Kraft, Kraft	Kraft	USA	✗
Best Foods, Hellman's	Unilever	UK/ NLD	✗
Thomy	Nestle	SWI	⊘

Heinz, HP, Lea & Perrins	Heinz	USA	✗
Kraft	Kraft	USA	✗
Dolmio, Kan Tong, Mas- terfoods, Seeds of Change, Uncle Ben's	Mars	USA	✗
Chicken Tonight, Continental, Maille	Unilever	UK/ NLD	✗
Maggi	Nestle	SWI	⊘

SOY SAUCE

Spiral Foods ★1	Spiral Foods	AU	✓
Fountain	Cerebos (Suntory)	JPN	✓
Kikkoman ★2	Kikkoman	JPN	✓
ABC, Lee Kum Kee	Oriental Merchant (China Merchants Group)	HKG	✓
Pearl River Bridge	Guangdong Foodstuffs	CHN	~
Hakubaku	Hakubaku	JPN	~

★1 Certified organic ★2 Some products certified organic

TOPPING

Capilano	Capilano Honey	AU	✓
Cadbury, Cottee's	Cadbury	UK	✓
Fresh Attitude	Australian Food Innovators	AU	~
Sensational	Old Fashioned Foods	NZL	~

SNACKS

BRAND	COMPANY		
BISCUITS/CRACKERS Palm oil			
Dick Smith	Dick Smith Foods (Adventist Church SP)		
Fantastic	Fantastic Snacks		
Kez's	Kez's Kitchen		
Kurrajong Kitchens	Kurrajong Kitchens		
Carrs, McVities, Walkers	Manassen Foods (CHAMP)		
Paradise, Westons	Paradise (Goodman Fielder)		
Orgran	Roma Food Products		
Unibic, Weight Watchers	Unibic Australia		
Arnotts, Players, Tim Tams, Wagon Wheels	Arnott's Biscuits (Campbell Soup Co)	USA	
Ital	Ital Biscuits		
Kooka's	Kooka's Country Cookies		
Butterfingers	Old Colonial Cookie Co.		
Waterthins	Waterwheel		
LU	Danone Group	FRA	
Crackerbread, Ryvita	George Weston Foods (Wittington Investments)	UK	
Kraft, Nabisco	Kraft	USA	
Pods	Mars	USA	
Apero, Sakata, Snakata	Sakata Rice Snacks Australia (Pepsico)	USA	

Some products certified organic

CHIPS/CRISPS

CCs, Cheezels, Colvan, French Fries, Kettle, Real McCoy, Rix, Samboy, Tasty Jacks, Thins	Snack Brands Australia		
Ajita's, Vege Chips	The Vege Chip Company		
Byron Bay Chilli Co.	Byron Bay Chilli Co.		
Absolute Organics	Eco Farms		
Pitos	Unisnack (Sibirsky Bereg)	RUS	
Burger Rings, Cheetos, Dori- tos, Nobbys, Parkers, Red Rock Deli, Ruffles, Smith's, Toobs, Twisties, Walkers	Smith's Snackfood Co. (Pepsico)	USA	
Pringles	Procter & Gamble	USA	

Certified organic

CHOCOLATE Child labour, pesticides, palm oil

Sweet William	Sweet William		
Boost, Cadbury, Caramello Koala, Cherry Ripe, Chomp, Crunchie, Favourites, Flake, Freddo, Fry's Turkish Delight, Milk Tray, Picnic, Roses, Time Out, Twirl	Cadbury*	UK	
Bueno, Ferrero Rocher, Kinder	Ferrero	ITA	
Green and Black's _{1,2}	Green & Black's (Cadbury*)	UK	
Lindor, Lindt	Lindt & Sprungli	SWI	
Peanut Slab, Whittakers	Whittakers	NZL	

CHILD LABOUR & CHOCOLATE

About 70% of the cocoa beans used to make chocolate comes from West Africa. Many cocoa farms in this area use child labour. The Ivory Coast has an estimated 300,000 children working in dangerous conditions; more than half are under 14 years old. The work includes spraying pesticides, using machetes and carrying heavy loads. The children have no access to education or health care. Physical abuse is also common.

The three large multinational chocolate producers — Nestle, Mars and Cadbury — have committed to the Harkin-Engel Protocol which was meant to eliminate child labour, but in reality consumers today have no more assurance than they did eight years ago that their chocolate is slave-free.

- » Look for products with the certified Fairtrade symbol. See the *Good Chocolate Guide* at www.donttradelives.com.au/chocguide.
- » Find out more about the human cost of chocolate at www.stophetraffik.org.
- » Put pressure on the chocolate industry to end child labour: sign the petition at www.donttradelives.com.au.



Ballantyne	Ballantyne (Fyna)		~
Ernest Hillier, Newman's, Persuasions	Ernest Hillier		~
Cocoa Farm ★ ₃	Farm By Nature		~
Dagoba ★ ₁	Artisan Confections	USA	~
Guylian	Guylian	BEL	~
Kaoka Organic ★ _{1,2}	Kaoka	FRA	~
Scarborough Fair ★ _{1,2}	Lighthouse Ventures	NZL	~
Vivani ★ ₁	Ludwig Weinrich	GER	~
Cote d'or, Milka, Terri's, Toblerone	Kraft	USA	✗
Bounty, Celebrations, Dove, M&Ms, Maltesers, Mars, Milky Way, Mondo, Snickers, Twix	Mars	USA	✗
Aero, Baci, Bertie Beetle, Chokito, Club, Crunch, Golden Rough, Kit Kat, Milky Bar, Mint Pattie, Mint Slice, Nestle, Quality Streets, Rolo, Smarties, Violet Crumble, Wonka	Nestle	SWI	⊖


★₁ Certified organic ★₂ Certified Fairtrade ★₃ Some products certified organic





- ❖ Cadbury, like all chocolate companies who do not source cocoa through a fairtrade arrangement, has been criticised for supporting children working in slave labour conditions. We have given Cadbury a tick, as in other areas they have a positive track record, (especially compared to Nestle and Mars). We do however recommend a fairtrade alternative.

CONFECTIONERY





Aussie Sweets	Aussie Sweets	 ✓
Bellis	Bellis Fruit Bars	 ✓
Buderim Ginger	Buderim Ginger	 ✓
Ricci	Darrell Lea	 ✓
Delights, Double D, Vical	Double D Products (Snow Confectionery)	 ✓
Beacon, Pez, Warheads	Funtastic	 ✓
Pascall	Cadbury	UK ✓
Binka's, The Natural Confectionery Co.	The Natural Confectionery Company (Cadbury)	UK ✓
Big Boss, Fads, Fyna, Wizz Fizz	Fyna	 ~
Menz	Robern Menz (MFG)	 ~
Airheads, Alpenliebe, Chupa Chups	Perfetti Van Melle	ITA ~
Campino, Werther's Original, Zeros	Storck	GER ~
Kenman, Skittles, Starburst	Mars	USA ✗
Allens, Fruit Tingles, Life Savers, Minties, Nestle, Steam Rollers, Wonka	Nestle	SWI 

LOZENGES, MINTS & GUM




Snows Ice	Snow Confectionery	 ✓
Tic Tac	Ferrero	ITA ✓
trebor's 24-7	Cadbury	UK ✓

Gleam, Jila, Jols, Licorette, Vapors	Ferndale Confectionery	 ~
Mini Mints	Robern Menz (MFG)	 ~
Fisherman's Friend	Lofthouse	UK ~
Frisk, Meller, Mentos	Perfetti Van Melle	ITA ~
Ricola	Ricola	SWI ~
Werther's	Storck	GER ~
Airwaves, Eclipse, Extra, Freedent, Hubba Bubba, Juicy Fruit, PK, Wrigleys, X-cite	Wrigley Co. (Mars)	USA ✗
Allens, Anticol, Butter Menthol, Quick-Eze, Soothers, Throaties, XXX, Zones	Nestle	SWI 
Vicks	Procter & Gamble	USA 

POPCORN

Riviana	Riviana Foods (SunRice)	 ✓
Green's, Lolly Gobble Bliss Bombs, Poppin	Green's Foods (Guinness Peat)	UK ✓
Cool Pak	Cool Pak	 ~
Movietime	Superpop	 ~
Uncle Tobys	Uncle Tobys (Nestle)	SWI 

RICE/CORN CAKES

Pureharvest	Pureharvest	 ✓
Corn Thins, Real Foods	Real Foods	 ✓
SunRice	SunRice	 ✓

World Vision

There are no slaves in the
21st century,
right?

Wrong.




**DON'T
TRADE
LIVES**

donttradelives.com.au

The people in other countries who make the products **we buy** often receive low pay or work in dangerous conditions. Sometimes the workers are **children** and people who have been **trafficked**. The way we **trade** can lead to people being **enslaved**. You can act to end modern day slavery, go to donttradelives.com.au

CRITICISMS WHO HAS THEM AND WHY

SOME EXAMPLES OF COMPANY CRITICISMS — See www.ethical.org.au for more

3M	USA	Animal Testing, Involvement with Burma
Ansell		Defense & Military — indirect
Associated British Foods	UK	Ethiscore.org 2.5/15 (very poor)
Bayer	GER	Genetic Engineering, Hazardous chemicals in pesticides
Beiersdorf	GER	Ethiscore.org 4/15 (very poor)
Church & Dwight	USA	Animal Testing
Clorox	USA	Animal Testing, Worst rating for household products sector at ClimateCounts.org
Coca-Cola Amatil		Part ownership by Coca-Cola Company, who have two boycott calls
Colgate-Palmolive	USA	Animal Testing
Heinz	USA	Orange rating on ResponsibleShopper.com, Ethiscore.org 4.5/15 (very poor)
Henkel	GER	Animal Testing, Nuclear — indirect, Defense & Military — indirect
Joh. A. Benckiser	GER	Animal Testing, Toxic chemicals in some products
Johnson & Johnson	USA	Animal Testing, Unethical marketing and antitrust activities

Kellogg	USA	Use of GE sugar in USA, Orange rating at ResponsibleShopper.com
Kirin	JPN	Genetic Engineering, Animal rights & Military
Kraft	USA	Poor wages for coffee farmers, Use of GE ingredients
Mars	USA	Child Labour, Animal Testing
Orica		Defense & Military — direct
Pepsico	USA	Water privatisation, Promotion of bottled water
PZ Cussons	UK	Animal Testing
Reckitt Benckiser	UK	Animal Testing, Operations in oppressive regimes
Sara Lee	USA	Poor wages for coffee farmers, Worst rating for food sector company at ClimateCounts.org
SC Johnson	USA	Animal Testing, Operations in oppressive regimes
Unilever	UK/ NLD	Animal testing
Wyeth	USA	Irresponsible marketing

NOTES: Associated British Foods (UK) owns Australian companies George Weston Foods and AB Food & Beverages Australia. Associated British Foods is majority owned by Wittington Investments (UK).

ASSESSMENT SOURCES

SUSTAINABILITY INDEXES /

CORPORATE SOCIAL RESPONSIBILITY INDEXES

Australian SAM Sustainability index: www.aussi.net.au

Corporate Monitor Tables: www.corporatemonitor.com.au

Corporate Register: www.corporateregister.com

Corporate Responsibility Index:

www.corporate-responsibility.com.au

Horwath Corporate Governance Report:

www.newcastle.edu.au/school/newc-business/horwath/

VOLUNTARY COVENANTS / INDUSTRY GROUPS

Buy Recycled Business Alliance: www.brba.com.au

Greenhouse Challenge: www.greenhouse.gov.au/challenge

National Packaging Covenant: www.packagingcovenant.org.au

UN Global Compact: www.unglobalcompact.org

Waste Wise Melbourne Network: www.sustainability.vic.gov.au

AWARDS

Australasian Reporting Awards: www.arawards.com.au

Banksia Awards: www.banksiafdn.com

ISSUE-BASED REPORTS / DATA

Carbon Disclosure Project: www.cdproject.net

Choose Cruelty Free Preferred Products:

www.choosecrueltyfree.org.au

Climate Counts: www.climatecounts.org

Global Exchange:

www.globalexchange.org/campaigns/fairtrade

Greenpeace True Food Guide: www.truefood.org.au

Make Trade Fair: www.maketradefair.org

PETA animal testing factsheet: www.caringconsumer.com

CORPORATE ACCOUNTABILITY / BOYCOTT SITES

Babymilk Action: www.babymilkaction.org

Corporate Accountability International:

www.stopcorporateabuse.org

Corpwatch: www.corpwatch.org

Ethical Consumer Boycott List:

www.ethicalconsumer.org/Boycotts.aspx

Ethiscore: www.ethiscore.org

Knowmore: www.knowmore.org

Multinational Monitor: www.multinationalmonitor.org

Responsible Shopper: www.responsibleshopper.com

COMPANY OWNERSHIP / DATA

Fightback News: www.fightbacknews.com.au

Seek Top 2000 Company Profiles:

www.seek.com.au/if.asp?loc=ibis

Hoovers: www.hoovers.com

ABOUT US

The Ethical Consumer Group is a community-based, not-for-profit network set up to help facilitate more sustainable purchasing practices for the everyday consumer. Please visit our website at www.ethical.org.au to find out more about our public workshops, supermarket tours, and monthly 'meal & movie' nights.

ABOUT THIS GUIDE

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FURTHER RESOURCES

GREEN PRODUCTS DIRECTORIES

Sustainable Living Directory: www.slf.org.au/directory

The Green Directory: www.thegreendirectory.com.au

Green Pages Australia: www.thegreenpages.com.au

Good Grocery Guide (WA): www.goodgroceryguide.org.au

GLOSSARY

Company Rating — our assessment of a company based on its company record. It also includes the company record of its parent company (eg. Nestle).

Company Record — refers to a company's track record relating to its environmental and social impact, treatment of animals and accountable business practice.

Related Company — in most cases, this is the brand owner. Occasionally we have listed the manufacturer or importer of the branded product. See www.ethical.org.au for specifics.

Parent Company — often a company will be owned by a larger company or group of companies. The parent company is the ultimate holding company at the top of the ownership tree, or who has a majority ownership.

Boycott — the act of voluntarily abstaining from using, buying, or dealing with an organisation as an expression of protest.

CONSUMPTION TOOLS

ACF Consumption Atlas:

www.acfonline.org.au/consumptionatlas/

EPA Ecological footprint:

www.epa.vic.gov.au/ecologicalfootprint/

The Story of Stuff: www.storyofstuff.com

Green Home: www.acfonline.org.au/greenhome

LIMITATIONS OF THIS GUIDE

- It seems unfortunate that a company is seen as ‘outstanding’ because it has made a commitment to be free from genetically engineered ingredients, or refrains from animal testing, or has made a voluntary agreement to minimise packaging waste. All these things should be normal practice for business, however the reality is that these things are often secondary to profit. Common business operation is based on reducing expenses by every possible means which for the most part involves exploitation — of our planet, its people, and each of us as consumers. Let us redefine what can be considered ‘acceptable’ and raise the bar by holding companies to account, encouraging company responsibility.
- In making this guide both concise and practical we offer a somewhat simplified version of what is a complex web of company ownership, assessments and related issues. Please view this document as a starting place in developing a greater understanding of the connections between how we act and its effect on the world around us.
- You may note that some large companies tend to rate well given the sources and methodology used. This may be because some sources focus only on large companies, or larger companies have more resources to put into sustainability reporting and policy, or simply that there is limited information available on smaller companies. If you have a favourite organic or fairtrade product from a smaller company, feel free to submit it for consideration for later editions of this guide by sending an e-mail to info@ethical.org.au.

Please see our website at www.ethical.org.au for further discussion of these and other limitations.

DISCLAIMER

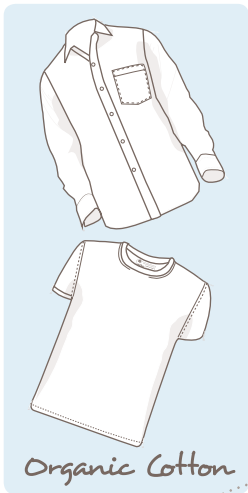
All information has been based on the sources referenced with a view to accuracy at time of printing. The ratings are not an endorsement or comment upon an individual company, beyond the information gathered. We in no way claim that the list of sources used is complete or comprehensive. Rather we seek to make existing information transparent and accessible to the everyday shopper. We encourage people to follow the links on the website to the reports themselves and to evaluate the information using their own judgments based on what they value.

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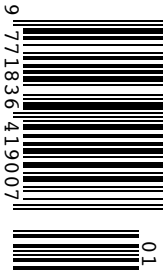
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