

THE GUIDE TO  
**ethical**  
SUPERMARKET  
**Shopping**  
2010

**INCLUDING ALCOHOL  
AND OFFICE SUPPLIES**



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[www.ethical.org.au](http://www.ethical.org.au)

*Your dollar is your vote – make it count!*

# HOW TO USE THIS GUIDE & ICON MENU

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 / rating**, and **outstanding product** ★ features.

BRAND	COMPANY		
<b>TOILET PAPER</b> ⚠ Forest logging (choose recycled)			
Ecosoft ★	E Sime and Co	NZL	✓
Delsey, Kleenex, Wondersoft	Kimberly-Clark	USA	✓
Purex, Sorbent	SCA	SWE	✓
Cottonsoft, Naturale ★, Quilton, Softly	ABC Tissue	AU	✓
Bouquets, Envirosoft ★, Merino, Safe ★	Encore Tissue	AU	~
Paseo	Asia Pulp & Paper (Sinar Mas Group)	IDN	⊘

★ recycled content

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 ownership code** and an icon indicating the **rating** for a company.

## ICON MENU

### COMPANY RATINGS

- ✓ PRAISES, NO CRITICISMS
- ✓ LESSER PRAISE, NO CRITICISMS
- ~ NO INFORMATION
- ✗ LESSER CRITICISMS
- ✗ CRITICISMS
- ⊘ BOYCOTT CALL

AU AUSTRALIAN OWNED

⚠ INDUSTRY ALERT

### PRODUCT FEATURES

- ★ OUTSTANDING PRODUCT
- AU PRODUCT OF AUSTRALIA

Visit our website [www.ethical.org.au](http://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 2010 edition of ***The Guide to Ethical Supermarket Shopping***. To help you navigate through the issues connected to your everyday purchases, we've not only updated company information, but also added a more detailed rating system, new blurbs, and two new categories — Alcohol and Office Supplies.

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 more than 25 sources including the work of organisations such as Greenpeace, Choose Cruelty Free, Corporate Monitor, Friends of the Earth and Responsible Shopper.

Visit our website at [www.ethical.org.au](http://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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**Shop Ethical!**  
for iPhone and iPod touch

Available on the  
**App Store**

# 5 PRINCIPLES *to guide a more sustainable purchase*

## 1. EVERY PURCHASE MAKES AN IMPACT

Remember, 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

Take on one issue at a time so you're not overwhelmed. Start with the products that you buy. See the centerfold chart 'what's behind the label' for some issues connected to common products.

## 5. MAKE LASTING CHANGE

Celebrate good choices, create good habits! Once you've found a best buy, remember it and move onto the next product. Share your discoveries. Let the related companies know, via letter or email, of the choices you have made.

## 2. ASK, "DO I NEED IT?"

Avoid unnecessary consumption. About 80 per cent 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. Make a preferred shopping list and keep to it.

## 4. SEEK OUT A BEST BUY

Ask, "What do I value?". There are no right or wrong purchasing decisions. What you value will determine the criteria you see as most important. Prioritise your values knowing you'll have to make tradeoffs. You might decide to buy local over organic, or choose to buy with minimal packaging over companies with a poor track record.



# BEYOND THE SUPERMARKET

Although this guide helps you to make better choices in the supermarket, often the best choices aren't available in the supermarket at all.

Around the world today, people are creating a fantastic future for healthier communities and a healthier planet, through sustainable food production. This includes fair trade, organic and community supported agriculture, farmers markets, local food co-ops, backyard food growing, and the slow food movement.

It's a stark contrast to the modern agri-business system, which delivers the food to supermarket and fast food chains. A global system reliant on oil and hazardous chemicals, and controlled by large companies who abuse their power to maximise profit at the expense of farmers, factory workers and small retailers (see [www.storyofstuff.com](http://www.storyofstuff.com)).

With every meal, we have the opportunity to support a different food production system – one based on producing vibrant, healthy food with the well-being of people, animals and the land at heart. We encourage you to experiment in organic backyard food production, share healthy foods and the stories behind your food, and in doing this make a small, yet meaningful contribution to creating a food production system with a future.

## best to worst



1. Grow your own
2. Farmers markets
3. Food co-ops
4. Wholefood stores
5. Independent grocers (like IGA, Foodworks)
6. Other supermarkets (like Coles, Woolworths, ALDI)

- » Buy in bulk at a food co-op in your area [www.thoughtfulfoods.org.au/links](http://www.thoughtfulfoods.org.au/links)
- » Seek out free-range, organic products at a small deli or retailer near you. [www.organicchoice.com.au/pg.php](http://www.organicchoice.com.au/pg.php)
- » Find your local farmers market, community garden or seed savers group [www.communityfoods.org.au](http://www.communityfoods.org.au)
- » Share your excess produce and ideas at an urban harvest swap meet near you [www.ceres.org.au/node/114](http://www.ceres.org.au/node/114)
- » Grow a years supply of vegetables in 40m square with a Diggers Club Mini Plot [www.diggers.com.au](http://www.diggers.com.au)
- » Transform your back yard into an edible food forest with the help of the community [www.permablitz.net](http://www.permablitz.net).

# CRITICISMS WHO HAS THEM AND WHY



## CALLS FOR COMPANY BOYCOTTS





COMPANY		BOYCOTT CALLED BY:	BOYCOTT CALLED FOR:	OTHER CRITICISMS
Nestlé	SWI	IBFAN ( <a href="http://www.babymilkaction.org">www.babymilkaction.org</a> )	Irresponsible marketing of infant formula	Promotion of bottled water, labour exploitation, palm oil supply chain
Procter & Gamble	USA	Uncaged ( <a href="http://www.boykottpandg.co.uk">www.boykottpandg.co.uk</a> )	Animal testing	Palm oil supply chain
Coca-Cola Company	USA	1.) India Resource Center ( <a href="http://www.IndiaResource.org">www.IndiaResource.org</a> ) 2.) Campaign to Stop Killer Coke ( <a href="http://www.killercoke.org">www.killercoke.org</a> )	Human rights abuses in South America, pollution in India	Promotion of bottle water
Kellogg	USA	Organic Consumers Association ( <a href="http://www.organicconsumers.org/kelloggs.cfm">www.organicconsumers.org/kelloggs.cfm</a> )	Use of Monsanto's genetically modified sugar in cereals	Advertising junk food to kids
L'Oreal	FRA	NatureWatch ( <a href="http://www.naturewatch.org">www.naturewatch.org</a> )	Animal testing	Use of nanotechnology
Sinar Mas	IDN	Greenpeace ( <a href="http://www.greenpeace.org.uk/tags/sinar-mas">www.greenpeace.org.uk/tags/sinar-mas</a> )	Illegal logging, corruption	Unsustainable palm oil production
Tata Group	IND	The Burma Campaign ( <a href="http://www.burmacampaign.org.uk">www.burmacampaign.org.uk</a> )	Involvement in Burma	Direct involvement in military

*Greenpeace's boycott call on Kimberly-Clark ended in August 2009. [www.kleercut.net](http://www.kleercut.net)*

## SOME EXAMPLES OF COMPANY CRITICISMS — See [www.ethical.org.au](http://www.ethical.org.au) for more

3M	USA	Animal testing, involvement with Burma	Johnson & Johnson	USA	Animal testing, unethical marketing & antitrust activities, action on Darfur
ALDI International	GER	Palm oil — worst practice, sweatshop labour, worker abuse	Kirin	JPN	Genetic engineering, animal rights & military
Anheuser-Busch	BEL	Bottom rating in Good Shopping Guide, action on Darfur	Kraft	USA	Poor wages for coffee farmers, use of GE ingredients, palm oil supply chain

<b>Associated British Foods / Wittington</b>	UK	Ethiscore 2.5/15 (very poor), palm oil — worst practice
<b>Bacardi</b>	BMU	Undermining Cuba
<b>Bayer</b>	GER	Genetic engineering, hazardous chemicals in pesticides
<b>Beiersdorf</b>	GER	Ethiscore 4/15 (very poor)
<b>Bic</b>	FRA	Animal testing
<b>Campbell Soup Co</b>	USA	Bottom rating in Good Shopping Guide
<b>Church &amp; Dwight</b>	USA	Animal testing
<b>Clorox</b>	USA	Animal testing, worst rating at ClimateCounts.org
<b>Coca-Cola Amatil</b>		Part ownership by Coca-Cola Company, who have two boycott calls
<b>Coles / Wesfarmers</b>		Gaming — direct involvement
<b>Colgate-Palmolive</b>	USA	Orange rating: ResponsibleShopper.org
<b>Diageo</b>	UK	Bottom rating in Good Shopping Guide, tax avoidance
<b>Fortune Brands</b>	USA	Red rating at ClimateCounts.org
<b>GlaxoSmithKline</b>	UK	Animal testing, Paxil protest
<b>Heinz</b>	USA	GE ingredients in US products, Ethiscore.org 3.5/15 (very poor)
<b>Henkel</b>	GER	Animal testing, indirect involvement in military & nuclear
<b>Hormel</b>	USA	Opposing regulations
<b>Joh A Benckiser</b>	GER	Animal testing, toxic chemicals in some products

<b>Mars</b>	USA	Child labour, animal testing
<b>MEGA Brands</b>	CAN	Red rating at ClimateCounts.org
<b>Newell Rubbermaid</b>	USA	Red rating at ClimateCounts.org
<b>Nippon Paper</b>	JPN	Supporter of Gunn's destruction of Tasmania's forests
<b>Pacific Beverages</b>	 / 	Joint venture between Coca-Cola Amatil and SABMiller, who both have criticisms
<b>Pepsico</b>	USA	Promotion of bottled water, Ethiscore.org 4/15 (very poor)
<b>PZ Cussons</b>	UK	Animal testing
<b>Reckitt Benckiser</b>	UK	Animal testing, operations in oppressive regimes
<b>SABMiller</b>	UK	Part ownership by Altria
<b>Sara Lee</b>	USA	Poor wages for coffee farmers, red rating at ClimateCounts.org
<b>SC Johnson</b>	USA	Animal testing
<b>Unilever</b>	UK / 	Animal testing, Ethiscore.org 0.5/15 (very poor)
<b>Woolworths</b>		Gaming — direct involvement, greenwash & misleading advertising
<b>Wyeth / Pfizer</b>	USA	Animal testing, human rights abuses, irresponsible marketing

*We seek sources that are: 1. independent and impartial (separate from an organisation's own claims), 2. recognised and reputable (not someone's blog site), 3. systematic and reasonable (have methodology)*

*See our assessment sources on page 76*

# 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 76). 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 are listed according to their rating from those with praises and no criticisms ✓, to those with no information ~, those with substantial criticisms ✘ and those receiving an international boycott call Ⓞ. Each category is assigned an icon for easy reference — see the icon decoder on the inside front cover. In this edition, we have introduced a grey cross and tick for lesser criticisms ✘ and for lesser praises ✓ to more accurately represent the weight given to particular sources used. (For example – companies whose only praise is being a signatory to the National Packaging Covenant now receive a grey tick as it is a voluntary agreement where companies set out their own action plan and goals for waste minimisation).

A summary of company criticisms and boycott calls can be found on pages 6–7. Specific details and links to assessment sources are available from our website.

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 fair trade.

Additionally the 'Product of Australia' icon 🇦🇺 indicates that each significant ingredient originates from Australia and all production processes take place in Australia. (This differs from the 'Made in Australia' label which only requires goods to have been substantially transformed in Australia and at least 50 per cent of production costs incurred in Australia). This icon has only been included against brands where 'Product of Australia' is an outstanding feature compared to others in the same product type.

## EVERYDAY CHOICES TO CHANGE YOUR WORLD

### explore our website

- » searchable database
- » over 2800 common products with their related companies & issues
- » print guide updates
- » alternative products

### practical resources

- » supermarket tours workshops & presentations
- » audiovisual library
- » Shop Ethical! iPhone app
- » sign up for latest news





[www.ethical.org.au](http://www.ethical.org.au)

### 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.

Examples of such practices are factory farming for eggs, chickens and pigs; child labour & 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 next to the product type heading we recommend seeking products with an outstanding product feature star  that addresses the particular concerns.

# SUPERMARKETS IN AUSTRALIA

Australia has one of the most concentrated grocery markets in the world. Woolworths and Wesfarmers (owner of Coles) account for almost 80% of supermarket sales, over 50% of alcohol retail, 44% of petrol retail and 25% of all retail in Australia. The more market share they have, the more influence they have over suppliers, and the easier it is to stamp out smaller independent retailers.

Woolworths is Australia's largest owner of poker machines (over 11,000 machines) and the largest seller of tobacco and alcohol.

Wesfarmers operates in the areas of retail, coal mining, energy, insurance, chemicals and fertilisers, and industrial and safety products. It bought Coles Group in 2007 for \$22 billion.

Metcash, which supplies IGA Supermarkets, accounts for 16% of supermarket sales. Metcash distributes primarily to independently owned stores. It supplies IGA, Foodland, Foodworks, 7-Eleven, Lucky 7, BP and several liquor retailers (see page 67).

Woolworths and Metcash are both set to move into hardware retail, to compete with Wesfarmers' Bunnings. Metcash bought 50.1% of Mitre 10, while Woolworths

bought Danks and is planning to open 150 big-box hardware warehouses over the next five years.

Supermarket owned brands (known as 'private label' or generic 'house brands') command a 23% market share, expected to rise to 30% in the near future.

'House brands' mean big profits for supermarkets and are designed to improve customer loyalty by creating products that can only be purchased in one store. Most major supermarkets are trying to shake the poor quality image of generic brands by rolling out their own tiered labelling structure; each tier is cleverly marketed to appeal to a different customer base.

As major supermarket chains give more shelf space to their own brand items, name brand products are squeezed off the shelves — with only the top selling items remaining. For customers, this means less variety, less choice, and the disappearance of familiar brands from the aisles. For supermarkets, it creates a shift in bargaining power further down the supply chain; Australian farmers and wholesalers have little choice but to sell through the supermarkets' own brands and are forced to compete with cheaper, often heavily subsidised, foreign imports.



## WOOLWORTHS

## WESFARMERS

### SUPERMARKETS

Woolworths, Safeway,  
Thomas Dux (& more in NZ)

Coles, BI-LO

### LIQUOR STORES

Woolworths/Safeway Liquor,  
Dan Murphy's, BWS,  
*plus 280 hotels*  
*with 11,000+ poker machines*

1st Choice, Liquorland,  
Vintage Cellars,  
*plus 95 hotels*  
*with 3,000+ poker machines*

### FUEL & CONVENIENCE STORES

Caltex Woolworths/Safeway

Coles Express (with Shell)

### DEPARTMENT STORES

Big W

Target, Kmart

### OTHER RETAIL STORES

Dick Smith Electronics,  
Tandy Electronics

Bunnings, Officeworks,  
Kmart Tyre & Auto Service

### SUPERMARKET HOUSE BRANDS

Woolworths, Homebrand,  
Select, Freefrom, Naytura,  
Organics, Coco Belgium

Coles, You'll love Coles,  
Smart Buy, Farmland,  
Persona, Reliance, Savings

### PLUS...

Australian Leisure and  
Hospitality Group, plus  
operations in NZ, India,  
Hong Kong and China

Operations in coal mining,  
energy, insurance,  
chemicals and fertilisers,  
industrial & safety products

## IGA/FOODLAND/METCASH



IGA and Foodland stores are independently owned and supplied by Metcash. Foodland has 109 stores, all in SA. Metcash own the IGA and Foodland brands in Australia  
**House brands:** *Black & Gold, IGA, Signature, Way of Life, Purely Organics, Body Logic, Foodland (SA only)*

## FOODWORKS



745 outlets with over 440 under the Foodworks banner. All but 45 are independently owned. Supplied by Metcash  
**House brands:** *Black & Gold, Best Buy*

## SPAR/5 STAR



Stores are independently owned, and found in NSW, ACT, QLD and NT. SPAR Australia is the Licensor holder in Australia for Netherlands based SPAR International.

## FRANKLINS (PICK 'N PAY)



NSW only. Owned by South African retailer, Pick 'n Pay  
**House brands:** *No Frills*

## COLES/BI-LO (WESFARMERS)



190+ BI-LO stores, in NSW & Qld.

## WOOLWORTHS/SAFEGWAY



Safeway stores are only found in Victoria.

## ALDI AUSTRALIA (ALDI GROUP)



200+ stores, only on east coast. Most brands in store are ALDI owned. Over 80% of products are Australian made.  
**Criticisms:** use of sweatshop labour, worker exploitation, palm oil supply chain

## BAKING & COOKING

BRAND

COMPANY

### CAKE MIX






Defiance, Pavlova Magic, White Wings	Goodman Fielder	 ✓
Cadbury ▲, Green's	Green's Foods (Guinness Peat)	UK ✓
Anchor, Lion, Robur	Anchor Foods	 ✓
Nature's Selection	Nature's Selection Foods (AAB Holdings)	 ✓
Betty Crocker	General Mills	USA ✓
Cake Mate	McCormick	USA ✓
Uncle Tobys	Nestle	SWI 

▲ made under licence

### COOKING OIL ▲ Genetic engineering







Chefol, Crisco, ETA, Gold'nCanola	Goodman Fielder	 ✓
Dick Smith ▲	Sanitarium (Adventist Church SP)	 ✓
Golden Fields, Sunshine	Steric	 ✓
Pro Chef	Lloyd Brooks	 ✓
Ayam	A Clouet (Denis Freres Group)	FRA ✓
Azalea	Minerva Australia (SOS Group)	ESP ✓
Mon Folla	Abel Lemon Group	 ~
Agostino	Agostino Farms	 ~

### EGGS ▲ Factory farming (choose free range)











Family Homestead ★	Home on the Range Genuine Free-Range Eggs	 ✓
Country House, Essential Foods, Farm Pride, Hunter Valley, Mrs McKeachie's, Omega 3, Otway Ridge	Farm Pride Foods	 ✓
Pace Farms, Wattle Ridge	Pace Farm	 ✓
Free Range Egg Farmers ★, Meggles, Sunny Queen Farms	Sunny Queen	 ~
Natures Best, Omegga, Veggs	Veggs	 ~

★ exclusively free range

### FLOUR & BREAD MIX

























Defiance, Kream, McAlpin's, White Wings ★	Goodman Fielder	 ✓
Laucke	Laucke Flour Mills	 ✓
McKenzies	Ward McKenzie	 ✓
Lowan Whole Foods	Lowan Whole Foods (Guinness Peat)	UK ✓
Anchor	Anchor Foods	 ✓
Molini Pizzolti	Leo's Imports	 ~
The Healthy Baker, Wheatfields	Manildra Group	 ~
Kitchen Collection, Tip Top	George Weston Foods (Wittington Investments)	UK ✗

★ some products certified organic

<b>Colossus</b>	Colossus Food Company	 
<b>International Collection</b>	Anglia Oils (Aarhus Olie)	 
<b>The Grove</b>	Avocoda Oil NZ	 
<b>Alfa One</b>	Old Fashioned Foods	 
<b>Family Choice</b>	Wintercorn Edible Products (Malaysian Mosaics Berhad)	 

▲ *made under licence*













## DRIED FRUIT & NUTS

<b>Gomans</b>	Goman Foods	 
<b>Sandhurst</b>	Sandhurst Fine Foods	 
<b>Angas Park, Sunbeam</b>	Sunbeam Foods (CHAMP)	 
<b>Ducks Nuts, Winn</b>	Australian Nut Processors	 
<b>Buderim Ginger</b>	Buderim Ginger	 
<b>Trident</b>	Manassen Foods (CHAMP)	 
<b>Lucky</b>	Select Harvests	 
<b>Robern</b>	Robern Menz (MFG)	 
<b>Royal Nut Co.</b>	Royal Nut Co.	 
<b>FreshLife</b>	Scalzo	 
<b>Planters</b>	Kraft	 
<b>Nobby's</b>	Smith's Snackfood Co. (Pepsico)	 













## GRAINS & LEGUMES

<b>Mellow Yellow, Sanitarium</b>	Sanitarium (Adventist Church SP)	 
<b>McKenzies</b>	Ward McKenzie	 
<b>Lowan Whole Foods</b>	Lowan Whole Foods (Guinness Peat)	 
<b>Sunsol</b>	Meriram (Select Harvests)	 
<b>Nature's Selection</b>	Nature's Selection Foods (AAB Holdings)	 
<b>Select</b>	Select Foods	 

## GRAVY

<b>White Wings</b>	Goodman Fielder	 
<b>Orgran</b>	Roma Food Products	 
<b>Green's</b>	Green's Foods (Guinness Peat)	 
<b>Massel</b>	Massel	 
<b>Gravox</b>	Cerebos (Suntory)	 
<b>Continental</b>	Unilever	 

## HERBS & SPICES

<b>Clive of India, McKenzies</b>	Ward McKenzie	 
<b>Hoyt's</b>	Hoyt Food	 
<b>Jensens</b>	Jensens Choice Foods	 
<b>Kooka, Mermaid, Saxa, Tandaco</b>	Cerebos (Suntory)	 
<b>Keen's, McCormick</b>	McCormick	 
<b>Masterfoods</b>	Mars	 

**JELLY CRYSTALS**

<b>Weight Watchers</b> ▲	Hansells (Old Fashioned Foods)	NZL ✓
<b>Cottee's</b>	Schweppes Australia (Asahi Breweries)	JPN ✓
<b>Aeroplane</b>	McCormick	USA ✓

▲ *made under licence***OLIVE OIL**

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

🌿 *product of Australia* ★ *some products certified organic***PASTA (FRESH)**

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

**PUDDING**

<b>Big Sister, Fowlers Vacola</b>	Fowlers Vacola	🇦🇺 ✓
<b>Defiance, White Wings</b>	Goodman Fielder	🇦🇺 ✓
<b>Cottee's</b>	Schweppes Australia (Asahi Breweries)	JPN ✓
<b>Aunt Betty's</b>	Old Fashioned Foods	NZL ~

**RICE** ⚠️ *Water usage*

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

★ *some products certified organic*

## OTHER BAKING

Orgran	Roma Food Products		✓
CSR	Sugar Australia (CSR)		✓
McKenzies, Ward's	Ward McKenzie		✓
Lowan Whole Foods	Lowan Whole Foods (Guinness Peat)	UK	✓
Queen	Queen Fine Foods		✓
Nemar	FFI Holdings		~
Krummies	George Weston Foods (Wittington Investments)	UK	✗
Nestle	Nestle	SWI	⊘

## PASTA (DRY)

Casalare Specialty	Casalare Specialty Pasta		✓
Golden Pasta, Golden Selections	Guzzi's		✓
Nanda, Vetta	Rinoldi Pasta		✓
Buotempo, Orgran	Roma Food Products		✓
Balducci, Nidi, San Marino, San Remo ★, Zafarelli	San Remo		✓
Barilla	Barilla	ITA	✓
Aurora	Cantarella Group		✓
Divella	Divella	ITA	~
Dolmio	Mars	USA	✗

★ some products certified organic

## STOCK

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

## SUGAR

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

## SWEETENERS Health concerns

Sugarless (aspartame)	Bathox Australia		~
Sugarella (saccharin)	Symbion Health		~
Fruisana (fructose)	Danisco	DNK	~
Hermesetas (Ace K & aspar- tame), Stevia Sweet (stevia)	Hermesetas	SWI	~
Equal (aspartame)	Merisant	USA	~
PureVia (stevia)	Merisant	USA	~
Nutrasweet (aspartame)	NutraSweet (J W Childs)	USA	~
Truvia (stevia)	Cargill	USA	✗
Splenda (sucralose)	Johnson & Johnson	USA	✗
Sugarine (saccharin)	Reckitt Benckiser	UK	✗

(base ingredient in brackets) see page 31 for more info

## BREADS, SPREADS & CEREAL

BRAND



COMPANY

### BREAD

Atlantic Bakery, Buttercup, Country Bake, Country Life, Country Split, Early Harvest, Flinders, Helgas, La Famiglia, Lawson's, Mighty Soft, Molenberg, Riga, Sunicrust, Taylors, Vogel's, Weight Watchers ▲, Wonder White	Goodman Fielder	 ✓
Pure Life	Pure Life Biodynamic	 ✓
Alpine Breads	Bertalli's Bakery	 ~
Golden Hearth Organic	Gold Coast Bakeries	 ~
Schwob's	Schwob's Swiss Bakery	 ~
9 Grain, Abbot's Village Bakery, Burgen, Cracker, Golden, Kelly's, Nobel Rise, Our Town, Sunblest, Tip Top, Up	George Weston Foods (Wittington Investments)	UK ✗
Uncle Tobys	Nestle	SWI 

▲ made under licence

### CAKES

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

## BUYING LOCAL — GOOD FOOD MILEAGE

Food miles are a measure of the distance food is transported 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 California, you reduce food 'miles' from 12,879km to 567kms.

- » 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](http://www.farmersmarkets.org.au)
- » Eat and buy in season. You'll get the most flavour and nutritional value and it is usually the most affordable. See what is in season in Victoria at [www.melbourne.foe.org.au/?q=seasonal](http://www.melbourne.foe.org.au/?q=seasonal)

- » In the supermarket, choose items labelled "Product of Australia" as a first preference, "Made in Australia" as second, imported items as last. Order Australian-made products [www.onlyoz.com.au](http://www.onlyoz.com.au)



## CEREAL

Goodness	Popina		✓
Dick Smith Bush Foods ▲, Sanitarium, Weet-Bix	Sanitarium (Adventist Church SP)		✓
Green's	Green's Foods (Guinness Peat)	UK	✓
Lowan Whole Foods	Lowan Whole Foods (Guinness Peat)	UK	✓
Freedom Foods, Norganic ★	Freedom Nutritional Products		✓
Weight Watchers ▲	Tasti	NZL	~
Healthwise, Nestle, Plus, Uncle Tobys, Vita Brits ★	Cereal Partners (Nestle / General Mills)	SWI	⊘
Kelloggs, Cerevite, Provita, Vogel's	Kellogg	USA	⊘

▲ made under licence ★ some products certified organic

## ORGANICS — BETTER FOR YOUR PLANET

Conventional food and farming today rely on the use of nitrogen fertiliser. The manufacture of one tonne of fertiliser produces seven tonnes of nitrous oxide, a greenhouse gas with a global warming potential 296 times greater than carbon dioxide.

» By choosing certified organic produce you can significantly reduce your carbon footprint. Look for common labels: BFA, ACO, NAASA, Demeter. See [www.organicchoice.com.au](http://www.organicchoice.com.au)

## CHOCOLATE SPREAD

Chocolate Mud	Sweet William		✓
Nutella	Ferrero	ITA	✓
Nutino	Cantarella Group		✓

## FLAT BREADS

Diego's	San Diego Tortilla Factory		✓
Freedom Foods	Freedom Nutritional Products		✓
Wattle Valley	Menora Foods		✓
Khobz, Sorj, The Original, Vitastic	Middle East Bakeries		~
Mountain Bread	Mountain Bread		~
True Foods	True Foods		~
Classic Indian	Asia Pacific Food Ind.	THA	~
Mission	Gruma	MEX	~
Bazaar	George Weston Foods (Wittington Investments)	UK	✗

## HONEY

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

★ some products certified organic

JAM		
Dick Smith ▲	Sanitarium (Adventist Church SP)	🇦🇺 ✓
Buderim Ginger 🌿	Buderim Ginger	🇦🇺 ✓
IJC	Windsor Farm Foods	🇦🇺 ✓
Beerenberg	Beerenberg	🇦🇺 ~
Prue Sobers	Prue Sobers Jam Co.	🇦🇺 ~
Yackandandah	Yackandandah Jam Co.	🇦🇺 ~
St Dalfour	St Dalfour	FRA ~
Glen Ewin, IXL, Weight Watchers ▲	SPC Ardmona (Coca-Cola Amatil)	🇦🇺 ✗
Golden Circle	Golden Circle (Heinz)	USA ✗
Cottee's ▲, Monbulk, Rose's	Heinz	USA ✗

▲ made under licence 🌿 product of Australia

MUESLI		
Carman's	Carman's Fine Foods	🇦🇺 ✓
Kialla ★	Kialla Pure Foods	🇦🇺 ✓
Monster Muesli	Monster Muesli	🇦🇺 ✓
Arnold's Farm, Goodness	Popina	🇦🇺 ✓
Lowan Whole Foods, Weight Watchers ▲	Lowan Whole Foods (Guinness Peat)	UK ✓
Norganic	Freedom Nutritional Products	🇦🇺 ✓
Sunsol	Meriram (Select Harvests)	🇦🇺 ✓
The Muesli Company	The Muesli Company	🇦🇺 ~
Morning Sun, Purina Health Foods Co., Uncle Tobys	Cereal Partners (Nestle / General Mills)	SWI Ⓞ

## MULTINATIONAL MONOPOLY

Foreign-owned multinational companies control 70 per cent of world trade, and their brands make up 85 per cent of the products in the average Australian grocery trolley. Japanese brewing giant Kirin has in recent years bought National Foods, Dairy Farmers, Berri, and Lion Nathan, becoming Australia's largest supplier to supermarkets. Golden Circle is now owned by US food giant Heinz. Out of the top 100 brands of all food sold in Australian supermarkets, just 16 are Australian owned, and these are owned by just nine companies.

- » Choose Australian-owned brands.
- » Shop at locally owned businesses to support local jobs and help guarantee fair wages and conditions for workers. For each \$100 spent with a locally-owned firm, about \$68 remains within the local economy. Only \$43 stays local if \$100 is spent with a multinational. See more at [www.fightbacknews.com.au](http://www.fightbacknews.com.au)
- » Have your 100% Australian made & owned groceries delivered to your door with Aussie Farmers Direct. See [www.aussiefarmers.com.au](http://www.aussiefarmers.com.au)



Kelloggs, Vogel's	Kellogg	USA	⊘
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▲ made under licence ★ some products certified organic

## MUESLI BARS

Carman's	Carman's Fine Foods	AU	✓
Nana Diver's	Fontelle	AU	✓
Sanitarium	Sanitarium (Adventist Church SP)	AU	✓
Sunbeam	Sunbeam Foods (CHAMP)	AU	✓
Lowan Whole Foods	Lowan Whole Foods (Guinness Peat)	UK	✓
Wallaby	Energy Products	AU	~
Nice & Natural	Nice & Natural (Pacific Equity Partners)	AU	~
Tasti, Weight Watchers ▲	Tasti	NZL	~
IXL	SPC Ardmona (Coca-Cola Amatil)	AU	✗
Cadbury	Cadbury (Kraft)	USA	✗
Be Natural, Kelloggs, Sunibrite	Kellogg	USA	⊘
a.o., Le Snak, Uncle Tobys	Nestle	SWI	⊘

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## OATS & BRANS

Anchor, John Bull	Goodman Fielder	AU	✓
Golden Fields	Steric	AU	✓
Lowan Whole Foods	Lowan Whole Foods (Guinness Peat)	UK	✓

Cerevite	Kellogg	USA	⊘
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Quaker ▲, Uncle Tobys	Nestle	SWI	⊘
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▲ made under licence

## PEANUT BUTTER

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

▲ made under licence

## SPREADS (OTHER)




Melrose	Melrose Health Supplies	AU	✓
Dick Smith ▲	Sanitarium (Adventist Church SP)	AU	✓
CSR	Sugar Australia (CSR)	AU	✓
Pecks	General Mills	USA	✓
John West	Simplot	USA	✓
Kraft	Kraft	USA	✗
Masterfoods	Mars	USA	✗

▲ made under licence









## YEAST SPREAD

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

## DAIRY & SOY

BRAND	COMPANY		
<b>BUTTER</b>			
Devondale	Murray Goulburn Co-op		✓
Copha	Peerless		✓
Allowrie, Country Gold, Duck River, Girgar, Mainland, Western Star	Fonterra	NZL	✓
True Organic ★	Organic Dairy Farmers Co-operative		~
Harmonie, Lurpak	Arla Foods	DNK	~
★ certified organic			

## CHEESE

Bega	Bega Cheese		✓
Cobram, Devondale, Murray Goulburn, Natra	Murray Goulburn Co-op		✓
Black Swan	Poseidon Tarama		✓
Jarlsberg	Cantarella Group		✓
Chrystal Fresh, Margaret River	Manassen Foods (CHAMP)		✓
Wattle Valley	Menora Foods		✓
Bodalla, Ferndale, Mainland, Perfect Italiano, Weight Watchers ▲	Fonterra	NZL	✓
Ashgrove	Ashgrove Cheese		~
Capel Valley	Challenge Australian Dairy		~

## HIGH COST OF ANIMAL PRODUCTS

Globally, farm animal production accounts for nearly one-fifth of human-created greenhouse gas emissions. This is more than the entire transportation sector. As outlined in the United Nations report, *Livestock's Long Shadow*, livestock production is also a major contributor to the problems of land degradation, air pollution, loss of biodiversity, and water pollution.

On average Australians eat over 70 kilograms of meat per person each year. Cut out beef from your diet and you'll save 1.45 tonnes of greenhouse gas a year. Switching from a normal sedan car to a hybrid car would reduce your annual emissions by only just over one tonne.

Almost 50 per cent of all the grains grown in the world go towards cattle feed — enough food to feed 8.7 billion people. Presently 1.02 billion people — one sixth of humanity — are undernourished.

» Reducing your meat and dairy consumption or, even better, committing to a vegetarian or vegan diet, is one of the most effective things you can do to reduce your environmental impact.



Mayer	F. Mayer Imports	🇦🇺	~
Jaycroix, Mamma Lucia, Puglia	Fresh Cheese Company	🇦🇺	~
Mable's	Gourmet Cheese	🇦🇺	~
Jindi	Jindi Cheese	🇦🇺	~
Lemnos	Lemnos Foods	🇦🇺	~
Nimbin Natural	Norco Co-operative	🇦🇺	~
True Organic ★	Organic Dairy Farmers Co-operative	🇦🇺	~
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, Australian Gold, Caboolture, Cheeses of the World, Classique, Clover Creek, Coon, Cracker Barrel, Dairy Farmers, Dairy Vale, Farmers Union, Fred Walker, Heidi Farm, King Island Dairy, Malanda, Mersey Valley, Mil Lel, Premium Dairy, Shape, South Cape, Tasmanian Heritage, Tilba, Timboon	Lion Nathan National Foods (Kirin)	JPN	✗
Watsonia	George Weston Foods (Wittington Investments)	UK	✗
Kraft, Philadelphia	Kraft	USA	✗

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## COTTAGE CHEESE

Bulla	Bulla Dairy Foods	🇦🇺	~
Dairy Farmers, Oak, Weight Watchers ▲	Lion Nathan National Foods (Kirin)	JPN	✗

▲ made under licence

## CREAM

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

▲ made under licence

## CUSTARD

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

# Give Aussie farmers a better deal

- 100% Australian produce
- Farm fresh quality
- Free\* home delivery
- Great range of products

\* Minimum order quantities apply.

Visit [www.aussiefarmers.com.au](http://www.aussiefarmers.com.au)  
or call **1300 MILKMAN** (1300 64 55 62)  
today to organise your first delivery.



**Aussie  
Farmers  
Direct**

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

▲ made under licence

FLAVOURED MILK		
Moo	Murray Goulburn Co-op	✓
Up & Go	Sanitarium (Adventist Church SP)	✓
Breaka, Ice Break, King Curl, Pauls, Rush	Parmalat	ITA ✓
Wave	Schweppes Australia (Asahi Breweries)	JPN ✓
Nippys	Nippy's	✓



Brownes, Chill, Supa Shake	Fonterra	NZL ✓
Moccona ▲	Frucor Beverages (Suntory)	JPN ✓
Goulburn Valley	Coca-Cola Amatil	✗
Big M, Dairy Farmers, Dare, Divine Classic, Farmers Union, Jacaranda, Just Natural, Masters, Max, Moove, Oak, Pura	Lion Nathan National Foods (Kirin)	JPN ✗

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

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**MARGARINE**  Palm oil


ETA, Gold'nCanola, Logicol, Meadow Lea, Olive Grove, Weight Watchers 	Goodman Fielder		
Nuttex, Pulse	Nuttex Food Products (Edward Zorn & Co.)		
Harvest Award	Atlantic Pacific Foods		
Miracle, Tablelands, Ultima, Vitalite	Peerless		
Alfa One	Old Fashioned Foods	NZL	
Becel, Bertolli, Flora, Olivio	Unilever	UK/ NLD	

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**MILK**

Devondale, Liddells, Smart Dairyfields, Farm House, Longlife, Parmalat, Pauls, PhysiCal, <b>Pure Organic</b>  , Rev, Sandhurst Farms, Skinny Milk, Slim Milk, Trim, Warwick, Zymil	Murray Goulburn Co-op		
a2, Freedom Foods	Freedom Nutritional Products		
Sungold	Warrnambool Cheese & Butter Factory		
Anchor, Anlene, Brownes, Diploma, Weight Watchers 	Fonterra	NZL	
Harvey Fresh	Harvey Fresh		

**SOY (OTHER)**

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

**TOFU**

<b>Nutrisoy</b>  , Soyco	Nutrisoy		
Earth Angel, Earth Harvest, Hakea, Simply Better, Soy Belle	Bead Foods		
Joyce, Mr Lees Kitchen, TLY	TLY (Australia)		
<b>Blue Lotus</b> 	Blue Lotus Foods		
<b>Pureland</b> 	King International		

 *certified organic*

<b>True Organic</b> ★	Organic Dairy Farmers Co-operative	 ~
<b>Snowy Mountain</b>	Snowy Mountain Organic Dairy Co-operative	 ~
<b>Australian Farmers, Classic, Dairy Farmers, Dairy Vale, Farmers Best, Farmers Union, Lite White, Pura, Shape, Take Care</b>	Lion Nathan National Foods (Kirin)	JPN ✕
<b>Carnation, Sunshine</b>	Nestle	SWI 

▲ made under licence ★ certified organic

## SOY MILK

<b>Nutrisoy</b>	Nutrisoy	 ✓
<b>Pureharvest</b> ★	Pureharvest	 ✓
<b>Sanitarium, So Good</b>	Sanitarium (Adventist Church SP)	 ✓
<b>Bonsoy</b>	Spiral Foods	 ✓
<b>Soy Life</b>	Parmalat	ITA ✓
<b>Australia's Own</b> ★, <b>Smooth White, So Natural, Vitalife, Xpress</b>	Freedom Nutritional Products	 ✓
<b>Hari Har Chai</b> ★	Hari Har Chai	 ~
<b>Golden One</b>	Trang's	 ~
<b>Lactasoy</b>	Lactasoy	THA ~
<b>Good Life, Sungold, Vitasoy</b>	Lion Nathan National Foods (Kirin)	JPN ✕

★ certified organic

## YOGHURT

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

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## DID YOU KNOW?

Production of dairy and beef products is particularly water-intensive. The dairy sector alone accounts for one out of every 10 litres of total household water use. It takes 1,000 litres of water to produce one litre of milk. [www.waterfootprint.org](http://www.waterfootprint.org)

## DRINKS

BRAND	COMPANY		
<b>BOTTLED WATER</b> ⚠ Plastic waste			
Aqua Pura, Bickfords	Bickford's Australia	🇦🇺	✓
Frantelle	P&N Beverages	🇦🇺	✓
Cool Ridge	Schweppes Australia (Asahi Breweries)	JPN	✓
Aqua, Evian, H2GO, Mizone	Frucor Beverages (Suntory)	JPN	✓
Aroona	Aroona Springs	🇦🇺	✓
Noble's Pureau	Noble Beverages (Hawkesbridge)	🇦🇺	~
Snowy Mountain Organic	Snowy Mountain Bottlers	🇦🇺	~
Mount Frankin, Neverfail, Peats Ridge Springs, Pump, Taurina Spa	Coca-Cola Amatil	🇦🇺	✗
Summit	Lion Nathan National Foods (Kirin)	JPN	✗
Fiji	Fiji Water (Roll Int'l)	USA	✗
Adams Ale, Original Pure Water	Golden Circle (Heinz)	USA	✗
Perrier, Vittel	Nestle	SWI	🚫

## DID YOU KNOW?

Globally, bottled water produces up to 1.5 million tons of plastic waste per year.

» Bring your own refillable bottle.

## COFFEE ⚠ Worker exploitation (choose Fairtrade)

Jasper ★ 1, 2	Jasper Coffee	🇦🇺	✓
Organic East Timor Coffee ★ 1	Cafe Timor	TLS	✓
Aurora, Vittoria	Cantarella Group	🇦🇺	✓
Cafe Palazzo	Maranatha	🇦🇺	✓
Mocopan, Riva	Cerebos (Suntory)	JPN	✓
Bushells, Cafe Maison, Europa, Faggs, Pablo, Picco, Robert Timms, Robert Timms Earth Blends ★ 1	FreshFood Holdings	SGP	✓
Coffex, Global Cafe Direct ★ 1, 2	Coffex Coffee	🇦🇺	~
Nature's Cuppa ★ 2	Eat Rite Australasia	🇦🇺	~
Eureka Coffee	Eureka Coffee	🇦🇺	~
Griffiths, Oasis	Oasis Griffiths	🇦🇺	~
Republica ★ 1	Republica Coffee	🇦🇺	~
Bean Ground & Drunk ★ 1, 2	The Bean Alliance	🇦🇺	~
Clipper ★ 1, 2	Clipper Teas	UK	~
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 Aus (Wittington Investments)	UK	✗

## COFFEE

Coffee is the most traded commodity in the world after oil and illegal drugs. Globally it involves 25 million small-scale farmers and their families. However there is a glut of coffee on the world market leaving farmers receiving as little as 3 cents from a \$3 cup of coffee.

Contrast this with Nestle, Kraft, Proctor & Gamble and Sara Lee, who record annual profits in the billions. Nestlé, the world's biggest food company, recorded an annual profit increase in 2008 of almost 70 per cent to 18 billion Swiss francs (US \$15 billion).

- » To ensure farmers get a fair deal, look for certified fair trade coffee.
- » Find local suppliers and cafés stocking fair trade at <http://locator.fairtrade.org.nz/locator>
- » Brands stocked in supermarkets include Jaspers, Scarborough Fair, Global Café Direct and Republica.
- » Find out more at [www.oxfam.org.au/explore/trade](http://www.oxfam.org.au/explore/trade)



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

★ 1 certified Fairtrade, 2 certified organic

## CORDIAL ▲ Avoid plastic #3

Bickfords, Fruities	Bickford's Australia	AU	✓
Cascade <span style="color: #8bc34a;">🌿</span>	Cascade Beverage Co (Foster's Group)	AU	✓
Diet Rite, Extra Juicy <span style="color: #8bc34a;">✧</span>	P&N Beverages	AU	✓
Sunshine	Steric	AU	✓
Cottee's, Schweppes	Schweppes Australia (Asahi Breweries)	JPN	✓
Vimto	Anchor Foods	AU	✓
Buderim Ginger <span style="color: #8bc34a;">🌿</span> , Lemon Lime & Bitters	Buderim Ginger	AU	✓
Bundaberg	Bundaberg Brewed Drinks	AU	✓
Berri	Lion Nathan National Foods (Kirin)	JPN	✗
Lucozade, Ribena	GlaxoSmithKline	UK	✗
Golden Circle, Weight Watchers <span style="color: #8bc34a;">▲</span>	Golden Circle (Heinz)	USA	✗






▲ made under licence 🌿 product of Australia

✧ P&N's Extra Juicy cordial contains artificial sweetener 955 (sucralose). While all diet cordials contain artificial sweeteners, only P&N puts them into non-diet cordials.



## ENERGY DRINKS

HiNRG	Bickford's Australia	 ✓
Wicked, Wild NRG	P&N Beverages	 ✓
Red Bull	Red Bull	AUT ✓
Smart Energy	Schweppes Australia (Asahi Breweries)	JPN ✓
V	Frucor Beverages (Suntory)	JPN ✓
Red Eye	Red-Eye International	 ~
Solis	Solis Beverages	 ~
Synergy	Synergy Drinks	 ~
Monster	Hansen's	USA ~
Rockstar	Rockstar	USA ~
Lift Plus, Mother	Coca-Cola Amatil	 ✗
Lucozade	GlaxoSmithKline	UK ✗
Glucodin	Reckitt Benckiser	UK ✗

## FRUIT DRINKS/JUICE

Bickfords	Bickford's Australia	 ✓
Cascade	Cascade Beverage Co (Foster's Group)	 ✓
Lloyds	Lloyds Vineyard	 ✓
Nudie, Rosie	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	 ✓

## ICED TEA

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

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## NON-ALCOHOLIC

Cascade Apple Isle 	Cascade Beverage Co (Foster's Group)	 ✓
Devondale	Devondale Apple Juice Co (Sabrand's)	 ✓
Robinvale  ★	Robinvale Organic Wines	 ✓
D'vine Sparkling	Sanitarium (Adventist Church SP)	 ✓
Clayton's	Schweppes Australia (Asahi Breweries)	JPN ✓
Birrell	Coopers	 ✓
Maison 	Pernod Ricard Pacific	FRA ✓
Edenvale  Fronti 	JMB Beverages	 ~
Ariel	J. Lohr Winery	USA ~
Appletiser, Grapetiser	Coca-Cola Amatil	 ✗

 product of Australia ★ certified biodynamic

Pureharvest ★	Pureharvest	AU	✓
Spring Valley	Schweppes Australia (Asahi Breweries)	JPN	✓
Orchy	Bevco	AU	✓
Boost, Grove, Only	Grove Fruit Juices	AU	✓
Juice Shot, Juicy Isle	Juicy Isle	AU	✓
Nippys	Nippy's	AU	✓
Sunraysia	Sunraysia (Sabrands)	AU	✓
Harvey Fresh	Harvey Fresh	AU	~
Moutain Fresh	Mountain Fresh Fruit Juices	AU	~
Preshafruit	Preshafoods	AU	~
Sunzest	Sunzest	AU	~
Wild About Fruit	Wild About Fruit	AU	~
Ardmona, Crusta, Fruitbox, Frutopia, Goulburn Valley	SPC Ardmona (Coca-Cola Amatil)	AU	✗
V8	Campbell Soup Company	USA	✗
Berri, Australian Fresh, Daily Juice, Frusion, G7, Harmonics, Just Juice, Mildura, Mr Juicy, Multi V, Prima, Quelch, Squeeze, Summit, Summit, Super Juice, Valencio	Lion Nathan National Foods (Kirin)	JPN	✗
Ribena	GlaxoSmithKline	UK	✗
GC Raw, Golden Circle, LOL, Ocean Spray, Original Juice, Popper Juice, Premium Juice	Golden Circle (Heinz)	USA	✗

★ certified organic

## POWDERED DRINKS

OzeChoc ▲	Sanitarium (Adventist Church SP)	AU	✓
Weight Watchers ▲	Hansells (Old Fashioned Foods)	NZL	✓
La Bella	Valcorp Fine Foods	AU	✓
Abundant Earth ★	Aussie Bodies (Next Capital)	AU	~
Nutri Boost	Boost Foods	AU	~
Nature's Cuppa ★	Eat Rite Australasia	AU	~
Akta-Vite	Myerton Australia	AU	~
Klassno	Future Enterprises (Food Empire)	SGP	~
Jarrah, Ovaltine	AB Food & Beverages Aus (Wittington Investments)	UK	✗
Cadbury	Cadbury (Kraft)	USA	✗
Horlicks	GlaxoSmithKline	UK	✗
Bonox, Tang	Kraft	USA	✗
Toddy	Pepsico	USA	✗
Caro, Coffeemate, Ecco, Milo, Nesquik, Nestle, Sustagen	Nestle	SWI	⊘

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**SOFT DRINKS** ▲ Health concerns

Bickfords	Bickford's Australia	🇦🇺 ✓
Angostura, Cascade 🍃, Reef, Torquay	Foster's Group	🇦🇺 ✓
Brewers Choice, Ceda, Club, Crush, Diet Rite, LA Ice, Lido, McSars, P&N, Pipelime, Pub Squash, Waterfords	P&N Beverages ✨	🇦🇺 ✓
7UP ▲, Cottee's, Loys, Mirinda ▲, Mountain Dew ▲, Passiona, Pepsi ▲, Schweppes, Solo, Sunkist ▲	Schweppes Australia (Asahi Breweries)	JPN ✓
Buderim Ginger	Buderim Ginger	🇦🇺 ✓
Bundaberg Ginger Beer	Bundaberg Brewed Drinks	🇦🇺 ✓
Saxbys 🍃	Saxbys Soft Drinks	🇦🇺 ✓
Coca-Cola, Deep Spring, Diet Coke, Ecks, Fanta, Frutonic, Kirks, Lift, Shelley's, Sprite	Coca-Cola Amatil	🇦🇺 ✗
Kynton	Lion Nathan National Foods (Kirin)	JPN ✗
Golden Circle	Golden Circle (Heinz)	USA ✗
Sanpellegrino	Nestle	SWI 🚫

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✨ P&N Beverages use 961 (neotame, a new variation on aspartame) in all of their NON-DIET soft drinks, except LA Ice. While all diet soft drinks contain artificial sweeteners, only P&N puts them in non-diet soft drinks.

**SPORTS DRINKS**

Play	P&N Beverages	🇦🇺 ✓
Staminade	Steric	🇦🇺 ✓
Gatorade ▲, Oasis, Propel, Smart Water	Schweppes Australia (Asahi Breweries)	JPN ✓
Mizone	Frucor Beverages (Suntory)	JPN ✓
Nutrient Water	Nutrient Water	🇦🇺 ~
100 Plus	Fraser & Neave	SGP ~
Powerade, Vitamin Water	Coca-Cola Amatil	🇦🇺 ✗
ISO Sport	Lion Nathan National Foods (Kirin)	JPN ✗
Adam's Ale Sport	Golden Circle (Heinz)	USA ✗
All Sport	Pepsico	USA ✗

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**TEA** ▲ Pesticides (choose organic)

Planet Organic ★ 2	Planet Organic	🇦🇺 ✓
Qi ★ 1, 2	Herbal Health	UK ✓
Natureland	Cantarella Group	🇦🇺 ✓
Madura 🍃	Madura Tea Estates	🇦🇺 ✓
Australian Fruit Tea	Australian Fruit Tea Co	🇦🇺 ~
Lotus Peak	BH Fine Foods (Pascoe's)	🇦🇺 ~
Nature's Cuppa ★ 2, 3	Eat Rite Australasia	🇦🇺 ~
Formosan	Formosan Tea	🇦🇺 ~
Hari Har Chai	Hari Har Chai	🇦🇺 ~
Healtheries	Healtheries (Next Capital)	🇦🇺 ~

## ARTIFICIAL SWEETENERS

All diet soft drinks contain artificial sweeteners, commonly Ace K (950) and aspartame (951).

There are concerns about the safety of all artificial sweeteners but none more so than aspartame (951), which accounts for 75 per cent of all complaints to the FDA. When processed in the body, the components — phenylalanine, aspartic acid, and methanol — break down into formic acid and formaldehyde, both of which are toxic in low doses, affect the brain and immune systems, and have been associated with retinal eye damage and birth defects.

Aspartame, which is 200 times sweeter than sugar, is found in diet drinks, tabletop sweeteners (NutraSweet, Equal), pharmaceuticals, yoghurt, chewing gum, and confectionery.

#	NAME	SWEETNESS
950	Ace K	200x sugar
951	Aspartame	200x sugar
952	Cyclamate	30x sugar
954	Saccharin	200x sugar
955	Sucralose	600x sugar
961	Neotame	8,000x sugar



» Find out more at [www.AdditiveAlert.com.au](http://www.AdditiveAlert.com.au), [www.fedup.com.au](http://www.fedup.com.au), and [www.tinyurl.com/neotame](http://www.tinyurl.com/neotame)

Madame Flavour	Madame Flavour		~
Jones	A.F. Jones (Capital Maharaja)	LKA	~
Clipper ★ 2, 3	Clipper Teas	UK	~
Celestial	Hain Celestial	USA	~
Impra	Imperial Tea Exports	LKA	~
Scarborough Fair ★ 1, 2	Lighthouse Ventures	NZL	~
Victorian	Millennium Teas	LKA	~
Dilmah	MJF Group	LKA	~
Nerada 🌿, Nerada Organics ★ 2, 3	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	~
Twinings	AB Food & Beverages Aus (Wittington Investments)	UK	✗
Bushells, Lan Choo, Lipton ★ 4	Unilever	UK/ NLD	✗
Billy Tea, Kinkara, Robur, Tetley, Tuckfields, Tynee Tips	Tetley (Tata Group)	IND	⊖

★ 1 certified Fairtrade, 2 certified organic, 3 some products certified Fairtrade, 4 some products Rainforest Alliance certified  
🌿 grown in Australia

## FROZEN, CANNED & EASY

BRAND	COMPANY	
<b>BAKED BEANS/SPAGHETTI</b>		
SPC, Southern Cross	SPC Ardmona (Coca-Cola Amatil)	AU ✗
Heinz, Wattie's, Weight Watchers ▲	Heinz	USA ✗

▲ made under licence

<b>CANNED FISH</b> ⚠ Overfishing (avoid tuna)		
Always Fresh	Riviana Foods (SunRice)	AU ✓
Santa Maria, Sole Mare	Conga Foods	AU ✓
Brunswick, Paramount	Freedom Nutritional Prod.	AU ✓
King Oscar	Manassen (CHAMP)	AU ✓
Sirena	Valcorp Fine Foods	AU ✓
Safcol	Safcol (Tropical Canning Group)	THA ✓
Ally, John West ★, Seakist	Simplot	USA ✓
Greenseas	Heinz	USA ✗

★ some products certified MSC

<b>CANNED FRUIT</b>		
Admiral	Riviana Foods (SunRice)	AU ✓
Great Lakes	Maxwell Food Products	AU ~
Ardmona, Goulburn Valley, SPC, Weight Watchers ▲	SPC Ardmona (Coca-Cola Amatil)	AUS ✗
Golden Circle, Heinz	Heinz	USA ✗

▲ made under licence

## OVERFISHING

Demand for seafood has doubled over the past 30 years; three-quarters of the world's oceans are now fished right up to their limit. Often we're eating rare or endangered ocean species without realising it.

Sharks are some of the most threatened fish in Australia, commonly sold as 'flake' in fish and chip shops. Others include the orange roughy, bluefin tuna, swordfish, and toothfish.

The fishing method is also important. Dredging or trawling, where a net is dragged along the ocean floor, has the greatest impact. 'Bycatch' — fish caught unintentionally — often sees up to 15 tonnes of discarded fish per tonne of targeted seafood.

- » Ask where it's from. Avoid imported fish (such as smoked cod)
- » Choose fish lower down the food chain — such as sardines and anchovies
- » Avoid sharks, shark fin products, and rays
- » Use the Australian Marine Conservation Society guide [www.acms.org.au](http://www.acms.org.au)
- » Look for Marine Stewardship Council certified product [www.msc.org](http://www.msc.org)



## CANNED MEAT/MEALS

Harvest, Plumrose	Simplot	USA	✓
Podravka	Podravka	CRO	~
Fray Bentos	Campbell Soup Company	USA	✗
Hamper, Heinz, Tom Piper	Heinz	USA	✗
Hormel, Spam, Stag	Hormel	USA	✗
Kraft	Kraft	USA	✗

## CANNED VEGIES/BEANS

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

★ certified organic

## FROZEN DESSERTS/FRUIT

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

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## FROZEN FISH ⚠ Overfishing

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

## DID YOU KNOW?

Imported frozen foods have not only been transported a long way but require constant energy to stay frozen all the way. Refrigeration accounts for as much as 18 per cent of a food's emissions.

» Buy local, buy fresh where possible.

## FROZEN MEALS/PIZZA

Griff's, Healthy Choice, McCain	McCain	CAN	✓
Lean Cuisine ▲, Maggi ▲, Papa Giuseppi's	Simplot	USA	✓
Enrico's Kitchen	Cumberland Industries	AU	~
Red Island	redisland	AU	~
Michelin's	Bellisio Foods	USA	~
Heinz, Weight Watchers ▲	Heinz	USA	✗
Sara Lee	Sara Lee	USA	✗

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## FROZEN PASTRY

Pampas	Goodman Fielder	AU	✓
Borgs	Borgcraft	AU	✓

## FROZEN SAVOURIES

Golden Wok, Ho Mai	Makmur Enterprises	AU	✓
Sanitarium	Sanitarium (Adventist Church SP)	AU	✓
Borgs	Borgcraft	AU	✓
Antoniou	C & M Antoniou	AU	✓
Marathon	Marathon Food Industries	AU	✓
Chiko, I & J	Simplot	USA	✓
Darshan	Australian Int'l Foods	AU	~
Syndian	Syndian	AU	~

BonCaro	BonCaro	GER	~
Gourmet to Go	St Dalfour	FRA	~
Ainsley Harriot	Symington's	UK	~
Heinz	Heinz	USA	✗
Compleats, Hormel, Kid's Kitchen, Stag	Hormel	USA	✗
Kraft	Kraft	USA	✗
Continental	Unilever	UK/ NLD	✗
Maggi	Nestle	SWI	⊘





## PIES & PASTIES

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







## POULTRY ▲ Factory farming (choose free range)

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

★ free range


<b>Temptation</b>	Temptation Bakeries	 
<b>Microeasy, Ready Go Eat</b>	Vesco Foods	 
<b>Asiana Selection</b>	Kylie Australia (Golden Fresh)	MYS 

## FROZEN VEGIES/CHIPS

<b>Logan Farm</b>	Logan Farm (Talley's Group)	NZL 
<b>McCain</b>	McCain	CAN 
<b>Chang's</b>	Cypress & Sons	 
<b>Bird's Eye</b>	Simplot	USA 
<b>Heinz, Weight Watchers ▲</b>	Heinz	USA 



▲ made under licence

## PACKET MEALS

<b>Da Vinci</b>	Da Vinci Foods	 
<b>Enjoyo, Fantastic, San Remo</b>	San Remo	 
<b>Sanitarium</b>	Sanitarium (Adventist Church SP)	 
<b>SunRice</b>	SunRice	 
<b>Wokka</b>	Manassen Foods (CHAMP)	 
<b>Ayam</b>	A Clouet (Denis Freres Group)	FRA 
<b>Dinner Winner, Rice-a-Riso</b>	McCormick	USA 
<b>Leggo's</b>	Simplot	USA 
<b>Prodan</b>	Global Castle	 






Continued at top ↑

## SMALLGOODS Factory farming (choose free range)

<b>Hans, Mayfair, Primo, Weight Watchers ▲</b>	Primo Smallgoods	 
<b>Bertocchi</b>	Bertocchi Smallgoods	 
<b>Don, Huttons, KR Castlemaine ★, Makers Choice, Otto Wurth, Watsonia</b>	George Weston Foods (Wittington Investments)	UK 











▲ made under licence ★ some products free range

## SOUP (CANNED)

<b>Rosella</b>	Gourmet Food Holdings (Crescent Capital)	 
<b>Baxters</b>	Baxters	UK 
<b>Campbell's</b>	Campbell Soup Company	USA 
<b>Heinz, Weight Watchers ▲</b>	Heinz	USA 

▲ made under licence

## SOUP (PACKET)

<b>Fantastic</b>	San Remo	 
<b>McKenzies</b>	Ward McKenzie	 
<b>LaZuppa</b>	Valcorp Fine Foods	 
<b>Campbell's</b>	Campbell Soup Company	USA 
<b>Heinz</b>	Heinz	USA 
<b>Continental</b>	Unilever	UK/ NLD 
<b>Country Cup</b>	Nestle	SWI 

## HEALTH FOODS

BRAND	COMPANY		
<b>HEALTH BARS</b>			
Go Natural	Go Natural		✓
Sweet William	Sweet William		✓
Bellis	Bellis Fruit Bars		✓
Golden Days	Manassen Foods (CHAMP)		✓
Sun	Sun Health Foods		✓
All Natural Bakery	All Natural Bakery		~
Wallaby	Energy Products		~
Artisse	Hampden Trading		~
Leda, Slim & Natural	Leda Nutrition		~
Naturally Good	Naturally Good Products		~
Nice & Natural	Nice & Natural (Pacific Equity Partners)		~
Hip Hop	Smart Snacks		~
well-naturally	Vitality Brands		~
Kid Start	Winners Sports Nutrition		~
Naturo	Naturo	IND	~
Be Natural	Kellogg	USA	⊘

## HEALTH FOODS

Naturals	Melrose Health Supplies		✓
Pureharvest	Pureharvest		✓

## VITAMINS

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

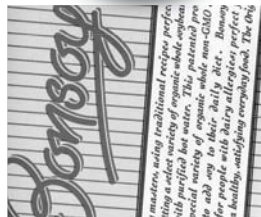
## WEIGHT LOSS

Blackmores	Blackmores		✓
Metabolift, Nature's Way, Slim Right	Pharmacare		✓
Medislim	Agenix		~
Xantrax	Hershel-Beck Laboratories		~
Fat Magnet, Fatblaster	Naturopathica		~
Biggest Loser Club	Probiotec		~
Slim Secrets	Slim Secrets		~
Atkins	Atkins Nutritionals	USA	~
Ultra Slim	AB Food & Beverages Aus (Wittington Investments)	UK	✗
Slim-Fast	Unilever	UK/ NLD	✗
Musashi	Nestle	SWI	⊘

Orgran	Roma Food Products	🇦🇺 ✓
Sanitarium	Sanitarium (Adventist Church SP)	🇦🇺 ✓
Spiral Foods	Spiral Foods	🇦🇺 ✓
Basco, Lowan Whole Foods	Green's Foods (Guinness Peat)	UK ✓
Freedom Foods, Norganic	Freedom Nutritional Products	🇦🇺 ✓
Lotus, Nature First	Kadac	🇦🇺 ✓
Nu-Vit, Sunsol	Meriram (Select Harvests)	🇦🇺 ✓
Mayver's	Ancient Distributors	🇦🇺 ~
Abundant Earth	Aussie Bodies (Next Capital)	🇦🇺 ~
Food For Health	Food For Health	🇦🇺 ~
Healtheries	Healtheries (Next Capital)	🇦🇺 ~
Eskal	Trialia Foods	🇦🇺 ~
Naytura	Woolworths	🇦🇺 ✗

### PROTEIN BARS/POWDER

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



this earth, this food... [www.spiralfoods.com.au](http://www.spiralfoods.com.au)

## HOUSEHOLD

BRAND	COMPANY		
<b>AIR FRESHENERS</b>			
Orange Power	Orange Power	AU	✓
Clean Air	Clean-A-Matic	AU	~
Magic Tree	Car Freshner Corporation	USA	~
No Vac	WD-40 Co.	USA	~
Glen 20, Pine O Clean	Reckitt Benckiser	UK	✗
Glade, Oust	SC Johnson	USA	✗
Ambi Pur	Procter & Gamble	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**

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

**GARDEN CARE**

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

**GLOVES**

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

**LAUNDRY DETERGENT**

Blitz, Earth Choice, Purity, Ultra Activ	Natures Organics	AU	✓
Aware, Orange Power ★, Planet Ark	Orange Power	AU	✓
So Gentle	Steric	AU	✓
ecostore	Ecostore	NZL	✓
Bosisto's Eucofresh	Felton Grimwade & Bosisto's	AU	✓
Green Care	Jalco	AU	✓
Atomic, Sparkle	Lloyd Brooks	AU	✓
BioZet	Kao Corporation	JPN	✓

Sunlight	Pental (Symex)	AU	~
Castle, Palmolive, Spree	Colgate-Palmolive	USA	X
Morning Fresh, Trix	PZ Cussons	UK	X
Finish, Kwit, Maa's	Reckitt Benckiser	UK	X
Dawn	Procter & Gamble	USA	Ⓢ

## DISINFECTANT Toxic chemicals

Myo	Jalco	AU	✓
Power Disinfectant	OzKleen	AU	~
Hurricane	Colgate-Palmolive	USA	X
Handy Andy	Clorox	USA	X
Dettol, Nu-Clenz, Pine O Clean	Reckitt Benckiser	UK	X
Duck	SC Johnson	USA	X
Domestos	Unilever	UK/ NLD	X

## FABRIC SOFTENER

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

## FOIL/CLING WRAP

Multix	Multix (McPherson's)	AU	✓
Glad, OSO	Clorox	USA	X

Lectric Soap Powder	Brands RMJ	AU	~
Breath Easy	CAAW International	AU	~
Aura, Mean & Green	Pascoe's	AU	~
Lux, Sunlight, Velvet	Pental (Symex)	AU	~
Duo	Unilab Group	PHL	~
Cold Power, Dynamo, Fab, Gow's BioClean, Hurricane, Love'n Care, Spree	Colgate-Palmolive	USA	X
Amolin Sensitive	Bayer	GER	X
Radiant	PZ Cussons	UK	X
White King	Sara Lee	USA	X
Drive, Omo, Surf	Unilever	UK/ NLD	X

★ Good Environmental Choice label

## LIGHT GLOBES

Mirabella	Mirabella	AU	~
Philips	Philips	NLD	~
Osram	Siemens	GER	X

## DID YOU KNOW?

Compact fluorescent lights (CFLs) contain mercury.

» If one breaks, follow the instructions on [www.tinyurl.com/brokencfl](http://www.tinyurl.com/brokencfl)

» LED lighting is even more efficient than CFLs, and are now available for some standard fittings.

# WHAT'S BEHIND THE LABEL



## LABOUR



**Fairtrade** — ensure fair wages and working conditions; especially look for on coffee, chocolate, clothing, sportswear [www.fta.org.au](http://www.fta.org.au)

## WASTE



**Plastic codes** — find out which plastics are collected by your council for recycling [www.recyclingnearyou.com.au](http://www.recyclingnearyou.com.au)

**Packaging made from recycled content** — give products a second life, look for the highest percentage of recycled material and close the loop

## NUTRITION

**Sugar, salt, fat** — go for low!  
[www.heartfoundation.com.au](http://www.heartfoundation.com.au)

**Food additives** — artificial flavours, colours, preservatives  
[www.fedup.com.au](http://www.fedup.com.au)



## OWNERSHIP



“Australian-owned” brands.  
Keep dollars in Australia for jobs and community

**Ausbuy. Australian made & owned.**  
[www.ausbuy.com.au](http://www.ausbuy.com.au)

## ANIMALS



**Free range** — choose non-factory farmed chicken, pork and eggs  
[www.frepa.com.au](http://www.frepa.com.au)  
[www.freerangeporkfarmers.com.au](http://www.freerangeporkfarmers.com.au)



**Choose Cruelty Free**  
Body care products not animal-tested  
[www.choosecrueltyfree.org.au](http://www.choosecrueltyfree.org.au)



Choose sustainable palm oil and save orangutans  
[www.rspo.org](http://www.rspo.org)

## CHEMICALS

“Caution”, “Poison”, “Hazardous”,  
“Corrosive”, “May cause burns”,  
“Respiratory Irritating”

All of these imply chemicals may compromise health. Avoid where possible [www.safersolutions.org.au](http://www.safersolutions.org.au)

**NP (No Phosphorus)** — Use laundry products that are low phosphorus and salt. Reduce salinity and algae growth  
[www.lanfaxlabs.com.au](http://www.lanfaxlabs.com.au)



## TRAVEL

Choose local, reduce transport kms, energy use and greenhouse impact of global transport systems

### Country of Origin labelling

“Product of Australia” — 100% of ingredients and costs incurred from within Australia

“Made in Australia” — At least 50% of costs incurred from within Australia

Australian Made campaign  
[www.australianmade.com.au](http://www.australianmade.com.au)



## SOIL & LANDCARE



**Certified organic** — grown without chemicals, pesticides & artificial fertilisers [www.organicchoice.com.au](http://www.organicchoice.com.au)



**Biological Farmers Association**

**National Association for Sustainable Agriculture, Australia**



**Demeter** — Grown biodynamically

## FORESTS



**FSC** — Forest Stewardship Council Certification — Internationally recognised sustainable forest management certification  
[www.fscaustralia.org](http://www.fscaustralia.org)

## GENETIC ENGINEERING



“GE free”, “non-GMO” — Avoid unknown health risks, crop contamination and multinational control of our food  
[www.truefood.org.au](http://www.truefood.org.au)

**MULTI-PURPOSE CLEANERS** ⚠ Toxic chemicals

<b>Citrofresh</b> ★, <b>San-E-Foam</b> ★	Citrofresh	AU	✓
<b>Earth Choice</b>	Natures Organics	AU	✓
<b>Orange Power</b> ★	Orange Power	AU	✓
<b>Selleys, Sugar Soap</b>	Selleys (Orica)	AU	✓
<b>CLR</b>	Advil (Sabrands)	AU	✓
<b>Citro Clean</b>	Chem Pack	AU	~
<b>Glitz</b>	Pascoe's	AU	~
<b>method</b>	Method	USA	~
<b>Seventh Generation</b>	Seventh Generation	USA	~
<b>Ajax, Nifti</b>	Colgate-Palmolive	USA	✗
<b>Clorox, Green Works, Gumption, Handy Andy</b>	Clorox	USA	✗
<b>Easy Off BAM, Pine O Clean</b>	Reckitt Benckiser	UK	✗
<b>White King</b>	Sara Lee	USA	✗
<b>Domestos, Jif</b>	Unilever	UK/ NLD	✗

★ Good Environmental Choice label

**PAPER TOWELS** ⚠ Forest logging (choose recycled)

<b>Kleenex, Thick &amp; Thirsty, Viva</b>	Kimberly-Clark	USA	✓
<b>Handee</b>	SCA	SWE	✓
<b>Naturale</b> ★, <b>Quilton</b>	ABC Tissue	AU	✓

★ recycled content

**PEST CONTROL**

<b>Talon</b>	Selleys (Orica)	AU	✓
<b>Ratsak</b>	Yates (Orica)	AU	✓
<b>Hovex</b>	Pascoe's	AU	~
<b>Sureguard</b>	Pental (Symex)	AU	~
<b>Rid</b>	Thorley Labs	AU	~
<b>Rentokil</b>	Rentokil Initial	UK	~
<b>Ant-Rid</b>	Henkel	GER	✗
<b>Aerogard, Mortein, Pea-Beu</b>	Reckitt Benckiser	UK	✗
<b>Autan, Baygon, Off!, Raid</b>	SC Johnson	USA	✗

**POLISH**

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

**PREWASH, SOAKER & BLEACH** ⚠ Toxic chemicals

<b>Orange Power</b> ★	Orange Power	AU	✓
<b>Bosisto's</b>	Felton Grimwade & Bosisto's	AU	✓
<b>Delbrite, Lectric Soda</b>	Brands RMJ	AU	~

## PACKAGING & WASTE

Product packaging takes valuable resources to produce, involves processes which pollute air and water, and often ends up in landfill at the end of its short life. Australia produces more than 3.4 million tonnes of packaging every year — that's about 165kg per person — and only 48 per cent is recycled.

- » 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](http://www.recyclingnearyou.com.au)
- » Don't forget to take your reusable shopping bag. Australians use 6.9 billion plastic bags each year — that's 7,000 each minute.
- » BYO take-away coffee mug. [www.keepcup.com.au](http://www.keepcup.com.au)
- » Buy in bulk where possible. Avoid double packaging and unlabeled plastic tubs.
- » Avoid plastics with codes 3, 6 and 7 — these produce hazardous by-products (dioxins) when recycled. Dioxins are chemicals that have been linked to hormone disruption.
- » See the Zero Waste Challenge: [www.ethical.org.au/zero\\_waste](http://www.ethical.org.au/zero_waste)



K2r	Linkarch	AU	~
Prewash Power	OzKleen	AU	~
Bluo	Pascoe's	AU	~
StainGo	Surgix Pharmaceuticals	AU	~
Sard	Colgate-Palmolive	USA	X
Canesten	Bayer	GER	X
Clorox Oxi Magic	Clorox	USA	X
Calgon, Dettol, Fiesta, Napisan, Preen, Vanish	Reckitt Benckiser	UK	X
White King	Sara Lee	USA	X

★ *Good Environmental Choice label*

## 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	~
Sabco	Housewares International	AU	~
Jex	Jex Industries	AU	~
Glitz, Mean & Green	Pascoe's	AU	~
Vileda	Freudenberg	GER	~
Scotch-Brite	3M	USA	X
Chux	Clorox	USA	X
Steele	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	~
Kiwi	Sara Lee	USA	✗

**SPECIALTY CLEANERS** ⚠ Toxic chemicals

Earth Choice	Natures Organics	AU	✓
Orange Power ★	Orange Power	AU	✓
Vin-A-Clean	Palms Products (SunRice)	AU	✓
Selleys	Selleys (Orica)	AU	✓
Harper's Borax	Ward McKenzie	AU	✓
Shower Sparkle	Lloyd Brooks	AU	✓
DecoGlaze	Deco Glaze	AU	~
Cerapol	Hillmark Industries	AU	~
Magic, Rubbedin	Lakeland & Co.	AU	~
McLintocks Vanilla Fresh	McLintocks	AU	~
Carpet Power, Oven Power, Shower Power	OzKleen	AU	~
Drain Clean, Long Life, Mechanix	Pascoe's	AU	~
Hi Speed	Pental (Symex)	AU	~
Cavalier Bremworth	Cavalier	NZL	~
Actizyme, Rootox	Southern Cross Laboratories (Ecolab)	USA	~



Finding **green** products  
and services has never  
been easier!

[www.thegreendirectory.com.au](http://www.thegreendirectory.com.au)

**WOOL WASH**

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

No Vac	WD-40 Co.	USA	~
Scotch-Gard	3M	USA	X
Air Wick, Easy Off Oven, Exit Mould, Preen	Reckitt Benckiser	UK	X
White King	Sara Lee	USA	X
Drano, Mr Muscle, Pledge, Windex	SC Johnson	USA	X

★ Good Environmental Choice label

## STARCH

WT Demineralised Water	Steric	AU	✓
Silver Star	Ward McKenzie	AU	✓
Tonizone	Pacific Products	AU	~
Crisp, Fabulon	Reckitt Benckiser	UK	X
Frebreze	Procter & Gamble	USA	⊘

## TOILET CLEANERS Toxic chemicals

Earth Choice	Natures Organics	AU	✓
Clorox	Clorox	USA	X
Harpic, Pine O Clean	Reckitt Benckiser	UK	X
White King	Sara Lee	USA	X
Duck	SC Johnson	USA	X
Ambi Pur, Bloo, Jeyes	Procter & Gamble	USA	⊘

## CLEANING PRODUCTS

Cleaning products, unlike food or personal care products, are not required to display a complete list of ingredients. Many ingredients may cause skin, eyes and respiratory irritation, asthma, headaches and chemical burns. Others have been associated with more serious long term health concerns such as hormone disruption, neurological disorders and cancer.

### Avoid:

- » Chlorine or Ammonia, listed as active ingredients
- » Formaldehyde, phenols, musk fragrance; phthalates (in air fresheners), alkyl benzene sulfonates, analine based amines and butoxyethanol
- » Detergents containing alkylphenol ethoxylates (APEs)
- » Antibacterial products unless they state "no triclosan"

### Look for:

- » Biodegradable to AS4351
- » Plant-based ingredients, instead of petroleum-based
- » In concentrated form (designed to be diluted for use)
- » Specific ingredient information (solvent-free, no petroleum-based ingredients) rather than unregulated "greenwash" claims (natural, eco-friendly)



More info at [www.saferesolutions.org.au](http://www.saferesolutions.org.au) and [www.freshgreenclean.com.au](http://www.freshgreenclean.com.au)

## PERSONAL CARE

BRAND COMPANY

### ANTISEPTIC

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

### BALMS

Goanna, Herron	Herron (Sigma)	AU	✓
Deep Heat, Ice Gel	Mentholatum (Rohto)	JPN	✓
Eulactol	SSL International	UK	✓
Lucas' Papaw Ointment	Lucas' Papaw Remedies	AU	~
Cenovis	Symbion Health	AU	~
Dencorub	Church & Dwight	USA	X
Voltaren	Novartis	SWI	X
Nurofen	Reckitt Benckiser	UK	X
Paraderm Plus	Wyeth (Pfizer)	USA	X

### BANDAGES

Nexcare	3M	USA	X
Elastoplast	Beiersdorf	GER	X
Band Aid, First Aid	Johnson & Johnson	USA	X

### BODYWASH/SHOWER GEL

Natures Organics, Spa	Natures Organics	AU	✓
Norsca, Redwin	Pharmacare	AU	✓

## ANIMAL TESTING

"Animal testing rests on a logical contradiction. It is 'because animals are like us' that experiments are useful, yet it is 'because animals are not like us' that makes it morally okay to experiment on animals."

— Prof. Charles R. Magel

In March 2009, Europe introduced a ban on animal testing of cosmetics, prohibiting the testing of cosmetics on animals in cases where non-animal alternatives are available, and the sale of animal tested cosmetics no matter where they are produced.

» Have your say in the Australian campaign to ban animal testing of cosmetics, and find non-tested products at [www.choosecrueltyfree.org.au](http://www.choosecrueltyfree.org.au)

### COSMETICS Animal testing, nanotechnology

Australis	Creative Brands	AU	✓
Revlon	Revlon	USA	✓
Smackers	Bonne Bell	USA	~
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	⊘

Dermeze	Aspen	ZAF	✓
Palmers	E.T. Browne	USA	✓
Country Life	Pental (Symex)	AU	~
Body Sensitive	Universal Brands	AU	~
Health Basics	API	NZL	~
Palmolive	Colgate-Palmolive	USA	✗
Johnson's	Johnson & Johnson	USA	✗
Pure	PZ Cussons	UK	✗
Dettol	Reckitt Benckiser	UK	✗
Dove, Lux, Radox, Sanex	Unilever	UK/ NLD	✗
Zest	Procter & Gamble	USA	⊘

## COLD & FLU

Ease a Cold	Pharmacare	AU	✓
Nyal	Valeant Pharmaceuticals	USA	✓
Bug Fighters	Brands Worldwide	AU	~
Cold Clear	Quigley	USA	~
Lemsip, Strepsils	Reckitt Benckiser	UK	✗
Robitussin	Wyeth (Pfizer)	USA	✗
Vicks	Procter & Gamble	USA	⊘

## CONDOMS

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

## COTTON BUDS/BALLS

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

## DENTAL CARE

Dentyl (mouthwash)	Key Pharmaceuticals	AU	✓
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	~
Colgate	Colgate-Palmolive	USA	✗
Pearl Drops	Church & Dwight	USA	✗
Macleans, Polident, Pronamel, Sensodyne	GlaxoSmithKline	UK	✗
Listerine, Listermint, Reach, Tek	Johnson & Johnson	USA	✗
Smoker's Toothpaste, Steradent	Reckitt Benckiser	UK	✗
Crest, Oral B	Procter & Gamble	USA	⊘

**DEODORANT**

Evoké	Creative Brands	AU	✓
Brut, Norsca, Redwin, Sassi	Pharmacare	AU	✓
Cool Charm, Spray Fresh	Aspen	ZAF	✓
Mitchum	Revlon	USA	✓
Mayver's	Ancient Distributors	AU	~
Cedel	Brands RMJ	AU	~
Mennen, Speed Stick	Colgate-Palmolive	USA	✗
Nivea	Beiersdorf	GER	✗
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**

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

**HAIR REMOVAL**

Nads	Lifesource	AU	~
Marzena	Marzena	NZL	~
Nair	Church & Dwight	USA	✗
Veet	Reckitt Benckiser	UK	✗

**HAIRSPRAY/GEL**

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

**HAND WASH**

Natures Organics, Organic Care	Natures Organics	AU	✓
ecostore	Ecostore	NZL	✓
Redwin	Pharmacare	AU	✓
Milton	Milton (Probiotec)	AU	~
method	Method	USA	~
Palmolive, Soft Soap	Colgate-Palmolive	USA	✗
Purell	Johnson & Johnson	USA	✗

## EYE CARE

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

## FEMININE HYGIENE

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

## HAIR COLOUR

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

Imperial Leather, Pure	PZ Cossons	UK	✗
Dettol	Reckitt Benckiser	UK	✗
Dove, Pears	Unilever	UK/ NLD	✗

## LAXATIVES

Herron	Herron (Sigma)	AU	✓
Laxettes	Mentolatum (Rohto)	JPN	✓
Herb-a-lax	Blooms Health Products	AU	~
Ford Senna	Symbion Health	AU	~
Agarol, Anusol	Johnson & Johnson	USA	✗
Benefiber	Novartis	SWI	✗
Senokot	Reckitt Benckiser	UK	✗
Metamucil	Procter & Gamble	USA	⊘

## LIP CARE

Palmers	E.T. Browne	USA	✓
Soft Lips	Mentolatum (Rohto)	JPN	✓
Nyal	Valeant Pharmaceuticals	USA	✓
Blistex	Blistex	USA	~
Nivea	Beiersdorf	GER	✗
Lip-Eze, Zovirax	GlaxoSmithKline	UK	✗
Bonjela	Reckitt Benckiser	UK	✗
Vaseline	Unilever	UK/ NLD	✗
Chap Stick	Wyeth (Pfizer)	USA	✗

**BPA**

Bisphenol A (BPA) is the basis for plastics such as polycarbonates (eg. CDs) and is found in consumer goods such as baby bottles, plastic microwave food containers and canned food linings. On October 2008, Canada became the first country to formally declare BPA hazardous to human health due to its links with a wide range of health disorders including infertility, breast and prostate cancer, thyroid malfunction, attention deficit syndrome and recurrent miscarriage.















To reduce exposure to Bisphenol:

- » Avoid #7 plastic containers and reusable sports water bottles (Nalgene)
- » Don't microwave polycarbonate food containers.
- » Use bottles for infants / toys labelled 'BPA free'
- » Reduce your use of canned foods. Eat fresh foods.



























**OILS**

<b>Bosisto's</b>	Felton Grimwade & Bosisto's	 
<b>Goanna, Herron</b>	Herron (Sigma)	 
<b>Faulding</b>	Symbion Health	 
<b>Eureka!, Thursday Plantation</b>	TP Health (Thompson Nutrition)	 

**PERSONAL LUBRICANT**

<b>Ansell</b>	Ansell	 
<b>Four Seasons</b>	Australian Therapeutic Supplies	 
<b>Durex</b>	SSL International	 
<b>Wet Stuff</b>	Gel Works	 
<b>Summer's Eve</b>	CB Fleet	 
<b>Sylk</b>	Geneva Marketing	 
<b>KY</b>	Johnson & Johnson	 

**SHAMPOO**

<b>Blackmores</b>	Blackmores	 
<b>Fruits, Organic Care, Turning Point</b>	Natures Organics	 
<b>ecostore</b>	Ecostore	 
<b>Redwin</b>	Pharmacare	 
<b>Alberto, TRESemme, Vo 5</b>	Alberto Culver	 
<b>John Frieda</b>	Kao Corporation	 
<b>Flex, Revlon</b>	Revlon	 
<b>Cedel</b>	Brands RMJ	 
<b>Ossential Wash</b>	Kusco-Murphy	 
<b>Smackers</b>	Bonne Bell	 
<b>Sulsun</b>	Chattem	 
<b>Toni&amp;Guy</b>	Toni&Guy	 
<b>Organix</b>	Vogue International	 
<b>Palmolive</b>	Colgate-Palmolive	







## PAIN RELIEF

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




## SODIUM LAURYL SULFATE

Sodium lauryl sulfate (SLS) is the foaming agent or surfactant commonly used in many soaps, shampoos, detergents, toothpastes. It's also found in industrial products including engine degreasers, floor cleaners, and car wash soaps. Although used in low concentrations in bodycare products, it ends up on the most sensitive areas of our bodies almost every day. In stripping away oil and drying the skin's surface, it reduces the skin's ability to regulate moisture effectively. It's used in our products primarily because it's cheap and it's often derived from palm oil, which threatens orangutan habitats.












» Look for SLS free shampoo and toothpaste.

Silkience	GlaxoSmithKline	UK	
Schwarzkopf, Taft	Henkel	GER	
Johnson's, Neutrogena	Johnson & Johnson	USA	
All Clear, Dimension, Dove, Fruitrice, Pears, Sunsilk, Timotei	Unilever	UK/ NLD	
Elvive, Garnier Fructis	L'Oreal	FRA	
Claïrol, 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

Trishave	Australian Cosmeceuticals		
Schick	Energizer	USA	
Faulding	Symbion Health		
King of Shaves	KMI	UK	
Mennen, Palmolive	Colgate-Palmolive	USA	
Nivea	Beiersdorf	GER	
Imperial Leather	PZ Cussons	UK	
L'Oreal	L'Oreal	FRA	
Gillette	Procter & Gamble	USA	

**SKIN CARE**

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

**SOAP**

ecostore	Ecostore	NZL ✓
Norsca, Redwin	Pharmacare	 ✓
Simple, Wrights	Accantia (McPherson's)	 ~
Priya	ML International	 ~
Country Life, Knights Castile, Medi-Bact, Natural Essence of Australia, Natural Selections, Naturale, Sorbolene, Sunlight, Velvet	Pental (Symex)	 ~



## AUSTRALIAN ORGANIC HEMP SEED OIL

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

**MAIL ORDER**  
[greenhemp@bigpond.com](mailto:greenhemp@bigpond.com)  
**PH 03 9710 1644**

<b>Cenovis Natural Selections</b>	Symbion Health	AU	~
<b>Sole-Vita</b>	Colavita Olive Oil	ITA	~
<b>Red Seal</b>	Red Seal Natural Health	NZL	~
<b>Solvol</b>	WD-40 Co.	USA	~
<b>Cashmere Bouquet, Cleopatra, Palmolive</b>	Colgate-Palmolive	USA	X
<b>Nivea</b>	Beiersdorf	GER	X
<b>Pure &amp; Simple</b>	GlaxoSmithKline	UK	X
<b>Imperial Leather</b>	PZ Cossons	UK	X
<b>Dettol</b>	Reckitt Benckiser	UK	X
<b>Dove, Lux, Pears</b>	Unilever	UK/ NLD	X

## SUNSCREEN Nanotechnology

<b>Auscreen ★ 2</b>	Ross Cosmetics	AU	✓
<b>Le Tan</b>	Creative Brands	AU	✓
<b>Aquasun ★ 2, Redwin</b>	Pharmacare	AU	✓
<b>Solarblock</b>	Mentholatum (Rohto)	JPN	✓
<b>Reef, U.V. Triplegard</b>	Valeant Pharmaceuticals	USA	✓
<b>Invisible Zinc ★ 1</b>	Ganehill	AU	~
<b>Cancer Council ★ 1</b>	Skin Health (Vitality Brands)	AU	~
<b>Sun Zapper ★ 2</b>	Sun Zapper	AU	~
<b>Banana Boat</b>	Playtex Products	USA	~
<b>Nivea</b>	Beiersdorf	GER	X
<b>Neutrogena</b>	Johnson & Johnson	USA	X

★ 1 nano and chemical-free 2 nano-free

## TISSUES Forest logging (choose recycled)

<b>Kleenex</b>	Kimberly-Clark	USA	✓
<b>Purex, Sorbent</b>	SCA	SWE	✓
<b>Naturale ★, Quilton, Symphony</b>	ABC Tissue	AU	✓
<b>Safe ★</b>	Encore Tissue	AU	~
<b>Wet Ones</b>	Playtex Products	USA	~

★ recycled content

## TOILET PAPER Forest logging (choose recycled)

<b>Ecosoft ★</b>	E Sime and Co	NZL	✓
<b>Delsey, Kleenex, Wondersoft</b>	Kimberly-Clark	USA	✓
<b>Purex, Sorbent</b>	SCA	SWE	✓
<b>Cottonsoft, Naturale ★, Quilton, Softly</b>	ABC Tissue	AU	✓
<b>Bouquets, Envirossoft ★, Merino, Safe ★</b>	Encore Tissue	AU	~
<b>Paseo</b>	Asia Pulp & Paper (Sinar Mas Group)	IDN	⊘

★ recycled content

## SUNSCREEN & NANOTECHNOLOGY

Nanoparticles, routinely used in many sunscreens to make it absorb into the skin more readily, can produce free radicals resulting in serious skin damage. See Friends of the Earth Safe Sunscreen Guide at [www.nano.foe.org.au](http://www.nano.foe.org.au)

## PETS & BABIES

BRAND	COMPANY		
<b>BABY FOOD</b>			
Rafferty's Garden	Rafferty's Garden	NZL	✓
Bellamy's ★	Bellamy's Organic Farms	AU	~
Baby Boost	Boost Foods	AU	~
Only Organic ★	Only Organic	NZL	~
Earth Best, Farex, Golden Circle, Heinz ★	Heinz	USA	✗

★ certified organic

### BABY FORMULA

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

★ certified organic

### BABY WIPES

Wotnot ★	ECODirect	AU	✓
Gaia	Gaia Skin Naturals	AU	✓
Huggies	Kimberly-Clark	USA	✓
Nature Babycare	Naty	SWE	~
Curash	Church & Dwight	USA	✗
Heinz	Heinz	USA	✗

### DOG TREATS

Chew N Kleen, KraMar	KraMar (AMP)	AU	✓
Nature's Gift	Nature's Gift Australia	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 Waste to landfill (choose eco-disposable)

Moltex Eco ★	ECODirect	AU	✓
Dry Nites, Huggies, Little Swimmers, Pull Ups, Snugglers	Kimberly-Clark	USA	✓
Bebes	Naelfran	AU	✓
BabyLove, BabyLove Ecobots ★, Lullaby	Australian Pacific Paper Products (Unicharm)	JPN	✓
Sorbies	Sorbies	AU	~
Nature Babycare ★	Naty	SWE	~
Seventh Generation ★	Seventh Generation	USA	~
Tushies Gel-Free ★	TenderCare (Hain Celestial)	USA	~
Pampers	Procter & Gamble	USA	⊘

★ eco-disposable

Johnson's Johnson & Johnson USA ✗

★ 100% biodegradable, compostable & chlorine free

## CAT FOOD

Petite Amie	Bush's (V.I.P. Petfoods)	AU ✓
Gourmet D'Lite, Pounce, Safcol, Snappy Tom, Ultimates Dine, Kitekat, Optimum, Sheba, Temptations, Whiskas	Safcol (Tropical Canning Group)	THA ✓
Fancy Feast, Friskies, GoCat, One, Purina, Supercoat	Mars	USA ✗
Iams	Procter & Gamble	USA ⓧ

## DOG FOOD

Bush's, Divine	Bush's (V.I.P. Petfoods)	AU ✓
Excellence	Lovitt's	AU ✓
Nature's Gift	Nature's Gift Australia	AU ✓
Fish for Dogs	Safcol (Tropical Canning Group)	THA ✓
Biopet ★	Biopet Pet Care	AU ~
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

## DID YOU KNOW?

Each baby in disposable nappies full time creates two tonnes of landfill, which takes up to 150 years to break down.

## PET CARE

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





## PET FOOD (CHILLED)

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

## PET FOOD (OTHER)

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

## SAUCES & INTERNATIONAL

BRAND	COMPANY		
<b>ASIAN</b>			
asia@home	Goodman Fielder		✓
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		✓
Ayam	A Clouet (Denis Freres Group)	FRA	✓
Wraps of the World	General Mills	USA	✓
Thai Gourmet	Southern Pacific Foods		~
Pandaroo	Yuen's Market		~
Hakubaku	Hakubaku	JPN	~
Prima Taste	Prima Food (Prima)	SGP	~
Conimex	Unilever	UK/ NLD	✗

### CONDIMENTS

Aristocrat, Blue Banner, Old Country, Rosella	Gourmet Food Holdings (Crescent Capital)		✓
Always Fresh	Riviana Foods (SunRice)		✓
Gee Vale, Sandhurst	Sandhurst Fine Foods		✓

## GENETIC ENGINEERING

In Australia, the four main genetically engineered (GE) ingredients in our food are currently derived from imported corn (maize) and soy, and local and imported cottonseed and canola products.

Concerns over GE food include unknown health risks, threats to biodiversity, contamination of conventional and organic crops, increase in pesticide and herbicide use, and control over our food by the multinational chemical companies that legally own the patents on the technology. Monsanto is the largest and owns 90 per cent of global GE patents.

- » Check the *Greenpeace True Food Guide* for brands guaranteed GE-free by their manufacturer. See [www.truefood.org.au](http://www.truefood.org.au)
- » Look for foods labeled 'GMO free', 'GE-free', 'Not genetically modified', 'certified Organic' and 'Biodynamic' or items that are 'Product of Australia' (except food containing cottonseed or canola oil).
- » Have your say and oppose GE food crops in Australia and elsewhere. See [www.geneethics.org](http://www.geneethics.org) and [www.greenpeace.org/rice](http://www.greenpeace.org/rice)



Green Valley, Sacla	Conga Foods	AU	✓
Fletchers	Fletchers Foods	AU	✓
Hoyts	Hoyt Food	AU	✓
Jensens	Jensens Choice Foods	AU	✓
Globus	Manassen Foods (CHAMP)	AU	✓
Spring Gully	Spring Gully Foods	AU	✓
Three Threes	Three Threes Condiments	AU	✓
Leggo's	Simplot	USA	✓
Baxters	Baxters	UK	~
SPC	SPC Ardmona (Coca-Cola Amatil)	AU	✗
Heinz	Heinz	USA	✗
Dolmio, Masterfoods	Mars	USA	✗
Maille	Unilever	UK/ NLD	✗
Branston	Nestle	SWI	⊘

## INDIAN

Maharajah's Choice	Ostindo International	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	~
Sharwoods	Premier Foods	UK	~

## MEXICAN

Byron Bay Chilli Co.	Byron Bay Chilli Co.	AU	✓
CCs	Snack Brands Australia	AU	✓
Old El Paso	General Mills	USA	✓
Mission, Rositas	Gruma	MEX	~
Masterfoods	Mars	USA	✗
Doritos	Smith's Snackfood Co. (Pepsico)	USA	✗

## NOODLES

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

## PASTA SAUCE

Paul Newman's Own	Goodman Fielder	AU	✓
Stromboli	Gourmet Food Holdings (Crescent Capital)	AU	✓
San Remo	San Remo	AU	✓
Barilla	Barilla	ITA	✓
Sacla, Val Verde	Conga Foods	AU	✓
Jensens ★	Jensens Choice Foods	AU	✓
La Gina	Valcorp Fine Foods	AU	✓
Leggo's	Simplot	USA	✓
Divella	Divella	ITA	~
Ardmona	SPC Ardmona (Coca-Cola Amatil)	AU	✗
Campbell's	Campbell Soup Company	USA	✗
Classico	Heinz	USA	✗
Dolmio	Mars	USA	✗
Bertolli, Chicken Tonight, Five Brothers, Raguletto	Unilever	UK/ NLD	✗

★ certified organic

“The most powerful way to change society is neither revolution nor reformation. If you want to change society you must tell an alternative story.”  
— Ivan Illich

Chang's	Cypress & Sons	AU	✓
Hoyt's	Hoyt Food	AU	✓
Bamboo Pot, Trident	Manassen Foods (CHAMP)	AU	✓
Three Threes	Three Threes Condiments	AU	✓
Ayam	A Clouet (Denis Freres Group)	FRA	✓
Ezy-Sauce, Fountain, White Crow	Cerebos (Suntory)	JPN	✓
Pataks	General Mills	USA	✓
McCormick	McCormick	USA	✓
Chefs Pantry	Chefs Pantry	AU	~
Pandaroo	Yuen's Market	AU	~
Tabasco	McIlhenny Co.	USA	~
Nandos	Nandos	ZAF	~
Sharwoods	Premier Foods	UK	~
SPC, Taylor's	SPC Ardmona (Coca-Cola Amatil)	AU	✗
Heinz, HP, Lea & Perrins, Ocean Spray	Heinz	USA	✗
Kraft	Kraft	USA	✗
Dolmio, Kan Tong, Masterfoods, Seeds of Change, Uncle Ben's	Mars	USA	✗
Chicken Tonight, Continental, Maille	Unilever	UK/ NLD	✗
Maggi	Nestle	SWI	⊘

## SALAD DRESSING/MAYONNAISE

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


▲ made under licence

## SAUCES

Cornwells, ETA, Holbrooks, Paul Newman's Own	Goodman Fielder	 ✓
Rosella	Gourmet Food Holdings (Crescent Capital)	 ✓
Lee Kum Kee	Oriental Merchant (China Merchants Group)	HKG ✓




Continued at top ↑

## SOY SAUCE





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

★ some products certified organic

## TOPPING

McKenzie's	Ward McKenzie	 ✓
Cottee's	Schweppes Australia (Asahi Breweries)	JPN ✓
Capilano	Capilano Honey	 ✓
Fresh Attitude	Australian Food Innovators	 ~
Sensational	Old Fashioned Foods	NZL ~
Cadbury	Cadbury (Kraft)	USA ✗

## VINEGAR

Cornwells	Goodman Fielder	 ✓
Lloyds	Lloyds Vineyard	 ✓
Always Fresh	Riviana Foods (SunRice)	 ✓
Moro	Conga Foods	 ✓
Colavita	Colavita Olive Oil	ITA ~

## SNACKS

BRAND	COMPANY		
<b>BISCUITS/CRACKERS</b> ▲ Palm oil			
Griffin's	Griffin's Foods (Pacific Equity Partners)	🇺🇸	✓
Cottage, Paradise, Veri Deli, Westons	Paradise Food Industries (Goodman Fielder)	🇺🇸	✓
Orgran	Roma Food Products	🇺🇸	✓
Fantastic	San Remo	🇺🇸	✓
Dick Smith ▲	Sanitarium (Adventist Church SP)	🇺🇸	✓
Carrs, McVities, Walkers ★	Manassen (CHAMP)	🇺🇸	✓
Unibic, Weight Watchers ▲	Unibic Australia	🇺🇸	✓
Ital	Ital Biscuits	🇺🇸	~
Kez's	Kez's Kitchen	🇺🇸	~
Kooka's 🇺🇸	Kooka's Country Cookies	🇺🇸	~
Kurrajong Kitchens	Kurrajong Kitchens	🇺🇸	~
Butterfingers	Old Colonial Cookie Co.	🇺🇸	~
Waterthins	Waterwheel	🇺🇸	~
Wheelies	Old Fashioned Foods	NZL	~
Arnotts, Players, Tim Tams	Arnott's Biscuits (Campbell Soup Company)	USA	✗
Crackerbread, Ryvita	George Weston Foods (Wittington Investments)	UK	✗
Kraft, Nabisco	Kraft	USA	✗
Apero, Sakata, Snakata	Sakata (Pepsico)	USA	✗

▲ made under licence ★ some products certified organic

🇺🇸 product of Australia

## CHIPS/CRISPS ▲ Palm oil

Byron Bay Chilli Co.	Byron Bay Chilli Co.	🇺🇸	✓
Absolute Organics ★	Eco Farms	🇺🇸	✓
Ajita's, Vege Chips	Vege Chip Company, The	🇺🇸	✓
CCs, Cheezels, Colvan, French Fries, Kettle, Real McCoy, Rix, Samboy, Tasty Jacks, Thins	Snack Brands Australia	🇺🇸	✓
Mamee, Mister Potato	Mamee Double-Decker	MYS	~
Pitos	Unisnack (Sibirsky Bereg)	RUS	~
Burger Rings, Cheetos, Doritos, Grain Waves, Nobby's, Parkers, Red Rock Deli, Ruffles, Smith's, Toobs, Twisties, Walkers	Smith's Snackfood Co. (Pepsico)	USA	✗
Pringles	Procter & Gamble	USA	🚫

★ certified organic

## PALM OIL — DYING FOR A COOKIE

Palm oil is found in around 50 per cent of packaged foods and one in 10 supermarket products. Many items such as lipsticks and pet food can include palm oil, but you may not know it because it is simply listed as 'vegetable oil'.

# SAVE OR DELETE



## THE CHOICE IS OURS

Unsustainable Palm Oil is the biggest single threat to the survival of the Orangutan.

**TAKE ACTION NOW.**

**YOU CAN MAKE A DIFFERENCE.**

Find out how at [www.palmoilaction.org.au](http://www.palmoilaction.org.au)

Rainforests in South East Asia are being cleared at the rate of 300 football fields per hour to make way for oil palm plantations. Burning of cleared areas results in significant greenhouse gas emissions and loss of habitat for orangutans, and other endangered species such as the Sumatran tiger and the Asian rhinoceros.

Only 8 per cent of palm oil plantations are presently certified sustainable.

- » See the 'Helping you buy responsibly' section on the BOS Australia website at [www.orangutans.com.au](http://www.orangutans.com.au) for a list of manufacturers who are committed to avoiding the use of palm oil.
- » Avoid products containing palm oil where possible, or choose products from companies that have commitments to, and actions on, responsible purchasing of palm oil. [www.panda.org/palmoilscorecard](http://www.panda.org/palmoilscorecard)
- » Learn about the issues at the Palm Oil Action Group website [www.palmoilaction.org.au](http://www.palmoilaction.org.au)
- » Visit the Melbourne Zoo 'Don't Palm Us Off' campaign and sign the petition for compulsory labelling at [www.zoo.org.au/palmoil](http://www.zoo.org.au/palmoil)



**CHOCOLATE** ⚠️ Child labour, pesticides, palm oil

Cocolo ★ 1, 2	Organic Trader		✓
Sweet William	Sweet William		✓
Bueno, Ferrero Rocher, Kinder	Ferrero	ITA	✓
Lindor, Lindt	Lindt & Sprungli	SWI	✓
Dark Ghana, Peanut Slab, Whittakers	Whittakers	NZL	✓
Ballantyne	Ballantyne (Fyna)		~
Chocolatier ★3	Chocolatier Australia		~
Ernest Hillier, Hillier's, Newman's	Ernest Hillier		~
Cocoa Farm ★4	Farm By Nature		~
Dagoba ★2	Artisan Confections	USA	~
Guylian	Guylian (Lotte)	JPN	~
Kaoka Organic ★1,2	Kaoka	FRA	~
Scarborough Fair ★1,2	Lighthouse Ventures	NZL	~
Vivani ★2	Ludwig Weinrich	GER	~
Boost, Bubbly, Cadbury, Cherry Ripe, Chomp, Crunchie, Dairy Milk ★1, Favourites, Green and Black's ★2,3, Flake, Freddo, Fry's Turkish Delight, Milk Tray, Picnic, Roses, Time Out, Twirl	Cadbury (Kraft) ✱	USA	✗

**SLAVERY IN THE MODERN WORLD**

There are no slaves in the 21st century, right? Wrong. Far from being an historical relic, human slavery is thriving. It is one of the world's most lucrative crime industries, after arms and drugs. And it's not just adults who are being subjected to this degradation.

The scale of the problem is enormous. In 2009, there were an estimated 27 million women, men and children held in bonded labour, forced child labour and sexual servitude.

**THE HUMAN COST OF CHOCOLATE**

About 70% of the cocoa beans used to make the world's chocolate comes from West Africa, mainly the Ivory Coast and Ghana. An estimated 1.36 million children work in the cocoa sector, where farmers' families traditionally help with cocoa harvests. But there is a sinister twist to this.

Criminal networks have trafficked thousands of children across regions to work on cocoa farms. These children are forced to work under slave conditions – working long hours, carrying heavy loads and handling dangerous chemicals and machetes. Most have no hope of ever going

Cote d'or, Milka, Terri's, Toblerone	Kraft	USA	✗
Bounty, Celebrations, Dove, M&Ms, Maltesers, Mars, Milky Way, Mondo, Pods, Snickers, Twix	Mars	USA	✗
Aero, Baci, 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 Fairtrade,

2 certified organic,

3 some products certified Fairtrade,

4 some products certified organic

- ✧ Cadbury has announced plans to launch Fairtrade Certified Dairy Milk chocolate in Australia by Easter 2010, and for the vast majority of it's Green & Black's range to go Fairtrade Certified later in the year.

However in February 2010 Cadbury, the world's second largest confectioner, was bought by Kraft, the world's second largest food company, for \$21 billion. At time of printing it is unclear whether Kraft will continue with Cadbury's plans to increase it's Fairtrade Certified product range.

"In 2007, slave traders made more money than Google, Nike and Starbucks combined."  
(from [www.callandresponse.com](http://www.callandresponse.com))

to school. In extreme cases, children as young as six are forced to work 80-100 hours a week. They are beaten to work harder and are severely malnourished.

## BIG CHOCOLATE

Over the last ten years the international chocolate industry has been aware of this, but it has only been in the last 12 months that we have seen substantial progress from the "Big Chocolate" companies. Cadbury has shown the most commitment with plans to achieve Fairtrade certification on its Dairy Milk chocolate in Australia by Easter 2010. Mars and Nestlé have committed to some certification under Rainforest Alliance and Fairtrade systems (respectively) but only for some products in their UK range. These changes are positive but greater corporate responsibility is required to systematically end child exploitation.

## SO WHAT CAN YOU DO?

- » Look for products with the certified Fairtrade symbol.
- » See the World Vision 'Don't Trade Lives' campaign's *Good Chocolate Guide* at [www.donttradelives.com.au/chocguide](http://www.donttradelives.com.au/chocguide)
- » Find out more about the human cost of chocolate at [www.stopthetraffik.org](http://www.stopthetraffik.org)



**CONFECTIONERY**

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

**LOZENGES, MINTS & GUM**

Tic Tac	Ferrero	ITA ✓
Snows Ice	Snow Confectionery	🇦🇺 ✓
Aussie Drops	Confectionery Trading Co	🇦🇺 ~
Gleam, Jila, Jols, Licorette, Vapors	Ferndale Confectionery	🇦🇺 ~

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Mini Mints	Robern Menz (MFG)	AU	~
Fisherman's Friend	Lofthouse	UK	~
Frisk, Meller, Mentos	Perfetti Van Melle	ITA	~
Ricola	Ricola	SWI	~
Werther's	Storck	GER	~
trebor's 24-7	Cadbury (Kraft)	USA	X
Strepsils	Reckitt Benckiser	UK	X
5, Airwaves, Eclipse, Extra, Freudent, Hubba Bubba, Juicy Fruit, PK, Wrigleys, X-cite	Wrigley Co. (Mars)	USA	X
Allens, Anticol, Butter Menthol, Quick-Eze, Soothers, Throaties, XXX, Zones	Nestle	SWI	⊘
Vicks	Procter & Gamble	USA	⊘

## POPCORN

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

## RICE/CORN CAKES

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

# Embrace Sustainable Living

sustainablelivingcalendar

check out sustainability events in your local town

[www.slf.org.au/calendar](http://www.slf.org.au/calendar)

## ALCOHOL

BRAND	COMPANY	
<b>BEER</b>		
Barons ▲, Byron Bay ▲, Crackenback ▲, Snowy Mountain ▲, St Arnou ▲	Australian Independent Brewers	🇦🇺 ✓
Red Angus	De Bortoli Wines	🇦🇺 ✓
Steam Exchange	Encounter Bay	🇦🇺 ✓
Abbotsford, Beez Neez, Belle-Vue, Carlsberg ▲, Carlton, Cascade, Cold, Crown Lager, Fat Yak, Fosters, Guinness ▲, KB Lager, Kilkenny ▲, Kronenbourg 1664 ▲, Light Ice, Matilda Bay, Melbourne Bitter, Naked Ale, Newcastle Brown Ale ▲, Pacifico, Power's, Pure Blonde, Redback, Shanghai Lager, VB	Foster's Group	🇦🇺 ✓
Coopers	Coopers	🇦🇺 ✓
Gage Roads	Gage Roads	🇦🇺 ~
Grand Ridge	Grand Ridge	🇦🇺 ~
Little Creatures, Rogers	Little Creatures	🇦🇺 ~
Mountain Goat	Mountain Goat Brewery	🇦🇺 ~
Dry Dock ▲	Independent Distillers	NZL ~
Bluetongue, Bondi Blonde	Bluetongue Brewery (Pacific Beverages)	🇦🇺 ✗

## BEER IN AUSTRALIA

With exception of the family owned Coopers Brewery, all of the large Australian breweries are now owned by either the Foster's Group or Lion Nathan. When buying beer, consider supporting one of Australia's 100+ microbreweries. [www.microbrewing.com.au](http://www.microbrewing.com.au)

## ALCOHOL RETAIL

Alcohol retail is the new lucrative frontier.

The supermarket titans, Woolworths and Coles (owned by Wesfarmers), are heavily investing in the acquisition of independent liquor stores and chains, and between them currently control over 50% of total alcohol retail in Australia – up from 32% just 5 years ago.

To further increase profits, Woolworths and Coles import liquor under misleading names and load up their stores with these difficult to spot “house brands”, often undercutting the well known brands. To get a slice of Australia's \$7 billion beer industry, both companies have introduced their own house brand beer.

» buy from independently owned bottle shops/pubs

» choose local, independent Australian-owned brands



Barefoot Radler, Beck's ▲, Blue Bitter, Blue Ice, Boag's, Carbine Stout, Emu, Eumundi Lager, Gold Bitter, Gulf Lager, Hahn, Ice Beer, James Squire, Kirin ▲, Knappstein Reserve Lager, Red Bitter, Southwark, Swan, Tasman ▲, West End	Lion Nathan National Foods (Kirin)	JPN ✕
Heineken ▲	Heineken Lion	AU ✕
Maxx Blonde	Coles (Wesfarmers)	AU ✕
Platinum Blonde	Woolworths	AU ✕

▲ made under licence

## BEER (IMPORTED)

Asahi Super Dry	Asahi Breweries	JPN ✓
Boddingtons, Hoegaarden, Leffe, Stella Artois	InBev (AB InBev)	BEL ✓
Monteith, Tiger	Asia Pacific Breweries	SGP ~
Corona	Grupo Modelo	MEX ~
San Miguel	San Miguel Brewery	PHL ~
Sapporo	Sapporo	JPN ~
Speights, Steinlager	Lion Nathan NF(Kirin)	JPN ✕
Castle, Grolsch, Miller Draft, Peroni Nastro Azzurro, Pilsner Urquell	SABMiller	UK ✕
Budweiser	Anheuser-Busch (AB InBev)	BEL ✕
Harp, Kilkenny	Diageo	UK ✕

## WOOLWORTHS

## WESFARMERS

### LIQUOR STORES

Dan Murphy's, BWS, Woolworths/Safeway Liquor, plus 280 hotels with 11,000+ poker machines

1st Choice, Liquorland, Vintage Cellars, plus 95 hotels with 3,000+ poker machines

### IMPORTS UNDER THE NAME

International Liquor Wholesalers

James Busby Fine Wine & Spirits, Australian Beer Connoisseurs

### "HOUSE BRANDS"

**Beer:** Platinum Blonde, Dry Dock; **Bourbon:** Nelson County; **Gin:** Hogarth, Houndstooth, Traders, Windsor; **Liqueur:** Feeny's; **Scotch:** Drummer, Hart Brothers, McAllister, Provenance; **Tequila:** Six Shooter; **Vodka:** Mishka, Red Square, Ruskov

**Beer:** Maxx Blonde; **Beer (imported):** Bavaria; **Cider:** Newton's; **Bourbon:** Evan Williams, Iron Horse, Kentucky Gold, Virgin; **Gin:** Mayfair, Lions; **Liqueur:** Ballymore, Cassidy; **Scotch:** Hankey Banister, Heather Mist, John Samson; **Vodka:** Volsk

## METCASH

### LIQUOR STORES

Cellarbrations, Bottle-O, IGA Plus Liquor (Metcash distributes to 13,000+ independently owned liquor retailers, yet doesn't own any itself.)

**APERTIF**

Dubonett, Pernod, Ricard	Pernod Ricard	FRA	✓
Aperol, Campari	Campari	ITA	~
Pimms	Diageo	UK	✗

**BOURBON**

Black Jack, Cougar	Foster's Group	AU	✓
Jack Daniels, Southern Comfort, Woodford Reserve	Brown-Forman	USA	✓
Wild Turkey	Campari	ITA	~
Woodstock	Independent Distillers	NZL	~
McKenna	Lion Nathan National Foods (Kirin)	JPN	✗
Basil Hayden's, Jim Beam, Makers Mark, Old Crow	Beam Global (Fortune Brands)	USA	✗
Bulliet, Real McCoy, Slate	Diageo	UK	✗

**BRANDY**

Chateau Tanunda	Chateau Tanunda	AU	✓
Chatelle Napoleon	Foster's Group	AU	✓
McWilliams Max	McWilliam's Wines	AU	✓
St Agnes 🇺🇸	Angove's	AU	✓
Dorville	Pernod Ricard	FRA	✓
Hardys 🇺🇸	Constellation Brands	USA	~
Magno, Veterano	Obsourne	ESP	~
Metaxa, St Remy	Remy Cointreau	FRA	~
Fundador	Beam Global (Fortune Brands)	USA	✗

🇺🇸 product of Australia

**LIQUEUR**

Father O'Leary's, Rumba	De Bortoli Wines	AU	✓
Continental Liqueurs	Foster's Group	AU	✓
Kahlua, Malibu, Tia Maria	Pernod Ricard	FRA	✓
Lena, Midori, Mohala, Rubis, Suntory	Suntory	JPN	✓
Baitz	Alepat Taylor	AU	~
Kilkenny	Australian Vintage	AU	~
Bacchus, Bananarama, Cafe Latte, Choc-Whip, Cowboy, Cowgirl	Bacchus Distillery (BDS International)	AU	~
Ambra	Limoncello Australia	AU	~
Vok	Vok Beverages	AU	~
Erin Cream	Ballande Group	FRA	~
Carolans, Frangelico, Irish Mist	C&C Group	IRL	~
Campari	Campari	ITA	~
Licor 43	Diego Zamora	ESP	~
Drambuie	Drambuie	UK	~
Everglades	Independent Distillers	NZL	~
Galliano	Lucas Bols	NLD	~
Grand Marnier	Marnier-Lapostolle	USA	~
Jagermeister	Mast-Jagermeister	GER	~
Mozart	Mozart Distillerie	AUT	~
Cointreau	Remy Cointreau	FRA	~
Benedictine	Bacardi	BMU	✗
Baileys, Sheridans	Diageo	UK	✗

## CIDER

Bulmers, Mercury, Strongbow	Foster's Group	AU ✓
Pipsqueak	Little Creatures	AU ~
Three Oaks Cider	Vok Beverages	AU ~
Magners	C&C Group	IRL ~
5 Seeds	Lion Nathan National Foods (Kirin)	JPN ✗

## COGNAC

Martell	Pernod Ricard	FRA ✓
Delamain	Delamain	FRA ~
Hennessy	Moët Hennessy (LVMH)	FRA ~
Remy Martin	Remy Cointreau	FRA ~
Courvoisier	Beam Global (Fortune Brands)	USA ✗

## GIN

Beefeater, Plymouth, Seagrams	Pernod Ricard	FRA ✓
Jinn	ASM Liquor	AU ~
Hendrick's	William Grant & Sons	UK ~
Bombay Sapphire, South	Bacardi	BMU ✗
Gilbeys, Gordons, Tanqueray, Vickers	Diageo	UK ✗

## ALCOHOL ADVERTISING

The alcohol industry has been repeatedly criticised for unethical advertising of alcohol to young people.

- 50 per cent of young people drink at risky levels.
- Underage drinkers contribute an estimated \$217 million to the revenue of the alcohol industry.
- More than 4,000 deaths per year in Australia are attributable to irresponsible use of alcohol

## READY-TO-DRINK (DARK)

Black Douglas, Black Jack, Cougar	Foster's Group	AU ✓
Jack Daniels, Southern Comfort	Brown-Forman	USA ✓
Ballantines	Pernod Ricard	FRA ✓
Wild Turkey	Campari	ITA ~
Highland, Woodstock	Independent Distillers	NZL ~
Canadian Club ▲, Jim Beam ▲, Old Crow ▲	Coca-Cola Amatil	AU ✗
Inner Circle, McKenna	Lion Nathan National Foods (Kirin)	JPN ✗
Bacardi	Bacardi	BMU ✗
Bulliet, Bundaberg, Haig, Johnny Walker, Real McCoy, Slate	Diageo	UK ✗

▲ made under licence

**READY-TO-DRINK (WHITE)**

SKYY ▲	Foster's Group	AU ✓
West Coast	Pernod Ricard	FRA ✓
Midori	Suntory	JPN ✓
HI NRG, Infused Rush	Vok Beverages	AU ~
Jose Cuervo	Casa Cuervo (Grupo Cuervo)	MEX ~
Cruiser, CS Cowboy, Pulse, Red Bear, Vodka Mudshake	Independent Distillers	NZL ~
Bacardi Breezer	Bacardi	BMU ✗
Gordons, Ruski, Smirnoff, UDL	Diageo	UK ✗

▲ made under licence

**RUM**

Cougar	Foster's Group	AU ✓
Havana Club, Malibu	Pernod Ricard	FRA ✓
Kinky	ASM Liquor	AU ~
Negrita	Bardinet	FRA ~
Appleton Estate	J Wray & Nephew	JAM ~
Matusalem	Matusalem	USA ~
Mount Gay	Remy Cointreau	FRA ~
Coruba, Inner Circle	Lion Nathan National Foods (Kirin)	JPN ✗
Bacardi	Bacardi	BMU ✗
Beenleigh, Bundaberg, Captain Morgan	Diageo	UK ✗

**TEQUILA**

Coyote	Foster's Group	AU ✓
Tequila Blu	ASM Liquor	AU ~
Sierra	Borco	GER ~
1800, Jose Cuervo	Casa Cuervo (Grupo Cuervo)	MEX ~
Amigo	Tequila Quiote	MEX ~
Sauza	Beam Global (Fortune Brands)	USA ✗

**VERMOUTH**

De Bortoli	De Bortoli Wines	AU ✓
Cinzano	Campari	ITA ~
Martini, Noilly Prat	Bacardi	BMU ✗

**DID YOU KNOW?**

Several types of spirits can only legally be produced in particular regions of the world. You may know that any drink labelled champagne must come from France, but most people don't realise that:

- » All bourbon whisky comes from USA
- » All Scotch whisky comes from Scotland
- » All Irish whisky comes from Ireland
- » All tequila comes from Mexico
- » All cognac comes from France

## SCHNAPPS

Lindenhof	Elz Valley Distillery	GER	✓
Bacchus	Bacchus Distillery (BDS International)	AUS	~
Berentzen	Berentzen	GER	~
Teichenne	Teichenne	ESP	~
Gorter	UTO	NLD	~
Baron Von Scheuters, De Kuyper	Beam Global (Fortune Brands)	USA	✗
Archers	Diageo	UK	✗

## SCOTCH WHISKEY

100 Pipers, Black Douglas	Foster's Group	AUS	✓
Ballentines, Chivas Regal, The Glenlivet	Pernod Ricard	FRA	✓
Famous Grouse	Edrington Group	UK	~
Dalmore, Jura	UB Group	IND	~
Glenfiddich, Grants	William Grant & Sons	UK	~
Dewars	Bacardi	BMU	✗
Laphroaig, Teacher's	Beam Global (Fortune Brands)	USA	✗
Bells, Dimple, Haig, J&B, Johnny Walker, Vat 69	Diageo	UK	✗

## VODKA

Karloff, Kirov	Foster's Group	AUS	✓
Finlandia	Brown-Forman	USA	✓
Absolut, Level	Pernod Ricard	FRA	✓
Vodka O	ASM Liquor	AUS	~
SKYY	Campari	ITA	~
Svedka	Constellation Brands	USA	~
Kristov	Independent Distillers	NZL	~
Belvedere	Moët Hennessy (LVMH)	FRA	~
Russian Standard	Russian Standard	RUS	~
Stolichnaya	SPI Group	SWI	~
42 Below, Eristoff, Grey Goose	Bacardi	BMU	✗
Ciroc, Cossack, Smirnoff, Ursus	Diageo	UK	✗

## WHISKEY (OTHER)

Jameson	Pernod Ricard	FRA	✓
Tullamore Dew	C&C Group	IRL	~
Canadian Club	Beam Global (Fortune Brands)	USA	✗
Bushmills, Crown Royal	Diageo	UK	✗

## OFFICE SUPPLIES

BRAND	COMPANY	
<b>COPY PAPER</b>  Forest logging (choose recycled)		
Recycled Supreme  , Green Wrap	Fuji-Xerox	JAP 
Quill	Quill Stationery	AU 
Ecocern 	Ecocern	AU 
Double A	Advance Agro	THA 
Aspen  , Boise, Fireworx  , MaxBrite, X-9, Officemax  , Splox 	Boise Inc (Aldabra 2 Acquisition Corp)	USA 
Canefields 	Canefields (TNPL)	IND 
Cyclus 	Dalum Papir	DNK 
Nautilus / Canon recycled 	Lenzing / Neusiedler	GER 
Color Copy, IQ Triotec 	Mondi	UK 
Evolve 	M-Real (Metsäliitto)	FIN 
Vision Pure White  , Officeworks 	Steinbeis	GER 
Paper One	APRIL (Gold Leaf Holdings)	CYM 
Australian Recycled  , EXP Green 50% Recycled  , Reflex Recycled  , ENVI, Olympic, Optix, Reflex, Tablex, Tudor	Australian Paper (Nippon Paper)	JPN 
HP	International Paper	USA 
Yes	UPM-Kymmene	FIN 

## WATER AND FORESTS

We all do our bit to save water. Shorter showers, half-flush toilets, using a bucket to wash the car. Yet logging wastes up to 1,000 litres every second, reduces waterflow into our dams by 50 per cent and causes erosion and pollution that affects water quality. Many of our ancient forests in Tasmania, Victoria and New South Wales are presently being logged — clearfelled, burnt, and turned into millions of tonnes of woodchips for paper and cardboard every year.

- » So say 'no' to Reflex and other Australian Paper products (including Post Office brand) which use Australian native forest fibre and are chlorine bleached.
- » Choose copy paper with recycled content (see below)
- » Tell the government to stop logging our water catchments — [www.melbournecatchments.org](http://www.melbournecatchments.org)
- » Find out more about protecting our forests — [www.wilderness.org.au/forests](http://www.wilderness.org.au/forests)

- ★ 1 100% post consumer recycled (from Australia) – brown
- ★ 2 100% post consumer recycled (from Europe)
- ★ 3 some recycled content (from Australia)
- ★ 4 some recycled content (from overseas)

## PAPER — ALL IS NOT THE SAME!

Choosing recycled paper products reduces the demand for virgin pulp, uses less water and energy, and creates a market for paper collected through recycling programs. Each ton of post-consumer-waste recycled paper saves 17 trees, 4,100kwh of energy and a whopping 26,000 litres of water.

Presently there isn't a 100% post-consumer-waste recycled content white copy paper that is manufactured in Australia, so it's a trade off between paper imported from Europe, or buying a locally made product with a lower recycled content.

Avoid imported, non-labeled, paper products. These are often from Asia and connected with illegal logging.

Look for products with:

- » a high percentage of post-consumer-waste recycled content;
- » a high percentage of fibre sourced from sustainably managed plantations (ie. FSC – Forest Stewardship Council – certification);
- » alternative fibres such as hemp, kenaf and bagasse.

Find out more at [www.environment.nsw.gov.au/sustainbus/officewasteguides.htm](http://www.environment.nsw.gov.au/sustainbus/officewasteguides.htm)



## FOLDERS/FILING

Cumberland, <b>Earthcare</b> ★ <sup>2</sup> , Riven	Cumberland Stationery	AU ✓
Crystalfile, Marbig	ACCO Brands	USA ✓
Bantex, <b>Ecoboard</b> ★ <sup>1</sup>	Bantex	AU ✓
Colby	Colby Office Products	AU ✓
Ausinc	Ausinc	AU ~
Camerons	Camerons	AU ~
Avery	Avery Dennison	USA ~
Esselte, Pendaflex	Esselte (J W Childs)	USA ~
<b>Tudor</b> ★ <sup>1</sup>	Aust. Paper (Nippon Paper)	AU ✗

★ <sup>1</sup> some products certified organic, <sup>2</sup> Good Environmental Choice label

## OFFICE SUPPLIES (SCISSORS, STAPLERS, TAPE, ETC)

Crystalfile, Marbig, Rexel	ACCO Brands	USA ✓
Dahle, Ledah	Bantex	AU ✓
Sellotape	Dalton (Griffin Group)	AU ✓
Celco	Jasco	AU ✓
Deskworks, Durasharp, Fiskars, Schoolworks	Fiskars	FIN ✓
Esselte	Esselte (J W Childs)	USA ~
Maped	Maped	FRA ~
Bostitch, Stanley	Stanley Works	USA ~
UHU	UHU (Bolton Group)	NLD ~
Scotch	3M	USA ✗
Blu Tack, Bostik, Clag	Bostik (Total)	FRA ✗

## PADS/BOOKS/DIARIES Forest logging (choose recycled)

Colourhide, Daytimer, Derwent, Marbig	ACCO Brands	USA	✓
Stick on Notes	Bantex	AU	✓
Waterville	Colby Office Products	AU	✓
Jasart	Jasco	AU	✓
Quill	Quill Stationery	AU	✓
Austab	Austab	AU	~
Camerons	Camerons	AU	~
Collins, Debden	Collins Debden	AU	~
Australian Envelopes	Envotec	AU	~
Impact	Impact Business Forms	AU	~
Note Book ★	Note Pad Manufacturers	AU	~
Upward, Wildon	WH Annett	AU	~
Zion Systems	Zions	AU	~
Avery, Unistat	Avery Dennison	USA	~
Windsor & Newton	ColArt (Lindrgruppen)	SWE	~
Rediform	Dominion Blueline	CAN	~
Esselte, Spirax	Esselte (J W Childs)	USA	~
Filofax	Letts Filofax (Phoenix Equity)	UK	~
Post It	3M	USA	✗
Olympic, Reflex, Tudor ★	Aust. Paper (Nippon Paper)	JPN	✗
Rolodex	Sanford Australia (Newell Rubbermaid)	USA	✗

★ some recycled

## WRITING INSTRUMENTS

Derwent, Marbig	ACCO Brands	USA	✓
Faber Castell	Faber-Castell	GER	✓
Staedtler	Staedtler	GER	✓
Celco, Texta	Jasco	AU	✓
Crayola	Binney & Smith (Hallmark Cards)	USA	✓
Energel, Pentel	Pentel	JPN	✓
Micador, QVS	Micador	AU	~
Maped	Maped	FRA	~
Uniball	Mitsubishi Pencil Co.	JPN	~
Pilot	Pilot	JPN	~
Stabilo	Schwan-Stabilo	GER	~
Artline	Shachihata	JPN	~
Zebra	Zebra	JPN	~
Roseart, SRX	MEGA Brands	CAN	✗
Bic	Bic	FRA	✗
Expo, Foohy, Liquid Paper, Papermate, Parker, Sharpie	Sanford (Newell Rubbermaid)	USA	✗

### DID YOU KNOW?

In Australia alone, over 140 million pens are sold annually, with the majority discarded after a single use. » Find pens made from recycled and biodegradable plant-based materials at [www.ecopaper.com.au](http://www.ecopaper.com.au) and [www.ginggreensolutions.com.au](http://www.ginggreensolutions.com.au).



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the Earth**

# ASSESSMENT SOURCES

## SUSTAINABILITY INDEXES /

### CORPORATE SOCIAL RESPONSIBILITY INDEXES

**Australian SAM Sustainability index:** [www.aussi.net.au](http://www.aussi.net.au)

**Corporate Monitor Tables:**

[www.corporatemonitor.com.au](http://www.corporatemonitor.com.au)

**Corporate Responsibility Index:**

[www.corporate-responsibility.com.au](http://www.corporate-responsibility.com.au)

**Horwath Corporate Governance Report:**

[www.newcastle.edu.au/school/business/research/horwath/](http://www.newcastle.edu.au/school/business/research/horwath/)

**Ethical Investor EI50:** [www.ethicalinvestor.com.au](http://www.ethicalinvestor.com.au)

## VOLUNTARY COVENANTS / INDUSTRY GROUPS

**National Packaging Covenant:**

[www.packagingcovenant.org.au](http://www.packagingcovenant.org.au)

**UN Global Compact:** [www.unglobalcompact.org](http://www.unglobalcompact.org)

## ISSUE-BASED REPORTS / DATA

**Babymilk Action:** [www.babymilkaction.org](http://www.babymilkaction.org)

**Carbon Disclosure Leadership Index 2008:**

[www.cdproject.net](http://www.cdproject.net)

**Choose Cruelty Free Preferred Products:**

[www.choosecrueltyfree.org.au](http://www.choosecrueltyfree.org.au)

**Climate Counts:** [www.climatecounts.org](http://www.climatecounts.org)

**Global Exchange:** [www.globalexchange.org](http://www.globalexchange.org)

**Greenpeace True Food Guide:** [www.truefood.org.au](http://www.truefood.org.au)

**HRC Corporate Equality Index 2009:** [www.hrc.org/cei](http://www.hrc.org/cei)

**Make Trade Fair:** [www.maketradefair.com](http://www.maketradefair.com)

**PETA animal testing factsheet:** [www.caringconsumer.com](http://www.caringconsumer.com)

**WWF Palm Oil Buyer's Scorecard 2009:**

[www.panda.org/palmoilscorecard](http://www.panda.org/palmoilscorecard)

## CORPORATE ACCOUNTABILITY / BOYCOTT SITES

**Corporate Accountability International:**

[www.stopcorporateabuse.org](http://www.stopcorporateabuse.org)

**Corporate Critic:** [www.corporatecritic.org](http://www.corporatecritic.org)

**Corpwatch:** [www.corpwatch.org](http://www.corpwatch.org)

**Ethical Company Organisation (Good Shopping Guide):**

[www.ethical-company-organisation.org](http://www.ethical-company-organisation.org)

**Ethical Consumer:** [www.ethicalconsumer.org](http://www.ethicalconsumer.org)

**Ethiscore:** [www.ethiscore.org](http://www.ethiscore.org)

**Friends of the Earth:** [www.foei.org](http://www.foei.org)

**Knowmore:** [www.knowmore.org](http://www.knowmore.org)

**Multinational Monitor:** [www.multinationalmonitor.org](http://www.multinationalmonitor.org)

**Responsible Shopper:** [www.responsibleshopper.org](http://www.responsibleshopper.org)

## COMPANY OWNERSHIP / DATA

**Fightback News:** [www.fightbacknews.com.au](http://www.fightbacknews.com.au)

**Seek Top 2000 Company Profiles:**

[www.seek.com.au/if.asp?loc=ibis](http://www.seek.com.au/if.asp?loc=ibis)

**Hoovers:** [www.hoovers.com](http://www.hoovers.com)

## COUNTRY CODES

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

» Country code indicates where a company has its headquarters. This is most commonly where it pays tax and invests most infrastructure dollars.

## GLOSSARY

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

**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](http://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 which has majority ownership.

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

## 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.

### *It is our aim to:*

- » assist shoppers in seeing the wider impacts of their buying choices
- » show alternatives for making more ethical and sustainable choices
- » empower people and create awareness about consumer power
- » provide a means for consumers to give feedback to companies and government

### *In doing this we seek to make all information:*

- » freely accessible
- » transparent and well sourced
- » easy to use for the everyday shopper

Please visit our website at [www.ethical.org.au](http://www.ethical.org.au) to find out more about our public workshops, supermarket tours, and monthly 'meal & movie' nights.

## ABOUT THIS GUIDE

**Produced by the Ethical Consumer Group Inc.**

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**YOUR DOLLAR  
IS YOUR VOTE!  
... WHO DID YOU  
VOTE FOR TODAY?**



# 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 email to [info@ethical.org.au](mailto:info@ethical.org.au).
- » Please see our website at [www.ethical.org.au](http://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.

The Ethical Consumer Group Inc does not accept liability for any error contained in the information. The Ethical Consumer Group Inc is not liable for any loss or damage suffered arising from any reliance or otherwise placed on the content of this information. Please send any comments or updates to [info@ethical.org.au](mailto:info@ethical.org.au). See [www.ethical.org.au](http://www.ethical.org.au) for recent changes.

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