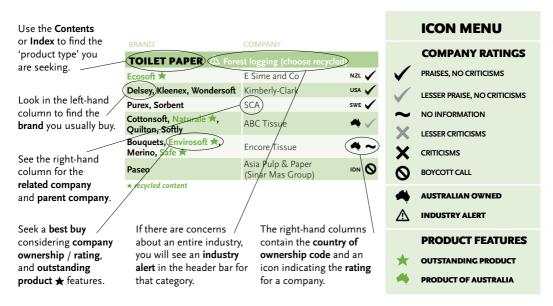


Your dollar is your vote – make it count!

HOW TO USE THIS GUIDE & ICON MENU



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

INTRODUCTION

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

Welcome to the 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** 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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Baking & Cooking	12	Frozen Meals/Pizza
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Alcohol Advertising Water & Forests Recycled Paper	69 72 73	Canned Fruit Canned Meat/Meals Canned Vegies/Beans Frozen Descerts/Fruit	32 33 33
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Shop Ethical!

for iPhone and iPod touch



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).

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



- Grow your own
- 2. Farmers markets
 - Food co-ops
- 4. Wholefood stores
- Independent grocers (like IGA, Foodworks)
- Other supermarkets (like Coles, Woolworths, ALDI)
- » Buy in bulk at a food co-op in your area 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
- » Find your local farmers market, community garden or seed savers group www.communityfoods.org.au
- » Share your excess produce and ideas at an urban harvest swap meet near you 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
- » Transform your back yard into an edible food forest with the help of the community 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 (www.babymilkaction.org)	Irresponsible marketing of infant formula	Promotion of bottled water, labour exploitation, palm oil supply chain
Procter & Gamble	USA	Uncaged (www.boycottpandg.co.uk)	Animal testing	Palm oil supply chain
Coca-Cola Company	USA	1.) India Resource Center (www.India Resource.org) 2.) Campaign to Stop Killer Coke (www.killercoke.org)	Human rights abuses in South America, pollution in India	Promotion of bottle water
Kellogg	USA	Organic Consumers Association (www.organicconsumers.org/kelloggs.cfm)	Use of Monsanto's genetically modified sugar in cereals	Advertising junk food to kids
L'Oreal	FRA	NatureWatch (www.naturewatch.org)	Animal testing	Use of nanotechnology
Sinar Mas	IDN	Greenpeace (www.greenpeace.org.uk/tags/sinar-mas)	Illegal logging, corruption	Unsustainable palm oil production
Tata Group	IND	The Burma Campaign (www.burmacampaign.org.uk)	Involvement in Burma	Direct involvement in military

Greenpeace's boycott call on Kimberly-Clark ended in August 2009. www.kleercut.net

SOME EXAMPLES OF COMPANY CRITICISMS — See 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

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

Tale:-----

Associated Dukiels

Mars	USA	Child labour, animal testing
MEGA Brands	CAN	Red rating at ClimateCounts.org
Newell Rubbermaid	USA	Red rating at ClimateCounts.org
Nippon Paper	JPN	Supporter of Gunn's destruction of Tasmania's forests
Pacific Beverages	♣ / UK	Joint venture between Coca-Cola Amatil and SABMiller, who both have criticisms
Pepsico	USA	Promotion of bottled water, Ethiscore.org 4/15 (very poor)
PZ Cussons	UK	Animal testing
Reckitt Benckiser	UK	Animal testing, operations in oppressive regimes
SABMiller	UK	Part ownership by Altria
Sara Lee	USA	Poor wages for coffee farmers, red rating at ClimateCounts.org
SC Johnson	USA	Animal testing
Unilever	UK/ NLD	Animal testing, Ethiscore.org 0.5/15 (very poor)
Woolworths	*	Gaming — direct involvement, greenwash & misleading advertising
Wyeth / Pfizer	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 \checkmark , to those with no information \sim , those with substantial criticisms Xand those receiving an international boycott call **O**. 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 X 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.

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

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** Coles, BI-LO Woolworths, Safeway, Thomas Dux (& more in NZ) LIQUOR STORES Woolworths/Safeway Liquor, 1st Choice, Liquorland. Dan Murphy's, BWS, Vintage Cellars, plus 280 hotels plus 95 hotels

with 11,000+ poker machines 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.

Bunnings, Officeworks, Kmart Tyre & Auto Service

SUPERMARKET HOUSE BRANDS

Woolworths, Homebrand. Select, Freefrom, Navtura. Organics, Coco Belgium

Tandy Electronics

Coles, You'll love Coles, \$mart 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, OLD 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 & Old.

WOOLWORTHS/SAFEWAY



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

CAKE MIX

Defiance, Pavlova Magic, Coodman Fielder White Wings Green's Foods UK 🗸

Cadbury A, Green's (Guinness Peat) Anchor, Lion, Robur Anchor Foods

Nature's Selection Foods Nature's Selection (AAB Holdings)

Betty Crocker General Mills USA 🗸 Cake Mate McCormick USA V

swi 🚫 **Uncle Tobys** Nestle ▲ made under licence

Agostino

COOKING OIL A Genetic engineering Chefol, Crisco, ETA, Goodman Fielder

Gold'nCanola Sanitarium Dick Smith A (Adventist Church SP)

Golden Fields, Sunshine Steric

Pro Chef Lloyd Brooks A Clouet FRA 🗸 Ayam

Minerva Australia Azalea (SOS Group) Mon Folla

Abel Lemon Group Agostino Farms

(Denis Freres Group)

EGGS A Factory farming (choose free range)

Home on the Range Family Homestead * Genuine Free-Range Eggs

Country House, Essential Foods, Farm Pride, Hunter

Valley, Mrs McKechie's. Omega 3, Otway Ridge Pace Farms, Wattle Ridge

Free Range Egg Farmers *, Meggles. Sunny Queen Farms

Natures Best, Omegga, Veggs

* exclusively free range

FLOUR & BREAD MIX

Defiance, Kream, McAlpin's, Goodman Fielder White Wings *

Lowan Whole Foods

Anchor

Molini Pizzolti

The Healthy Baker. Wheatfields

Kitchen Collection, Tip Top

* some products certified organic

Laucke McKenzies

Laucke Flour Mills Ward McKenzie

(Guinness Peat)

Anchor Foods

Leo's Imports

Manildra Group

George Weston Foods

(Wittington Investments)

Farm Pride Foods

Pace Farm

Veggs

Sunny Oueen

Lowan Whole Foods

UK 🗸

UK 🗶

Colossus	Colossus Food Company	₩~
International Collection	Anglia Oils (Aarhus Olie)	DNK ~
The Grove	Avocoda Oil NZ	NZL ~
Alfa One	Old Fashioned Foods	NZL ~
Family Choice	Wintercorn Edible Products (Malaysian Mosaics Berhad)	SGP ∼

▲ made under licence

DRIED FRUIT & NUTS					
Gomans	Goman Foods	*	✓		
Sandhurst	Sandhurst Fine Foods	*	✓		
Angas Park, Sunbeam	Sunbeam Foods (CHAMP)	*	✓		
Ducks Nuts, Winn	Australian Nut Processors	*	\checkmark		
Buderim Ginger	Buderim Ginger	*	\checkmark		
Trident	Manassen Foods (CHAMP)	*	/		
Lucky	Select Harvests	*	\checkmark		
Robern	Robern Menz (MFG)	*	~		
Royal Nut Co.	Royal Nut Co.	*	~		
FreshLife	Scalzo	*	~		
Planters	Kraft	USA	X		
Nobby's	Smith's Snackfood Co. (Pepsico)	USA	×		

GRAINS & LEGUMES			
Mellow Yellow, Sanitarium	Sanitarium (Adventist Church SP)	*	✓
McKenzies	Ward McKenzie	*	✓
Lowan Whole Foods	Lowan Whole Foods (Guinness Peat)	UK	✓
Sunsol	Meriram (Select Harvests)	*	\checkmark
Nature's Selection	Nature's Selection Foods (AAB Holdings)	*	/
Select	Select Foods	*	~
GRAVY			
White Wings	Goodman Fielder	*	✓
Orgran	Roma Food Products	*	✓
Green's	Green's Foods (Guinness Peat)	UK	✓
Massel	Massel	*	/
Gravox	Cerebos (Suntory)	JPN	/
Continental	Unilever	UK/ NLD	×

HERBS & SPICES		
Clive of India, McKenzies	Ward McKenzie	* ✓
Hoyt's	Hoyt Food	* 🗸
Jensens	Jensens Choice Foods	* 🗸
Kooka, Mermaid, Saxa, Tandaco	Cerebos (Suntory)	JPN 🗸
Keen's, McCormick	McCormick	USA 🏑
Masterfoods	Mars	USA 🗶

14

JELLY CRYSTALS

Hansells Weight Watchers A (Old Fashioned Foods) Schweppes Australia Cottee's (Asahi Breweries)

McCormick

▲ made under licence

OLIVE OIL

Aeroplane

Olive Grove 🧆	Goodman Fielder	*
Always Fresh	Riviana Foods (SunRice)	* 🗸
Aurora, Giralda	Cantarella Group	* 🗸
Moro	Conga Foods	* /
Dante, Lupi, Minerva	Minerva Australia (SOS Group)	ESP 🗸
Cobram Estate 🔦	Cobram Estate	*~
Jingilli 🤲	Frankland River Olive Co.	₩~
Ollo	Mitolo Group	*~
Red Island 🤏	redisland	₩~
Viva 🤲	Viva Olives (Barkworth)	*~
Borges	Borges	ESP ~
Colavita	Colavita Olive Oil	ITA ~
1866, Carbonell ★	SOS Group	ESP ~
Bertolli ★	Unilever	UK/ X

[♠] product of Australia ★ some products certified organic

ASTA	(FR	ESH)

I ASIA (I KESII)		
Golden Pasta	Guzzi's	* ✓
Fantastic, San Remo	San Remo	* 🗸
Taings	Taings	* 🗸
Bamboo Pot	Manassen Foods (CHAMP)	* <
Mr Lees Kitchen	TLY (Australia)	* 🗸
Dorato, Latina	General Mills	USA 🗸
Leggo's	Simplot	USA 🗸
Specialty Pasta	MM Foods	*~

Pasta Di Casa **PUDDING**

Uncle Ben's

Big Sister, Fowlers vacola	rowiers vacola
Defiance, White Wings	Goodman Fielder
Cottee's	Schweppes Australia (Asahi Breweries)
Aunt Betty's	Old Fashioned Foods

RICE **A** Water usage

Koala, Mahatma, Premier, Riviana, SunRice ★, Tastic	
Hoyt's	
Tilda	

SunRice

Mars

Pasta Di Casa

Hoyt Food Manassen Foods (CHAMP)

USA X

NZL ~

* some products certified organic

Mars

USA 🗶

Truvia (stevia)

Splenda (sucralose)

Sugarine (saccharin)

★ some	products	certified	organic
---------------	----------	-----------	---------

Dolmio

STOCK			
Massel	Massel	*	/
Gravox	Cerebos (Suntory)	JPN	\checkmark
McCormick	McCormick	USA	\checkmark
Vegeta	Podravka	CRO	~
Campbell's	Campbell Soup Company	USA	X
Continental, Oxo	Unilever	UK/ NLD	×
Maggi	Nestle	swi	0

SUGAR		
CSR	Sugar Australia (CSR)	*
Bundaburg	Bundaberg Sugar (Finasucre)	BEL 🗸
SWEETENERS A Healt	l	
SWEETENERS A Healt	n concerns	
Sugarless (aspartame)	Bathox Australia	→ ~
Sugarella (saccharin)	Symbion Health	♣ ~
Fruisana (fructose)	Danisco	DNK ~
Hermesetas (Ace K & aspartame), Stevia Sweet (stevia)	Hermesetas	swi ~
Equal (aspartame) PureVia (stevia)	Merisant	USA ~
Nutrasweet (aspartame)	NutraSweet (J W Childs)	USA ~

Cargill

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

Johnson & Johnson

Reckitt Benckiser

BREADS, SPREADS & CEREAL

RAND COMPANY

BREAD

Atlantic Bakery, Buttercup, Country Bake, Country Life, Country Split, Early Harvest, Flinders, Helgas, La Famiglia, Lawson's, Mighty Goodman Fielder Soft, Molenberg, Riga, Sunicrust, Taylors, Vogel's, Weight Watchers A, Wonder White Pure Life Pure Life Biodynamic Alpine Breads Bertalli's Bakery Gold Coast Bakeries Golden Hearth Organic Schwob's Schwob's Swiss Bakery 9 Grain, Abbot's Village Bakery, Burgen, Cracker, George Weston Foods

Uncle Tobys

A made under licence

Our Town, Sunblest, Tip Top, Up

Golden, Kelly's, Nobel Rise,

C	ΔI	(I	ES

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

Nestle

(Wittington Investments)

ик 🗶

swi 🛇

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 coops and grocers rather than the big supermarket chains. In the market, ask your local grocer where the produce comes from. Check out local Farmers Markets at www.farmersmarkets.org.au
- » Eat and buy in season. 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
- » 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



CEREAL Goodness Popina Dick Smith Bush Foods A, Sanitarium Sanitarium, Weet-Bix (Adventist Church SP) Green's Foods

(Guinness Peat) Lowan Whole Foods Lowan Whole Foods (Guinness Peat) Freedom Nutritional

Freedom Foods, Norganic * Products Weight Watchers A Tasti Healthwise, Nestle, Plus, Cereal Partners Uncle Tobys, Vita Brits *

swi 🛇 (Nestle / General Mills) Kelloggs, Cerevite, Provita, Kellogg USA 🛇 Vogel's

■ made under licence ★ some products certified organic

Green's

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

CHOCOLATE SPREAD			
Chocolate Mud	Sweet William	*/	
Nutella	Ferrero	ITA 🗸	

Contorollo Croun

NULITIO	Caritarella Group	- V
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.	тна ~
Mission	Gruma	MEX ~
Bazaar	George Weston Foods (Wittington Investments)	ик 🗶

Dazaai	(Wittington Investments)	OK	^
HONEY			
Pureharvest	Pureharvest	*	✓
Pure Beechworth	Beechworth Honey	*	/
Barnes, Bee Vital, Capilano	Capilano Honey	*	\checkmark
Leabrook	Spring Gully Foods	*	/
Archibalds	Archibald Honey	*	~
Australian Rainforest *	Aus Rainforest Honey	*	~
* some products certified organic			

NI...

NZL ~

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

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MUESLI		
Carman's	Carman's Fine Foods	* <
Kialla 🖈	Kialla Pure Foods	*
Monster Muesli	Monster Muesli	*
Arnold's Farm, Goodness	Popina	4/
Lowan Whole Foods, Weight Watchers ▲	Lowan Whole Foods (Guinness Peat)	UK 🗸
Norganic	Freedom Nutritional Products	*
Sunsol	Meriram (Select Harvests)	4
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
 - » Have your 100% Australian made & owned groceries delivered to your door with Aussie Farmers Direct. See www.aussiefarmers.com.au



Kelloggs, Vogel's	Kellogg	USA 🛇
	looks south of sourcests	

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п	п	u	•	3			Ю	А	w	-

MOLDEI DANG			
Carman's	Carman's Fine Foods	*	✓
Nana Diver's	Fontelle	*	✓
Sanitarium	Sanitarium (Adventist Church SP)	*	✓
Sunbeam	Sunbeam Foods (CHAMP)	*	✓
Lowan Whole Foods	Lowan Whole Foods (Guinness Peat)	UK	✓
Wallaby	Energy Products	*	~
Nice & Natural	Nice & Natural (Pacific Equity Partners)	*	~
Tasti, Weight Watchers 🛦	Tasti	NZL	~
IXL	SPC Ardmona (Coca-Cola Amatil)	*	×
Cadbury	Cadbury (Kraft)	USA	X
Be Natural, Kelloggs, Sunibrite	Kellogg	USA	S
a.o., Le Snak, Uncle Tobys	Nestle	swi	0

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OATS & BRANS

Anchor, John Bull	Goodman Fielder	*	•
Golden Fields	Steric	*	•

Lowan Whole Foods Lowan Whole Foods (Guinness Peat)

Quaker ▲, Uncle Tobys

Nestle

Kellogg

USA 🛇 swi 🛇

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Cerevite

PEANUT BUTTER

Dick Smith A, Sanitarium ETA, Kraft, Nuts

Sanitarium (Adventist Church SP) Kraft

▲ made under licence

SPREADS (OTHER)

Melrose	Melrose Health Supplies	* <
Dick Smith 🛦	Sanitarium (Adventist Church SP)	*/
CSR	Sugar Australia (CSR)	*
Pecks	General Mills	USA 🗸
John West	Simplot	USA 🗸
Kraft	Kraft	USA 🗙
Masterfoods	Mars	USA 🗶

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YEAST SPREAD

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

DAIRY & SOY

BUTTER Devondale Murray Goulburn Co-op Copha Peerless Allowrie, Country Gold, Duck River, Girgar, Fonterra Mainland, Western Star Organic Dairy Farmers True Organic * Co-operative Harmonie, Lurpak Arla Foods * 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)	4
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,
 Lion Nathan National

 Weight Watchers ▲
 Foods (Kirin)

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CREAM

CKEAM		
Jalna	Jalna Dairy Foods	4/
Devondale, Liddells	Murray Goulburn Co-op	*/
Ideal Dairy, Pauls	Parmalat	ITA 🗸
Gippsland	Bead Foods	4
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 🗶

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CUSTARD

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

DAIRY & SOY

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 or call 1300 MILKMAN (1300 64 55 62) today to organise your first delivery.



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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 🗶

A mad		

FLAVOURED MILK		
Моо	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	\checkmark
Moccona ▲	Frucor Beverages (Suntory)	JPN	\checkmark
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)		
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/ X
Connoisser, Nestle, Peters, Skinny Cow	Nestle	swi 🛇
▲ made under licence		

MARGARINE A Palm o			
ETA, Gold'nCanola, Logicol, Meadow Lea, Olive Grove, Weight Watchers ▲	Goodman Fielder	*	~
Nuttelex, Pulse	Nuttelex 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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▲ made under licence		
MILK		
Devondale, Liddells, Smart	Murray Goulburn Co-op	*
Dairyfields, Farm House, Longlife, Parmalat, Pauls, PhysiCal, Pure Organic ★, Rev, Sandhurst Farms, Skinny Milk, Slim Milk, Trim, Warwick, Zymil	Parmalat	ITA 🗸
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	*
Longalife, 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 ~

IOFU		
Nutrisoy ★, Soyco	Nutrisoy	*
Earth Angel, Earth Harvest, Hakea, Simply Better, Soy Belle	Bead Foods	*
Joyce, Mr Lees Kitchen, TLY	TLY (Australia)	* 🗸
Blue Lotus ★	Blue Lotus Foods	*~
Pureland *	King International	→ ~

★ certified organic

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True Organic ★	Organic Dairy Farmers Co-operative	*	~
Snowy Mountain	Snowy Mountain Organic Dairy Co-operative	*	~
Australian Farmers, Classic, Dairy Farmers, Dairy Vale, Farmers Best, Farmers Union, Lite White, Pura, Shape, Take Care	Lion Nathan National Foods (Kirin)	JPN	×
Carnation, Sunshine	Nestle	SWI	0
A manda made alternation of a section de-			

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SOY MILK		
Nutrisoy	Nutrisoy	*
Pureharvest *	Pureharvest	*
Sanitarium, So Good	Sanitarium (Adventist Church SP)	*
Bonsoy	Spiral Foods	*
Soy Life	Parmalat	ITA 🗸
Australia's Own ★, Smooth White, So Natural, Vitalife, Xpress	Freedom Nutritional Products	*
Hari Har Chai ★	Hari Har Chai	→ ~
Golden One	Trang's	*~
Lactasoy	Lactasoy	тна ~
Good Life, Sungold, Vitasoy	Lion Nathan National Foods (Kirin)	JPN 🗶

^{*} certified organic

YOGHURT			
Paris Creek	BD Farm Paris Creek	*	✓
Attiki	Goodman Fielder	*	✓
Jalna	Jalna Dairy Foods	*	✓
Liddells	Murray Goulburn Co-op	*	✓
Black Swan	Poseidon Tarama	*	✓
Ideal Dairy, Pauls, Vaalia	Parmalat	ITA	✓
Gippsland ★, Hakea	Bead Foods	*	\checkmark
Tamar Valley	Tamar Valley	*	/
Anlene, Ski ▲	Fonterra	NZL	\checkmark
Yakult	Yakult	JPN	/
Bulla	Bulla Dairy Foods	*	~
Mundella	Mundella Foods	-	~
Bornhoffen, Dairy Farmers, Danone, Divine Classic, Farmers Union, Fruche, King Island Dairy, Yogo, Yoplait	Lion Nathan National Foods (Kirin)	JPN	×
Nestle, Peters Farm	Nestle	swi	0

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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

DRINKS

BIAND	COMITAIN		
BOTTLED WATER A			
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	\checkmark
Aroona	Aroona Springs	*	\checkmark
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	0

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 exploi	tation (choose Fairtrade)		
Jasper ★ 1, 2	Jasper Coffee	*	✓
Organic East Timor Coffee ★ 1	Cafe Timor	TLS	✓
Aurora, Vittoria	Cantarella Group	*	\checkmark
Cafe Palazzo	Maranatha	*	\checkmark
Mocopan, Riva	Cerebos (Suntory)	JPN	\checkmark
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



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 plas	stic #3	
Bickfords, Fruities	Bickford's Australia	4/
Cascade 🐴	Cascade Beverage Co (Foster's Group)	*
Diet Rite, Extra Juicy ☆	P&N Beverages	* <
Sunshine	Steric	*
Cottee's, Schweppes	Schweppes Australia (Asahi Breweries)	JPN 🗸
Vimto	Anchor Foods	* <
Buderim Ginger 🐣, Lemon Lime & Bitters	Buderim Ginger	4
Bundaberg	Bundaberg Brewed Drinks	*
Berri	Lion Nathan National Foods (Kirin)	JPN 🗶
Lucozade, Ribena	GlaxoSmithKline	ик 🗶
Golden Circle, Weight Watchers ▲	Golden Circle (Heinz)	USA 🗶
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- ▲ 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.

Bickford's Australia	*	✓
P&N Beverages	*	✓
Red Bull	AUT	✓
Schweppes Australia (Asahi Breweries)	JPN	✓
Frucor Beverages (Suntory)	JPN	\checkmark
Red-Eye International	*	~
Solis Beverages	*	~
Synergy Drinks	*	~
Hansen's	USA	~
Rockstar	USA	~
Coca-Cola Amatil	*	×
GlaxoSmithKline	UK	×
Reckitt Benckiser	UK	×
Bickford's Australia	*	✓
Cascade Beverage Co (Foster's Group)		
Lloyds Vineyard	*	✓
Nudie	*	✓
P&N Beverages	*	✓
	P&N Beverages Red Bull Schweppes Australia (Asahi Breweries) Frucor Beverages (Suntory) Red-Eye International Solis Beverages Synergy Drinks Hansen's Rockstar Coca-Cola Amatil GlaxoSmithKline Reckitt Benckiser Bickford's Australia Cascade Beverage Co (Foster's Group) Lloyds Vineyard Nudie	P&N Beverages Red Bull Schweppes Australia (Asahi Breweries) Frucor Beverages (Suntory) Red-Eye International Solis Beverages Synergy Drinks Hansen's USA Rockstar USA Coca-Cola Amatil GlaxoSmithKline Reckitt Benckiser UK Bickford's Australia Cascade Beverage Co (Foster's Group) Lloyds Vineyard Nudie

ICED TEA		
Spring Valley	Schweppes Australia (Asahi Breweries)	JPN 🗸
Pokka	Pokka	JPN ~
Nestea A	Coca-Cola Amatil	→ ×
Lipton	Unilever	UK/ NLD X
Tetley	Tetley (Tata Group)	IND (
▲ made under licence		

NON-ALCOHOLIC		
Cascade Apple Isle 🤲	Cascade Beverage Co (Foster's Group)	*
Devondale	Devondale Apple Juice Co (Sabrands)	*/
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	*X
♠ product of Australia ★ certified	l biodynamic	

Pureharvest ★	Pureharvest	*	✓
Spring Valley	Schweppes Australia (Asahi Breweries)	JPN	✓
Orchy	Bevco	*	\checkmark
Boost, Grove, Only	Grove Fruit Juices	*	\checkmark
Juice Shot, Juicy Isle	Juicy Isle	*	/
Nippys	Nippy's	*	\checkmark
Sunraysia	Sunraysia (Sabrands)	*	/
Harvey Fresh	Harvey Fresh	*	~
Moutain Fresh	Mountain Fresh Fruit Juices		~
Preshafruit	Preshafoods		~
Sunzest	Sunzest	*	~
WIId About Fruit	Wild About Fruit	*	~
Ardmona, Crusta, Fruitbox, Frutopia, Goulburn Valley	SPC Ardmona (Coca-Cola Amatil)	*	×
V8	Campbell Soup Company	USA	×
Berri, Australian Fresh, Daily Juice, Frusion, G7, Harmon- ics, 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			

+ contified over	

POWDERED DRINKS			
OzeChoc A	Sanitarium (Adventist Church SP)	*	✓
Weight Watchers	Hansells (Old Fashioned Foods)	NZL	✓
La Bella	Valcorp Fine Foods	*	\checkmark
Abundant Earth 🖈	Aussie Bodies (Next Capital)		~
Nutri Boost	Boost Foods		~
Nature's Cuppa ★	Eat Rite Australasia	*	~
Akta-Vite	Myerton Australia	*	~
Klassno	Future Enterprises (Food Empire)	SGP	~
Jarrah, Ovaltine	AB Food & Beverages Aus (Wittington Investments)	UK	×
Cadbury	Cadbury (Kraft)	USA	X
Horlicks	GlaxoSmithKline	UK	×
Bonox, Tang	Kraft	USA	X
Toddy	Pepsico	USA	×
Caro, Coffeemate, Ecco, Milo, Nesquik, Nestle,	Nestle	swi	0

[▲] made under licence ★ certified organic

Sustagen

SOFT DRINKS A Health concerns **Bickfords** Bickford's Australia Angostura, Cascade , Foster's Group Reef, Torquay Brewers Choice, Ceda, Club. Crush, Diet Rite, LA Ice, Lido, P&N Beverages * McSars, P&N, Pipelime, Pub Squash, Waterfords 7UP ▲, Cottee's, Loys, Mirinda A, Mountain Dew A. Schweppes Australia Passiona, Pepsi A, (Asahi Breweries) Schweppes, Solo, Sunkist A **Buderim Ginger Buderim Ginger Bundaberg Ginger Beer** Bundaberg Brewed Drinks Saxbys Soft Drinks Saxbys 🦈 Coca-Cola, Deep Spring,

▲ made under licence ♠ product of Australia

Diet Coke, Ecks, Fanta,

Frutonic, Kirks, Lift, Shelley's, Sprite

Kyneton

Golden Circle

Sanpellegrino

Nestle

Coca-Cola Amatil

Foods (Kirin)

Lion Nathan National

Golden Circle (Heinz)

JPN X

USA X

Play	P&N Beverages	*	✓
Staminade	Steric	*	~
Gatorade ▲, Oasis, Propel, Smart Water	Schweppes Australia (Asahi Breweries)	JPN	~
Mizone	Frucor Beverages (Suntory)	JPN	V
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	>

TEA 🛆 Pesticides (choo	
Planet Organic 🖈 2	Planet Organic
Qi ★ 1, 2	Herbal Health
Natureland	Cantarella Group
Madura 🤲	Madura Tea Estates
Australian Fruit Tea	Australian Fruit Tea Co
Lotus Peak	BH Fine Foods (Pascoe
Nature's Cuppa ★ 2, 3	Eat Rite Australasia
Formosan	Formosan Tea
Hari Har Chai	Hari Har Chai
Healtheries	Healtheries (Next Capital

[♣] 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.

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, www.fedup.com.au, and www.tinyurl.com/neotame

Madame Flavour	Madame Flavour	*~
Jones	A.F. Jones (Capital Maharaja)	LKA ~
Clipper ★ 2, 3	Clipper Teas	ик ~
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	ик ~
Red Seal	Red Seal Natural Health	NZL ~
Stassen	Stassen Group	LKA ~
Vital	Vital Health Foods	ZAF ~
Twinings	AB Food & Beverages Aus (Wittington Investments)	ик 🗶
Bushells, Lan Choo, Lipton ★ 4	Unilever	NLD X
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

BAKED BEANS/SPAGHETTI

SPC, Southern Cross

SPC Ardmona
(Coca-Cola Amatil)

Heinz, Wattie's,

Heinz

USA

Weight Watchers

CANNED FISH Overfishing (avoid tuna)

Always Fresh

Santa Maria, Sole Mare

Brunswick, Paramount

King Oscar

Sirena

Valcorp Fine Foods

Safcol

Riviana Foods (SunRice)

Freedom Nutritional Prod.

Manassen (CHAMP)

Valcorp Fine Foods

Safcol

THA

Ally, John West ★, Seakist Simplot

Ally, John West ★, Seakist Simplot Usa ✓
Greenseas Heinz Usa ★

* some products certified MSC

CANNED FRUIT

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

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
- » Look for Marine Stewardship Council certified product 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, Stagg	Hormel	USA 🗶
Kraft	Kraft	USA 🗶

CANNED VEGIES/BEANS

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

^{*} certified organic

FROZEN DESSERTS/FRUIT			
Pampas	Goodman Fielder	*/	
McCain, Season's Choice	McCain	CAN 🗸	
Cafe Moments, Creative Gourmet, Nanna's	Patties Bakery	4 🗸	
Weis	Weis Frozen Foods	* 🗸	
Weight Watchers	Heinz	USA 🗶	
Bon Gateaux, Sara Lee	Sara Lee	USA 🗶	

▲ made under licence

FROZEN FISH A Overfishing		
Superior Gold, Tassal	Tassal Group	4 <
Bird's Eye, I & J	Simplot	USA 🗸
Top Hat	Top Hat Fine Foods	→ ~
Ocean House	Trang's	→ ~
Seaways	Vesco Foods	→ ~
Pacific West	Kylie Australia (Golden Fresh)	MYS ~
Sealord	Sealord	NZL ~

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.

 $\mathrel{\mathop{,}^{\circ}}$ 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	→ ~
Red Island	redisland	*~
Michelina's	Bellisio Foods	USA ~
Heinz, Weight Watchers	Heinz	USA 🗶
Sara Lee	Sara Lee	USA 🗶

▲ made under licence

FROZEN PASTRY

Pampas	Goodman Fielder	41
Borgs	Borgcraft	*
FROZEN SAVOURIE	S	
Golden Wok, Ho Mai	Makmur Enterprises	*/
Sanitarium	Sanitarium (Adventist Church SP)	*/
Borgs	Borgcraft	*
Antoniou	C & M Antoniou	*
Marathon	Marathon Food Industries	*
Chiko, I & J	Simplot	USA 🗸
Darshan	Australian Int'l Foods	*~
Syndian	Syndian	*~

BonCaro	BonCaro	GER ~
Gourmet to Go	St Dalfour	FRA ~
Ainsley Harriot	Symington's	ик ∼
Heinz	Heinz	USA 🗙
Compleats, Hormel, Kid's Kitchen, Stagg	Hormel	USA 🗙
Kraft	Kraft	usa 🗙
Continental	Unilever	UK/ NLD X
Maggi	Nestle	swi 🔇

PIES & PASTIES		
Bakehouse, Mrs Mac's	Mrs Mac's	₩ ∨
Four 'n Twenty, Great Australian Pies, Herbert Adams, Nannas, Patties, Snowy River, Wedgewood	Patties Bakery	* ~
Big Ben, Sargents, Scotts	Sargents	₩ ∨
Balfours	Balfours	* ~
Mrs Quick	Mrs Quick Foods	₩ ~
Stone's	Stone's	₩ ~
McMain's, Tastee	Tastee	* ~
Sara Lee	Sara Lee	USA 🕽

POULTRY ⚠ Factory farming (choose free range) Baiada, Lilydale ★, Steggles Baiada

Ingham Inghams

★ free range

FROZEN VEGIES/CHIPS

Logan Farm	Logan Farm (Talley's Group)	NZL 🗸
McCain	McCain	CAN 🗸
Chang's	Cypress & Sons	* 🗸
Bird's Eye	Simplot	USA 🗸
Heinz, Weight Watchers	Heinz	USA 🗙

▲ made under licence

PACKET MEALS

Da Vinci	Da Vinci Foods	* /
Enjoyo, Fantastic, San Remo	San Remo	* ✓
Sanitarium	Sanitarium (Adventist Church SP)	*
SunRice	SunRice	* 🗸
Wokka	Manassen Foods (CHAMP)	4
Ayam	A Clouet (Denis Freres Group)	FRA 🗸
Dinner Winner, Rice-a-Riso	McCormick	USA 🗸
Leggo's	Simplot	USA 🗸
Prodan	Global Castle	*~

SMALLGOODS A Factory farming (choose free range)

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

▲ made under licence ★ some products free range

COLID (CANNED)

SOUP (CANTED)		
Rosella	Gourmet Food Holdings (Crescent Capital)	*/
Baxters	Baxters	ик ~
Campbell's	Campbell Soup Company	USA 🗶
Heinz, Weight Watchers	Heinz	USA 🗶

A made under licence

Continued at top 🕈

SOUP (PACKET)

Fantastic	San Remo	*/
McKenzies	Ward McKenzie	*
LaZuppa	Valcorp Fine Foods	* /
Campbell's	Campbell Soup Company	USA 🗶
Heinz	Heinz	USA 🗶
Continental	Unilever	UK/ NLD X
Country Cup	Nestle	swi 🛇

HEALTH FOODS

HEALTH BARS Go Natural Go Natural Sweet William Sweet William Bellis Fruit Bars **Bellis** Manassen Foods Golden Days (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

HEALTH FOODS

Kid Start

Be Natural

Naturo

Naturals Melrose Health Supplies Pureharvest Pureharvest

Naturo

Kellogg

Winners Sports Nutrition

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

Slim-Fast

Musashi

USA 🚫

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	UK	×

Unilever

Nestle

Blackmores

(Wittington Investments)

swi 🚫

PROTEIN BARS/POWD	ER
-------------------	----

I KOTEM DAKOJI OWDEK		
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 🛇









masters, using traditional recipes per titing a select variety of organic whole even the purfited best water. This pastented pecial variety of organic whole non-Ga to add way to their daily diet. Book for people with 3-

HOUSEHOLD

AIR FRESHENERS

AIRTRESILETERS		
Orange Power	Orange Power	*
Clean Air	Clean-A-Matic	* ~
Magic Tree	Car Freshner Corporation	USA 🦱
No Vac	WD-40 Co.	USA 🦰
Glen 20, Pine O Cleen	Reckitt Benckiser	UK 🕽
Glade, Oust	SC Johnson	USA 🕽
Ambi Pur	Procter & Gamble	USA (

BATTERIES A Toxic waste (choose rechargeable)

Energiser, Eveready	Energizer	USA 🗸
Varta	Remington Australia (Spectrum Brands)	USA ~
Toshiba	Toshiba	JPN 🗶
Duracell	Procter & Gamble	USA 🛇

DISHWASHING DETERGENT

21011 W/NOTHING 2212		
Blast, Earth Choice, Swish	Natures Organics	* 🗸
So Gentle	Steric	* 🗸
ecostore	Ecostore	NZL 🗸
Green Choice	Creative Brands	* <
Bushland	Jalco	* 🗸
Squeek	Copak	*~

GARDEN CARE			
Confidor, Hortico, Yates	Yates (Orica)	*	✓
Brunnings, Multicrop	Multicrop	*	/
Defender, Miracle-Gro, Osmocote, Scotts	Scotts Miracle-Gro	USA	/
Powerfeed, Seasol	Seasol	*	~
Pestoil	Caltex Australia	/USA	×
Roundup	Monsanto	USA	×

GLOVES			
Sabco	Housewares International	*	~
Ansell	Freudenberg	GER	~
Scotch-Brite	3M	USA	×
Astra, Chux	Clorox	USA	X

LAUNDRY DETERGENT

Blitz, Earth Choice, Purity, Ultra Activ
Aware, Orange Power ★, Planet Ark
So Gentle
ecostore
Bosisto's Eucofresh
Green Care
Atomic, Sparkle

BioZet

Orange Power Steric

Ecostore Felton Grimwade

Natures Organics



& Bosisto's

Jalco Lloyd Brooks

Kao Corporation

Climba	Dontal (Cuman)	_	
Sunlight	Pental (Symex)	7	_
Castle, Palmolive, Spree	Colgate-Palmolive	USA	~ ~
Morning Fresh, Trix	PZ Cussons	UK	×
Finish, Kwit, Maaa's	Reckitt Benckiser	UK	X
Dawn	Procter & Gamble	USA	0
DISINFECTANT A Tox	ic chemicals		
Муо	Jalco	-	/
Power Disinfectant	OzKleen	-	~
Hurricane	Colgate-Palmolive	USA	×
Handy Andy	Clorox	USA	X
Dettol, Nu-Clenz, Pine O Cleen	Reckitt Benckiser	UK	×
Duck	SC Johnson	USA	×
Domestos	Unilever	UK/ NLD	X
FABRIC SOFTENER			
Earth Choice, Purity	Natures Organics	*	✓
Aura Soft	Pascoe's	-	~
Huggie	Pental (Symex)	*	~
Cuddly, Fluffy, Moresoft	Colgate-Palmolive	USA	×
Comfort	Unilever	UK/ NLD	X
FOIL/CLING WRAP			
Multix	Multix (McPherson's)	*	/

Clorox

Glad, OSO

Lectric Soap Powder	Brands RMJ	-	~
Breath Easy	CAAW International	*	~
Aura, Mean & Green	Pascoe's	*	~
Lux, Sunlight, Velvet	Pental (Symex)	-	~
Duo	Unilab Group	PHL	~
Cold Power, Dynamo, Fab, Gow's BioClean, Hurricane, Love'n Care, Spree	Colgate-Palmolive	USA	×
Amolin Sensitive	Bayer	GER	×
Radiant	PZ Cussons	UK	×
White King	Sara Lee	USA	×
Drive, Omo, Surf	Unilever	UK/ NLD	×
* Good Environmental Choice lahe	21		

★ Good Environmental Choice label

LIGHT GLOBES

USA 🗶

Mirabella	Mirabella	4	~
Philips	Philips	NLD	~
Osram	Siemens	GER	×

DID YOU KNOW?

Compact fluorescent lights (CFLs) contain mercury.

- » If one breaks, follow the instructions on 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



"Australian-owned" brands Keep dollars in Australia for jobs and community

Ausbuy. Australian made & owned. www.ausbuy.com.au

WASTE

NUTRITION



Plastic codes — find out which plastics are collected by your council for recycling www.recyclingnearyou.com.au

ANIMALS



Free range — choose non-factory farmed chicken, pork and eggs www.frepa.com.au www.freerangeporkfarmers.com.au



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

Choose Cruelty Free

Body care products not animal-tested www.choosecrueltyfree.org.au



Choose sustainable palm oil and save orangutans www.rspo.org



www.heartfoundation.com.au



Food additives — artificial flavours, colours, preservatives www.fedup.com.au

Sugar, salt, fat — go for low!

"Caution", "Poison", "Hazardous", "Corrosive", "May cause burns", "Respiratory Irritating"

All of these imply chemicals may compromise health. Avoid where possible 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

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

CHEMICALS



Certified organic — grown without chemicals, pesticides & artificial fertilisers www.organicchoice.com.au



Biological Farmers Association

SOIL & LANDCARE



National Association for Sustainable Agriculture, Australia

Demeter — Grown biodynamically





FSC — Forest Stewardship Council Certification — Internationally recognised sustainable forest management certification 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



USA 🗶

MULTI-PURPOSE CLEANERS Toxic chemicals

MOLIT-I OKI OOL CLL/	IN LINE ZE TOXIC CITCITICA		
Citrofresh ★, San-E-Foam ★	Citrofresh	*	✓
Earth Choice	Natures Organics	*	✓
Orange Power 🖈	Orange Power	*	✓
Selleys, Sugar Soap	Selleys (Orica)	*	✓
CLR	Advil (Sabrands)	*	\checkmark
Citro Clean	Chem Pack	*	~
Glitz	Pascoe's	*	~
method	Method	USA	~
Seventh Generation	Seventh Generation	USA	~
Ajax, Nifti	Colgate-Palmolive	USA	×
Clorox, Green Works, Gumption, Handy Andy	Clorox	USA	×
Easy Off BAM, Pine O Cleen	Reckitt Benckiser	UK	X
White King	Sara Lee	USA	×
Domestos, Jif	Unilever	UK/ NLD	×

[★] Good Environmental Choice label

PAPER TOWELS ⚠ Forest logging (choose recycled)

Kleenex, Thick & Thirsty, Viva	Kimberly-Clark	USA 🗸
Handee	SCA	SWE 🗸
Naturale *, Quilton	ABC Tissue	* /

^{*} recycled content

PEST CONTROL

Autan, Baygon, Off!, Raid

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

SC Johnson

OLICH

POLISH		
Orange Power	Orange Power	* 🗸
O'Cedar	O'Cedar (Sabrands)	* 🗸
Tonizone	Pacific Products	→ ~
Long Life	Pascoe's	* ∼
3M	3M	USA 🗶
Brasso, Mr Sheen, Silvo	Reckitt Benckiser	ик 🗶
Marveer	Sara Lee	USA 🗶
Pledge	SC Johnson	USA 🗶

PREWASH, SOAKER & BLEACH Toxic chemicals

Orange Power *	Orange Power	* 🗸
Bosisto's	Felton Grimwade & Bosisto's	* ✓
Delbrite, Lectric Soda	Brands RMJ	→ ~

- » 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
- » 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
- » 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



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

★ Good Environmental Choice label

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

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



www.thegreendirectory.com.au

WOOL WASH		
Australian Pure, Earth Choice	Natures Organics	* /
So Gentle	Steric	* 🗸
Breath Easy	CAAW International	₩~
Martha Gardener, Softly	Pental (Symex)	₩~
Fluffy	Colgate-Palmolive	USA 🗶
Maas	Reckitt Benckiser	ик 🗶
Maas	Reckitt Benckiser	ι

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

* Good Environmental Choice label

STARCH

WT Demineralised Water	Steric	* <
Silver Star	Ward McKenzie	* ✓
Tonizone	Pacific Products	*~
Crisp, Fabulon	Reckitt Benckiser	ик 🗶
Frebreze	Procter & Gamble	USA 🛇

TOILET CLEANERS		
Earth Choice	Natures Organics	*
Clorox	Clorox	USA 🗶
Harpic, Pine O Cleen	Reckitt Benckiser	ик 🗶
White King	Sara Lee	USA 🗶
Duck	SC Johnson	USA 🗶
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.safersolutions.org.au and www.freshgreenclean.com.au

PERSONAL CARE

ANTISEPTIC			
Isocol	Margaret Wallace Trading	*	~
Bepanthen	Bayer	GER	×
Dettol, Savlon	Reckitt Benckiser	UK	X

DALME

Herron (Sigma)		\checkmark
Mentholatum (Rohto)	JPN	\checkmark
SSL International	UK	\checkmark
Lucas' Papaw Remedies	*	~
Symbion Health	*	~
Church & Dwight	USA	X
Novartis	swi	×
Reckitt Benckiser	UK	×
Wyeth (Pfizer)	USA	X
	Mentholatum (Rohto) SSL International Lucas' Papaw Remedies Symbion Health Church & Dwight Novartis Reckitt Benckiser	Mentholatum (Rohto) SSL International Lucas' Papaw Remedies Symbion Health Church & Dwight Novartis Swi Reckitt Benckiser UK

BANDAGES

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

BODYWASH/SHOWER GEL

Natures Organics, Spa	Natures Organics	4	✓
Norsca, Redwin	Pharmacare	*	/

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

COSMETICS Animal testing, nanotechnology

Creative Brands	* 🗸
Revlon	USA 🗸
Bonne Bell	USA ~
Elizabeth Arden	USA ~
Coty (Joh A Benckiser)	GER 🗶
Del Laboratories (Joh A Benckiser)	GER 🗶
L'Oreal	FRA 🛇
Procter & Gamble	USA 🛇
	Revlon Bonne Bell Elizabeth Arden Coty (Joh A Benckiser) Del Laboratories (Joh A Benckiser) L'Oreal

CO	LD	&	F	LU

Ease a Cold	Pharmacare	* /
Nyal	Valeant Pharmaceuticals	USA 🗸
Bug Fighters	Brands Worldwide	→ ~
Cold Clear	Quigley	USA ~
Lemsip, Strepsils	Reckitt Benckiser	ик 🗶
Robitussin	Wyeth (Pfizer)	USA 🗶
Vicks	Procter & Gamble	USA 🛇

CONDOMS

Ansell, Manix	Ansell	* <
Four Seasons	Australian Therapeutic Supplies	*
Durex, Saturn	SSL International	UK 🏑
Duo	Beiersdorf	GER 🗶

COTTON BUDS/BALLS			
Bath Belle	Bronson Marketing	* 🗸	
Dove, Swisspers	McPherson's	* 🗸	
Rite Aid	ToLife Technologies	* ~	
Johnson's	Johnson & Johnson	USA 🗶	

DENTAL CARE	ARE
--------------------	-----

DENIAL CARE		
Dentyl (mouthwash)	Key Pharmaceuticals	* 🗸
Cedel	Brands RMJ	*~
Grants	Lateral Food Corp	₩~
Aim, Close Up	Pental (Symex)	*~
White Glo	WhiteGlo	→ ~
Herbal Fresh, Red Seal	Red Seal Natural Health	NZL ~
Colgate	Colgate-Palmolive	USA 🗶
Pearl Drops	Church & Dwight	USA 🗙
Macleans, Polident, Pronamel, Sensodyne	GlaxoSmithKline	ик 🗶
Listerine, Listermint, Reach, Tek	Johnson & Johnson	USA 🗶
Smoker's Toothpaste, Steradent	Reckitt Benckiser	ик 🗶
Crest, Oral B	Procter & Gamble	USA 🛇

48

DEODORANT		
Evoke	Creative Brands	* <
Brut, Norsca, Redwin, Sassi	Pharmacare	* <
Cool Charm, Spray Fresh	Aspen	ZAF 🗸
Mitchum	Revlon	USA 🗸
Mayver's	Ancient Distributors	♣ ~
Cedel	Brands RMJ	→ ~
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	ик 🗶
Dove, Impulse, Lynx, Rexona	Unilever	UK/ X
Dufour, Gillette, Mum, Old Spice	Procter & Gamble	USA 🛇
DICECTIVE CARE		

DIC	GES	TIV	E C	ARI
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Eno, Tums, Zantac GlaxoSmithKline UK X Mylanta Johnson & Johnson USA X Gaviscon Reckitt Benckiser UK X De-Gas Wyeth (Pfizer) USA X	Gastrohealth	Naturopathica	*	~
Mylanta Johnson & Johnson Usa X Gaviscon Reckitt Benckiser UK X De-Gas Wyeth (Pfizer) USA X	Alka Seltzer, Rennie	Bayer	GER	X
Gaviscon Reckitt Benckiser UK X De-Gas Wyeth (Pfizer) USA X	Eno, Tums, Zantac	GlaxoSmithKline	UK	X
De-Gas Wyeth (Pfizer) USA ★	Mylanta	Johnson & Johnson	USA	×
	Gaviscon	Reckitt Benckiser	UK	X
Quick-Eze Nestle swi	De-Gas	Wyeth (Pfizer)	USA	X
	Quick-Eze	Nestle	swi	0

HAIR REMOVAL			
Nads	Lifesource	*~	
Marzena	Marzena	NZL ~	
Nair	Church & Dwight	USA 🗶	
Veet	Reckitt Benckiser	ик 🗶	
HAIRSPRAY/GEL			
TRESemme, Vo 5	Alberto Culver	USA 🗸	
Cedel	Brands RMJ	→ ~	
Funky Monkey, Moosehead	Cosmex	→ ~	
Smackers	Bonne Bell	USA ~	
Dominate	Mix	NZL ~	
Schwarzkopf, Taft	Henkel	GER 🗶	
Sunsilk	Unilever	UK/ X	

L'Oreal

Procter & Gamble

Milton (Probiotec)

Johnson & Johnson

Method Colgate-Palmolive

HAND WASH Natures Organics.

Garnier Fructis

New Wave

method

Purell

Organic Care
ecostore
Redwin
Milton

Palmolive, Soft Soap

Natures Organics	
Ecostore	
Pharmacare	



FRA 🛇

USA 🛇



USA 🗶

FEMININE HYGIENE

Depend, Kotex, Poise, U	Kimberly-Clark	USA 🗸
Libra, Tena	SCA	SWE 🗸
Wonder	Arico	→ ~
Cottons	Cottons	* ~
De Jour	De Jour Sanitary Products	→ ~
Moxie	Millie & More	→ ~
Pureste	Pureste	→ ~
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 Cussons	UK	X
Dettol	Reckitt Benckiser	UK	×
Dove, Pears	Unilever	UK/ NLD	×

LAXATIVES

Herron	Herron (Sigma)	*	/
Laxettes	Mentholatum (Rohto)	JPN	/
Herb-a-lax	Blooms Health Products	*	~
Ford Senna	Symbion Health	*	~
Agarol, Anusol	Johnson & Johnson	USA	X
Benefiber	Novartis	swi	X
Senokot	Reckitt Benckiser	UK	X
Metamucil	Procter & Gamble	USA	0

LIP CARE

Palmers

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

E.T. Browne

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'

0	П	ıs	
_			

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

PERSONAL LUBRICA	NT	
Ansell	Ansell	*
Four Seasons	Australian Therapeutic Supplies	4
Durex	SSL International	UK 🔪
Wet Stuff	Gel Works	*
Summer's Eve	CB Fleet	USA F
Sylk	Geneva Marketing	NZL •
KY	Johnson & Johnson	USA
SHAMPOO		
Blackmores	Blackmores	*
Fruits, Organic Care, Turning Point	Natures Organics	*
ecostore	Ecostore	NZL
Redwin	Pharmacare	*
Alberto, TRESemme, Vo 5	Alberto Culver	USA
John Frieda	Kao Corporation	JPN
Flex, Revion	Revlon	USA
Cedel	Brands RMJ	- 🤲 -
Ossential Wash	Kusco-Murphy	*
Smackers	Bonne Bell	USA 🖻
Sulsun	Chattem	USA 🗖
Toni&Guy	Toni&Guy	UK 🖻
Organix	Vogue International	USA •
- 1 1	a 1 a 1 b	4

Colgate-Palmolive

USA

Palmolive

PAIN RELIEF		
Herron	Herron (Sigma)	4/
Nature's Way	Pharmacare	4/
Nyal	Valeant Pharmaceuticals	USA 🗸
Aspro Clear	Bayer	GER 🗶
Panadol, Panafen	GlaxoSmithKline	ик 🗶
Dymadon	Johnson & Johnson	USA 🗶
Disprin, Nurofen	Reckitt Benckiser	ик 🗶
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	ик 🗶
Schwarzkopf, Taft	Henkel	GER 🗶
Johnson's, Neutrogena	Johnson & Johnson	USA 🗶
All Clear, Dimension, Dove, Fruitrience, Pears, Sunsilk, Timotei	Unilever	UK/ NLD 🗙
Elvive, Garnier Fructis	L'Oreal	FRA 🛇
Clairol, Decore, Head & Shoul- ders, 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	\checkmark
Faulding	Symbion Health	*	~
King of Shaves	KMI	UK	~
Mennen, Palmolive	Colgate-Palmolive	USA	X
Nivea	Beiersdorf	GER	X
Imperial Leather	PZ Cussons	UK	×
L'Oreal	L'Oreal	FRA	0
Gillette	Procter & Gamble	USA	0

SKIN CARE		
Blackmores	Blackmores	* ✓
Montagne Jeunesse	Montagne Jeunesse	ик 🗸
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	ик 🗶
Dove, Ponds, Vaseline	Unilever	UK/ NLD X
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)	*~



HEMP SEED OIL

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

MAIL ORDER greenhemp@bigpond.com PH 03 9710 1644

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

SUNSCREEN A Nanotechnology			
Auscreen ★ 2	Ross Cosmetics	*/	
Le Tan	Creative Brands	*/	
Aquasun 🖈 2, Redwin	Pharmacare	* 🗸	
Solarblock	Mentholatum (Rohto)	JPN 🗸	
Reef, U.V. Triplegard	Valeant Pharmaceuticals	USA 🏑	
Invisible Zinc ★ 1	Ganehill	*~	
Cancer Council ★ 1	Skin Health (Vitality Brands)	* ~	
Sun Zapper ★ 2	Sun Zapper	*~	
Banana Boat	Playtex Products	USA ~	
Nivea	Beiersdorf	GER 🗶	
Neutrogena	Johnson & Johnson	USA 🗶	
★ 1 nano and chemical-free 2 nano-free			

TISSUES A Forest logging (choose recycled)			
Kleenex	Kimberly-Clark	USA 🗸	
Purex, Sorbent	SCA	SWE 🗸	
Naturale ★, Quilton, Symphony	ABC Tissue	* <	
Safe ★	Encore Tissue	→ ~	
Wet Ones	Playtex Products	USA ~	
* recycled content			
TOU ET DADED A F			

•			
TOILET PAPER A Fore	st 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	*	/
Bouquets, Envirosoft ★, Merino, Safe ★	Encore Tissue	4	~
Paseo	Asia Pulp & Paper (Sinar Mas Group)	IDN	0
* recycled content			

^{× 100/0100 001110111}

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

PETS & BABIES

BABY FOOD

Rafferty's Garden Rafferty's Garden Bellamy's ★ Bellamy's Organic Farms **Baby Boost** Boost Foods Only Organic Only Organic * Earth Best, Farex,

NZL ~

NZL 🗸

Heinz USA 🗶

★ certified organic

BABY FORMULA

Golden Circle, Heinz *

Bellamy's Organic Farms Bellamy's * USA 🗶 Heinz, Nurture Heinz FRA 🗙 Karicare Nutricia (Danone) Wyeth (Pfizer) USA 🗶 S26, SMA Lactogen, Nan, Nestle Nestle swi 🛇 **★** certified organic

DARY WIDES

DADI WIPES			
Wotnot *	ECOdirect	*	✓
Gaia	Gaia Skin Naturals	*	✓
Huggies	Kimberly-Clark	USA	✓
Nature Babycare	Naty	SWE	~
Curash	Church & Dwight	USA	×
Heinz	Heinz	USA	X

DOG TREATS			
Chew N Kleen, KraMar	KraMar (AMP)	*	✓
Nature's Gift	Nature's Gift Australia	*	/
Bow Wow	Nova Concepts	*	~
Love 'em	The Show 'em How Much You Love 'em Co.	*	~
Freshies	ADI Pet	USA	~
JerHigh, VitaPet	Masterpet	NZL	~
Schmackos	Mars	USA	×
Lucky Dog, Purina	Nestle	swi	0

NAPPIES /	🔼 Waste to landfill	sposable)

ECOdirect	→ ✓
Kimberly-Clark	USA 🗸
Naelfran	* 🗸
Australian Pacific Paper Products (Unicharm)	JPN 🗸
Sorbies	* ~
Naty	SWE ~
Seventh Generation	USA ~
TenderCare (Hain Celestial)	USA ~
Procter & Gamble	USA 🛇
	Kimberly-Clark Naelfran Australian Pacific Paper Products (Unicharm) Sorbies Naty Seventh Generation TenderCare (Hain Celestial)

* eco-disposable

USA 🛇

CAT FOOD

Petite Amie	Bush's (V.I.P. Petfoods)	4
Gourmet D'Lite, Pounce, Saf- col, Snappy Tom, Ultimates	Safcol (Tropical Canning Group)	THA 🗸
Dine, Kitekat, Optimum, Sheba, Temptations, Whiskas	Mars	USA 🗶
Fancy Feast, Friskies, GoCat, One, Purina, Supercoat	Nestle	swi 🛇
lams	Procter & Gamble	USA 🛇

DOG FOOD

DOG FOOD		
Bush's, Divine	Bush's (V.I.P. Petfoods)	* /
Excellence	Lovitt's	* /
Nature's Gift	Nature's Gift Australia	* /
Fish for Dogs	Safcol (Tropical Canning Group)	THA 🗸
Biopet ★	Biopet Pet Care	* ~
Chum, Good-O, My Dog, Optimum, Pal, Pedigree, Principal, Schmackos	Mars	USA 🗶
Beneful, Lucky Dog, Mighty Dog, One, Purina, Supercoat	Nestle	swi 🛇

Procter & Gamble

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)	*/
I Love My Pet	My Pet	*~
Saint Bernard Petcare	Saint Bernard Petcare	→ ~
Advance, Exelpet	Mars	USA 🗶
Friskies, Total Care	Nestle	swi 🛇

PET FOOD (CHILLED)

TETTOOD (CITIELED)		
Bush's, Chunkers, Fussy Cat, Mega Bite, Platinum, V.I.P. Pet Foods	V.I.P. Petfoods	*
4Legs	4Legs Pet Food Company	₩~
Fresh Pet Food Co.	Macro Meats – Gourmet Game	~ ~

PET FOOD (OTHER)

Lovitt's	*	/
Bird Munchies	*	~
Peters Pure Animal Foods	*	~
Mars	USA	×
Nestle	swi	0
	Bird Munchies Peters Pure Animal Foods Mars	Bird Munchies Peters Pure Animal Foods Mars usa

Eukanuba, lams

★ certified organic

SAUCES & INTERNATIONAL

BRAND	COMPANY	
ASIAN		
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)	нкс 🗸
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	4/

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
- » 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 and www.greenpeace.org/rice



Green Valley, Sacla	Conga Foods	*	/
Fletchers	Fletchers Foods	*	/
Hoyts	Hoyt Food	*	/
Jensens	Jensens Choice Foods	*	/
Globus	Manassen Foods (CHAMP)	*	/
Spring Gully	Spring Gully Foods	*	/
Three Threes	Three Threes Condiments	*	/
Leggo's	Simplot	USA	/
Baxters	Baxters	UK	~
SPC	SPC Ardmona (Coca-Cola Amatil)	*	×
Heinz	Heinz	USA	×
Dolmio, Masterfoods	Mars	USA	×
Maille	Unilever	UK/ NLD	×
Branston	Nestle	SWI	0
INDIAN			
Maharajah's Choice	Ostindo International	*	/
Pataks, Pillsbury, Wraps of the World	General Mills	USA	/
Passage to India	Passage Foods	*	~
Haldiram's	Haldiram's	IND	~
Tasty Bite	Preferred Brands	USA	~
Sharwoods	Premier Foods	UK	~

MEXICAN		
Byron Bay Chilli Co.	Byron Bay Chilli Co.	*/
CCs	Snack Brands Australia	*
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	*
Double Phoenix, Erawan, Gold Pearl, Indo Mie, Nissin, Nong Shim, Wai Wai	Oriental Merchant (China Merchants Group)	нкс 🗸
Chang's	Cypress & Sons	* 🗸
Bamboo Pot, Trident, Wokka	Manassen Foods (CHAMP)	* <
Ayam	A Clouet (Denis Freres Group)	FRA 🗸

Pandaroo

Kan Tong

Maggi

Easy Mac, Kraft

(Denis Freres Group)

Yuen's Market

Kraft

Mars

Nestle

PASTA SAUCE			Chang's	Cypress &
Paul Newman's Own	Goodman Fielder	*	Hoyt's	Hoyt Food
Stromboli	Gourmet Food Holdings (Crescent Capital)	*	Bamboo Pot, Trident	Manassen (CHAMP)
San Remo	San Remo	*	Three Threes	Three Thre
Barilla	Barilla	ITA 🗸	Ayam	A Clouet
Sacla, Val Verde	Conga Foods	* 🗸	For Sauce Fountain	(Denis Frei
Jensens ★	Jensens Choice Foods	*	Ezy-Sauce, Fountain, White Crow	Cerebos (S
La Gina	Valcorp Fine Foods	* 🗸	Pataks	General M
Leggo's	Simplot	USA 🗸	McCormick	McCormicl
Divella	Divella	ITA ~	Chefs Pantry	Chefs Pant
Ardmona	SPC Ardmona (Coca-Cola Amatil)	♣×	Pandaroo Tabasco	Yuen's Man
Campbell's	Campbell Soup Company	USA 🗶	Nandos	Nandos
Classico	Heinz	USA 🗙	Sharwoods	
Dolmio	Mars	USA 🗙	Snarwoods	Premier Fo SPC Ardmo
Bertolli, Chicken Tonight, Five Brothers, Raguletto	Unilever	UK/ X	SPC, Taylor's	(Coca-Cola
* certified organic			Heinz, HP, Lea & Perrins, Ocean Spray	Heinz

"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	4/
Hoyt's	Hoyt Food	4/
Bamboo Pot, Trident	Manassen Foods (CHAMP)	*/
Three Threes	Three Threes Condiments	* 🗸
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	*~
Pandaroo	Yuen's Market	*~
Tabasco	McIlhenny Co.	USA ~
Nandos	Nandos	zaf ~
Sharwoods	Premier Foods	UK ∼
SPC, Taylor's	SPC Ardmona (Coca-Cola Amatil)	♣×
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/ X
Maggi	Nestle	swi 🛇

SALAD DRESSING/MAYONNAISE

SALAD DILLOSING INIT	TIOITITAL		
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	X
Best Foods, Hellman's	Unilever	UK/ NLD	X
Thomy	Nestle	swi	0

▲ made under licence

SALICES

J.1.5.1.5		
Cornwells, ETA, Holbrooks, Paul Newman's Own	Goodman Fielder	*
Rosella	Gourmet Food Holdings (Crescent Capital)	*
Lee Kum Kee	Oriental Merchant (China Merchants Group)	нкс 🗸
Rosella Lee Kum Kee	(Crescent Capital) Oriental Merchant	• •

Continued at top

SOY SAUCE

JOI SAUCE		
Spiral Foods	Spiral Foods Spiral Foods	
Kikkoman 🖈	Kikkoman	JPN 🗸
ABC, Lee Kum Kee, Yeo's	Oriental Merchant (China Merchants Group)	нкс 🗸
Fountain	Cerebos (Suntory)	JPN 🗸
Pearl River Bridge	Guangdong Foodstuffs	CHN ~
Hakubaku	Hakubaku	JPN ∼
1 1 100 100 1		

^{*} some products certified organic

TOPPING

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

VINECAD

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

SNACKS

Wheelies

BISCUITS/CRACKERS A Palm oi Griffin's Foods Griffin's (Pacific Equity Partners) Cottage, Paradise, Veri Deli, Paradise Food Industries Westons (Goodman Fielder) Roma Food Products Orgran **Fantastic** San Remo Sanitarium Dick Smith A (Adventist Church SP) Manassen (CHAMP) Carrs, McVities, Walkers Unibic, Weight Watchers Unibic Australia Ital Ital Biscuits Kez's Kitchen Kez's Kooka's 🤲 Kooka's Country Cookies **Kurrajong Kitchens** Kurrajong Kitchens Old Colonial Cookie Co **Butterfingers** Waterthins W/aterwheel

Arnotts, Players, Tim Tams

Arnott's Biscuits
(Campbell Soup Company)

Crackerbread, Ryvita

George Weston Foods

UK

Old Fashioned Foods

(Wittington Investments)

Kraft, Nabisco

Kraft

Apero, Sakata, Snakata

Sakata (Pepsico)

USA

X

▲ made under licence ★ some products certified organic ♣ product of Australia

CHIPS/CRISPS A Palm		
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, No- bby's, Parkers, Red Rock Deli, Ruffles, Smith's, Toobs, Twisties, Walkers	Smith's Snackfood Co. (Pepsico)	USA 🗶
Pringles	Procter & Gamble	USA 🛇

* certified organic

NZL ~

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

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 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
- » Learn about the issues at the Palm Oil Action Group website 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

CHOCOLATE	abour, 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) 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
- » Find out more about the human cost of chocolate at www.stopthetraffik.org

CONFECTIONERY **Bellis Rellis Fruit Bars Buderim Ginger Buderim Ginger** Ricci Darrell Lea Double D Products Delights, Double D, Vical (Snow Confectionery) Beacon, Pez, Warheads Funtastic **Aussie Sweets** Aussie Sweets Big Boss, Fads, Fyna, Fyna Wizz Fizz Menz Robern Menz (MFG) Jelly Belly Jelly Belly Candy Company Airheads, Alpenliebe, Perfetti Van Melle ITA ~ Chupa Chups Campino, Werther's Original, Storck CFR ~ 7eros Binka's, Pascall, The Natural Cadbury (Kraft) USA X Confectionery Co. USA 🗶 Kenman, Skittles, Starburst, Mars Allens, Fruit Tingles, Life Savers, Minties, Nestle, 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	*~

Steam Rollers, Wonka

BLUEGEN





SOLAR POWER



WATER SAVING



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HOT WATER



ECO CONSULTANTS





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Robern Menz (MFG)	*	~
Lofthouse	UK	~
Perfetti Van Melle	ITA	~
Ricola	swi	~
Storck	GER	~
Cadbury (Kraft)	USA	X
Reckitt Benckiser	UK	×
Wrigley Co. (Mars)	USA	×
Nestle	swi	0
Procter & Gamble	USA	0
	Lofthouse Perfetti Van Melle Ricola Storck Cadbury (Kraft) Reckitt Benckiser Wrigley Co. (Mars) Nestle	Lofthouse UK Perfetti Van Melle ITA Ricola SWI Storck GER Cadbury (Kraft) USA Reckitt Benckiser UK Wrigley Co. (Mars) USA Nestle SWI

PO	-	-	^	D	N
PU	ы	u	u	ĸ	\mathbf{r}

Riviana	Riviana Foods (SunRice)	*	✓
Green's, Lolly Gobble Bliss Bombs, Poppin	Green's Foods (Guinness Peat)	UK	✓
Movietime	Superpop	*	\checkmark
Cool Pak	Cool Pak	*	~
Uncle Tobys	Nestle	swi	0

RICE/CORN CARES			
Pureharvest	Pureharvest	*	•
Corn Thins, Real Foods	Real Foods	4	

SunRice SunRice



ALCOHOL		
BRAND	COMPANY	
BEER		
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

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

▲ 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	ик 🗶
Budweiser	Anheuser-Busch (AB InBev)	BEL 🗙
Harp, Kilkenny	Diageo	ик 🗶

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: Feeney'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.)

ESP ~

UK ~

NZL ~

NLD ~

USA ~

GER ~

AUT ~

BMU X

UK X

APERTIF				LIQUEUR	
Dubonett, Pernod, Ricard	Pernod Ricard	FRA	/	Father O'Leary's, Rumba	De Bortoli Wines
Aperol, Campari	Campari	ITA	~	Continental Liqueurs	Foster's Group
Pimms	Diageo	UK	×	Kahlua, Malibu, Tia Maria	Pernod Ricard
BOURBON				Lena, Midori, Mohala, Rubis, Suntory	Suntory
Black Jack, Cougar	Foster's Group	*	✓	Baitz	Alepat Taylor
Jack Daniels, Southern Comfort, Woodford Reserve	Brown-Forman	USA	✓	Kilkenny	Australian Vintage
Wild Turkey	Campari	ITA	~	Bacchus, Bananarama, Cafe Latte, Choc-Whip,	Bacchus Distillery
Woodstock	Independent Distillers	NZL	~	Cowboy, Cowgirl	(BDS International)
McKenna	Lion Nathan National	JPN	×	Ambra	Limoncello Australia
Desil Handards Cor Bases	Foods (Kirin) Ream Global		•	Vok	Vok Beverages
Basil Hayden's, Jim Beam, Makers Mark, Old Crow	(Fortune Brands)	USA	×	Erin Cream	Ballande Group
Bulliet, Real McCoy, Slate	Diageo	UK	×	Carolans, Frangelico, Irish Mist	C&C Group
BRANDY				Campari	Campari
Chateau Tanunda	Chateau Tanunda	4	✓	Licor 43	Diego Zamora
Chatelle Napoleon	Foster's Group	*		Drambuie	Drambuie
McWilliams Max	McWilliam's Wines	*		Everglades	Independent Distillers
THE THIRD IT WAS		*		Galliano	Lucas Bols
St Agnes 🤲	Angove's	7		Grand Marnier	Marnier-Lapostolle
Dorville	Pernod Ricard	FRA	<u> </u>	Jagermeister	Mast-Jagermeister
Hardys 🤲	Constellation Brands	USA	~	Mozart	Mozart Distillerie
Magno, Veterano	Obsourne	ESP	~	Cointreau	Remy Cointreau
Metaxa, St Remy	Remy Cointreau	FRA	~	Benedictine	Bacardi
Fundador	Beam Global (Fortune Brands)	USA	×	Baileys, Sheridans	Diageo
product of Australia				,	

CIDER Bulmers, Mercury, Strongbow Pipsqueak Three Oaks Cider Magners C&C Group Lint Annual JPN Seeds

Foods (Kirin)

COGNAC		
Martell	Pernod Ricard	FRA 🗸
Delamain	Delamain	FRA ~
Hennessy	Moet Hennessy (LVMH)	FRA ~
Remy Martin	Remy Cointreau	FRA ~
Courvoisier	Beam Global (Fortune Brands)	USA 🗶

Pernod Ricard	FRA	/
ASM Liquor	*	~
William Grant & Sons	UK	~
Bacardi	BMU	×
Diageo	UK	×
	ASM Liquor William Grant & Sons	ASM Liquor William Grant & Sons Bacardi BMU

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	* <	
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	⇔ ×	
Inner Circle, McKenna	Lion Nathan National Foods (Kirin)	JPN 🗶	
Bacardi	Bacardi	вми 🗶	
Bulliet, Bundaberg, Haig, Johnny Walker, Real McCoy, Slate	Diageo	ик 🗶	

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READY-TO-DRINK (WHITE)

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

[▲] made under licence

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KOM			
Cougar	Foster's Group	*	✓
Havana Club, Malibu	Pernod Ricard	FRA	/
Kinky	ASM Liquor	*	~
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

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

VERMOUTH

VERMOOTH		
De Bortoli	De Bortoli Wines	* 🗸
Cinzano	Campari	ita ~
Martini, Noilly Prat	Bacardi	вми 🗶

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

Elz Valley Distillery	GER	✓
Bacchus Distillery (BDS International)	*	~
Berentzen	GER	~
Teichenne	ESP	~
UTO	NLD	~
Beam Global (Fortune Brands)	USA	×
Diageo	UK	×
Foster's Group	*	/
Pernod Ricard	FRA	/
Edrington Group	UK	~
UB Group	IND	~
William Grant & Sons	UK	~
Bacardi	вми	×
Beam Global (Fortune Brands)	USA	×
	Bacchus Distillery (BDS International) Berentzen Teichenne UTO Beam Global (Fortune Brands) Diageo Foster's Group Pernod Ricard Edrington Group UB Group William Grant & Sons Bacardi Beam Global	Bacchus Distillery (BDS International) Berentzen GER Teichenne UTO NLD Beam Global (Fortune Brands) Diageo UK Foster's Group Pernod Ricard Edrington Group UB Group William Grant & Sons UK Bacardi BMU Beam Global

Diageo

ик 🗶

Bells, Dimple, Haig, J&B, Johnny Walker, Vat 69

VODKA		
Karloff, Kirov	Foster's Group	*/
Finlandia	Brown-Forman	USA 🗸
Absolut, Level	Pernod Ricard	FRA 🗸
Vodka O	ASM Liquor	*~
SKYY	Campari	ITA ~
Svedka	Constellation Brands	USA ~
Kristov	Independent Distillers	NZL ~
Belvedere	Moet Hennessy (LVMH)	FRA ~
Russian Standard	Russian Standard	RUS ~
Stolichnaya	SPI Group	swi ~
42 Below, Eristoff, Grey Goose	Bacardi	вми 🗶
Ciroc, Cossack, Smirnoff, Ursus	Diageo	ик 🗶
WHISKEY (OTHER)		
Jameson	Pernod Ricard	FRA 🗸
Tullamore Dew	C&C Group	IRL ~
Canadian Club	Beam Global (Fortune Brands)	USA 🗶
Bushmills, Crown Royal	Diageo	ик 🗶

OFFICE SUPPLIES

RAND COMPAN

COPY PAPER Forest	logging (choose recycled)	
Recycled Supreme ★2, Green Wrap	Fuji-Xerox	JAP 🗸
Quill	Quill Stationery	* 🗸
Ecocern *1	Ecocern	→ ~
Double A	Advance Agro	тна ~
Aspen ★4, Boise, Fireworx ★4, MaxBrite, X-9, Officemax ★4, Splox ★4	Boise Inc (Aldabra 2 Acquisition Corp)	USA ~
Canefields ★4	Canefields (TNPL)	IND ~
Cyclus ★2	Dalum Papir	DNK ~
Nautilus / Canon recycled ★2	Lenzing / Neusiedler	GER ~
Color Copy, IQ Triotec ★4	Mondi	ик ~
Evolve ★2	M-Real (Metsäliitto)	FIN ~
Vision Pure White ★2, Officeworks ★2	Steinbeis	GER ~
Paper One	APRIL (Gold Leaf Holdings)	сүм 🗶
Australian Recycled ★3, EXP Green 50% Recycled ★3, Reflex Recycled ★3, ENVI, Olympic, Optix, Reflex, Tablex, Tudor	Australian Paper (Nippon Paper)	јр№ 🗶
НР	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
- » Find out more about protecting our forests— www.wilderness.org.au/forests
- -
- \bigstar 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)

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-consumerwaste recycled paper saves 17 trees, 4,100kwh of energy and a whopping 26,000 litres of water.

Presently there isn't a 100% post-consumerwaste 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 postconsumer-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

FOI DERS/FILING

I OLD LIKO/ I ILIII G			
Cumberland, Earthcare ★2, Riven	Cumberland Stationery	*	✓
Crystalfile, Marbig	ACCO Brands	USA	✓
Bantex, Ecoboard ★1	Bantex	*	\checkmark
Colby	Colby Office Products	*	✓
Ausinc	Ausinc	*	~
Camerons	Camerons	*	~
Avery	Avery Dennison	USA	~
Esselte, Pendaflex	Esselte (J W Childs)	USA	~
Tudor ★1	Aust. Paper (Nippon Paper)	*	×

^{* 1} some products certified organic, 2 Good Environmental Choice label

OFFICE SLIDDLIFS (SCISSORS STADLEDS TADE ETC.

OTTICE SOFFEIES (SCISSORS, STAFLERS, TAFE, ETC)							
Crystalfile, Marbig, Rexel	ACCO Brands	USA 🗸					
Dahle, Ledah	Bantex	* 🗸					
Sellotape	Dalton (Griffin Group)	* 🗸					
Celco	Jasco	* 🗸					
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 🗙					

USA 🗙

PADS/BOOKS/DIARIE	S A Forest logging (choose r	ecycl	ed)
Colourhide, Daytimer, Derwent, Marbig	ACCO Brands	USA	✓
Stick on Notes	Bantex	*	/
Waterville	Colby Office Products	*	\checkmark
Jasart	Jasco	*	/
Quill	Quill Stationery	*	/
Austab	Austab	*	~
Camerons	Camerons	*	~
Collins, Debden	Collins Debden	*	~
Australian Envelopes	Envotec	*	~
Impact	Impact Business Forms	*	~
Note Book 🖈	Note Pad Manufacturers	*	~
Upward, Wildon	WH Annett	*	~
Zion Systems	Zions	*	~
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	X
Rolodex	Sanford Australia (Newell Rubbermaid)	USA	×

* some recycled

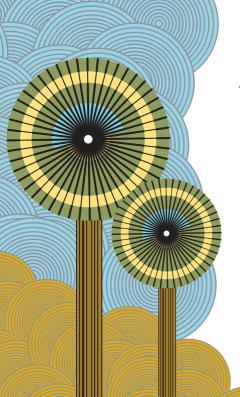
WRITING INSTRUME	NTS	
Derwent, Marbig	ACCO Brands	USA 🗸
Faber Castell	Faber-Castell	GER 🗸
Staedtler	Staedtler	GER 🗸
Celco, Texta	Jasco	* 🗸
Crayola	Binney & Smith (Hallmark Cards)	USA 🗸
Energel, Pentel	Pentel	JPN 🗸
Micador, QVS	Micador	→ ~
Maped	Maped	FRA ~
Uniball	Mitsubishi Pencil Co.	JPN ~
Pilot	Pilot	JPN ~
Stabilo	Schwan-Stabilo	GER ~
Artline	Shachihata	JPN ~
Zebra	Zebra	JPN ~
Roseart, SRX	MEGA Brands	CAN X
Bic	Bic	FRA 🗶
Expo, Foohy, Liquid Paper,	Sanford	1154 🗶

Papermate, Parker, Sharpie **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

(Newell Rubbermaid)

plant-based materials at www.ecopaper.com.au and www.goinggreensolutions.com.au.



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ASSESSMENT SOURCES

SUSTAINABILITY INDEXES / CORPORATE SOCIAL RESPONSIBILITY INDEXES

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

Corporate Monitor Tables: www.corporatemonitor.com.au

Corporate Responsibility Index:

www.corporate-responsibility.com.au

Horwath Corporate Governance Report:

www.newcastle.edu.au/school/business/research/horwath/

Ethical Investor El50: www.ethicalinvestor.com.au

VOLUNTARY COVENANTS / INDUSTRY GROUPS

National Packaging Covenant:

www.packagingcovenant.org.au

UN Global Compact: www.unglobalcompact.org

ISSUE-BASED REPORTS / DATA

Babymilk Action: www.babymilkaction.org Carbon Disclosure Leadership Index 2008:

www.cdproject.net

Choose Cruelty Free Preferred Products:

www.choosecruelty free.org. au

Climate Counts: www.climatecounts.org Global Exchange: www.globalexchange.org

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

HRC Corporate Equality Index 2009: www.hrc.org/cei

Make Trade Fair: www.maketradefair.com

PETA animal testing factsheet: www.caringconsumer.com

WWF Palm Oil Buyer's Scorecard 2009:

www.panda.org/palmoilscorecard

CORPORATE ACCOUNTABILITY / BOYCOTT SITES

Corporate Accountability International:

www.stopcorporate abuse.org

Corporate Critic: www.corporatecritic.org

Corpwatch: www.corpwatch.org

Ethical Company Organisation (Good Shopping Guide):

www.ethical-company-organisation.org

Ethical Consumer: www.ethicalconsumer.org

Ethiscore: www.ethiscore.org
Friends of the Earth: www.foei.org
Knowmore: www.knowmore.org

Multinational Monitor: www.multinationalmonitor.org Responsible Shopper: www.responsibleshopper.org

COMPANY OWNERSHIP / DATA

Fightback News: www.fightbacknews.com.au

Seek Top 2000 Company Profiles: www.seek.com.au/if.asp?loc=ibis Hoovers: www.hoovers.com

COUNTRY CODES & GLOSSARY

COUNTRY CODES

AUS	Australia	ITA	Italy
AUT	Austria	JAM	Jamaica
BEL	Belgium	JPN	Japan
BMU	Bermuda	LKA	Sri Lanka
CAN	Canada	MEX	Mexico
CHN	China	MYS	Malaysia
CRO	Croatia	NLD	Netherlands
CYM	Cayman Islands	NZL	New Zealand
DNK	Denmark	PHL	Philippines
ESP	Spain	RUS	Russia
FRA	France	SGP	Singapore
GER	Germany	SWE	Sweden
GRC	Greece	SWI	Switzerland
HKG	Hong Kong	THA	Thailand
IDN	Indonesia	TLS	East Timor
IND	India	UK	United Kingdon
IRL	Ireland	USA	United States
ISR	Israel	ZAF	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** 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** to find out more about our public workshops, supermarket tours, and monthly 'meal & movie' nights.

ABOUT THIS GUIDE

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Printed by Printbound, www.printbound.com.au, on
'Envirocare' 100% post-consumer-waste recycled paper.

Special thanks to:

Sustainable Living Foundation, www.slf.org.au Mr.KrinKle for web development, www.mrkrinkle.net Shelley Miller Design for cartoons, blog.shelleyknollmiller.com

Published February 2010



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

DISCLAIMER

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

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**. See **www.ethical.org.au** for recent changes.

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wear no evil. play with no evil.

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