

THE GUIDE TO **ethical** 2012 SUPERMARKET **Shopping**

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**SPECIAL
FEATURES
ON TOYS,
MEAT, BEER,
BEAUTY**

www.ethical.org.au

Your dollar is your vote – make it count!

HOW TO USE THIS GUIDE & ICON DECODER

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

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

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

Seek a **best buy** considering **company ownership / rating**, and **outstanding product** ★ features.

BRAND	COMPANY		
SUNSCREEN ⚠️	Nanotechnology		
Auscreen ★ 2	Ross Cosmetics	AU	✓
Aquasun, Redwin	PharmaCare	AU	✓
Hamilton, Invisible Zinc ★ 1, Reef, UV Triplegard	Valeant Pharmaceuticals	CAN	✓
Cancer Council ★ 2	Vitality Brands	AU	~
Sun Zapper ★ 2	Sun Zapper	AU	~
Le Tan	Heritage Brands	AU	~
Nivea	Beiersdorf (maxingvest)	GER	✗
Banana Boat	Energizer	USA	✗
Neutrogena	Johnson & Johnson	USA	✗

★ 1 nano @ chemical free, 2 namp free

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

The right-hand columns contain the **country of ownership code** and an icon indicating the **rating** for a company.

ICON DECODER

COMPANY RATINGS

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

AUSTRALIAN OWNED

INDUSTRY ALERT

PRODUCT FEATURES

- ★ OUTSTANDING PRODUCT
- AU PRODUCT OF AUSTRALIA

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 fifth edition of **The Guide to Ethical Supermarket Shopping**. This handy pocket-sized guide is designed to help you match your shopping habits with your values. Every time you shop in a supermarket, you can make an informed decision about where your money goes.

We live in a time of human rights abuse, animal cruelty, genetically modified foods and industry's massive impact on the environment. These things can seem beyond our control, but every time we buy something the money we spend endorses a company and its activities.

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 completely updated edition includes special features on cosmetics, toys, meat, and beer, while tracking the ever-increasing consolidation of company ownership. In 2011, for example, SABMiller bought Fosters, Parmalat was sold to Lactalis, Asahi bought three local drinks companies, and Bright Food bought 75 per cent of Manassen.

Both in the supermarket and beyond, we encourage you to be a part of the growing movement of people creating a better world with their everyday choices. We hope this guide, with its focus on the companies behind the brands, serves as a useful starting place in helping you explore the issues connected with your everyday purchases.

Visit our website at www.ethical.org.au for the specific details on company assessments. See our methodology and assessment sources on pages 72 and 73.

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

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Shop Ethical!
for iPhone and iPod touch
(Android version coming soon)

Available on the
App Store

from the Ethical Consumer Group
and Outware Mobile

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 most frequently. See the centerfold chart 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 products are discarded after a single use. 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, agri-business is controlled by large companies who abuse their power to maximise profit at the expense of farmers, factory workers and small retailers.

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 its heart. We encourage you to experiment in organic backyard food production, share healthy foods and the stories behind your food, and in doing this make a small, yet meaningful contribution to creating a food production system with a future.

best to worst



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

- » Buy in bulk at a food co-op in your area
- » Seek out free-range, organic products
- » Find your local farmers' market, community garden or seed savers group
- » Share your excess produce and ideas at an urban harvest swap meet

Find good food that's close to you.
A new local food project from the Ethical Consumer Group

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 per cent of supermarket sales, 60 per cent of alcohol retail, 50 per cent of petrol retail and 40 per cent 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.

Criticisms of the Woolworths/Coles duopoly include market dominance, owning poker machines, squeezing suppliers, creeping acquisitions, predatory pricing, restrictive covenants, and building supermarkets in small towns despite local protests.

Woolworths is Australia's largest owner of poker machines (over 12,000 machines) and has teamed up with US-based Lowe's to build over 150 Masters Home Improvement stores in Australia over the coming 5 years.

Wesfarmers bought Coles Group in 2007 for \$22 billion. It owns coal mines and over 3,000 poker machines.

Metcash distributes primarily to independently owned stores including IGA and accounts for almost 20 per cent of supermarket sales in Australia.

HOUSE BRANDS

Supermarket owned brands (known as 'private label' or generic 'house brands') command a 25 per cent market share, expected to rise to 30 per cent in the near future.

'House brands' mean big profits for supermarkets. As major supermarket chains give more shelf space to their own brand items, name brand products are squeezed off the shelves. This means less choice, both for customers, with the disappearance of familiar brands, and for Australian farmers and manufacturers, who often find that they must sell through the supermarkets' own brands. They are forced to compete with cheaper, often heavily subsidised, foreign imports.

House brands encourage us to trust that "cheap is best". Their labels don't disclose the manufacturer, so consumers don't know who their money is supporting.

- » **Best choice** — choose Australian-owned brands with a ✓ or ~ as preference over house brands.
- » If buying a house brand, choose Product of Australia first, Made in Australia second. Avoid imports.



WOOLWORTHS	WESFARMERS	METCASH	ALDI
SUPERMARKETS			
Woolworths, Safeway, Thomas Dux (& more in NZ)	Coles, BI-LO	IGA, Supa IGA, Foodland, Franklins	German owned company. 215+ stores, all 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
SUPERMARKET HOUSE BRANDS			
Woolworths, Homebrand, Select, Fresh, Organic, Macro, Naytura, Freefrom	Coles, \$mart Buy, Simply Basics, Derma, Purr and Banquet pet food	Black & Gold, IGA, Signature, Way of Life, Purely Organics, Foodland	FOODWORKS
LIQUOR STORES			650 outlets with over 400 under the Foodworks banner. Stores are independently owned. Supplied by Metcash House brands: Best Buy, Black & Gold, Promenade
Dan Murphy's, BWS, Woolworths/Safeway Liquor, plus 286 hotels with 12,000+ poker machines	1st Choice, Liquorland, Vintage Cellars, plus 93 hotels with 3,000+ poker machines	Cellarbrations, Bottle-O, IGA Liquor, Thirsty Camel distributes to 15,000+ liquor retailers, yet owns none itself	
FUEL & CONVENIENCE STORES			
Caltex Woolworths/Safeway	Coles Express (with Shell)	IGA X-press, Lucky 7	
DEPARTMENT STORES			
Big W	Target, Kmart		
HARDWARE & OTHER RETAIL STORES			
Masters, Home Hardware, Thrifty-Link, Dick Smith	Bunnings, Officeworks, Harris Technology	Mitre 10, True Value (50.1% owned)	SPAR / 5 STAR
PLUS...			Stores are independently owned, and found in NSW, ACT, QLD and NT. SPAR Australia is the Licensor in Australia for Netherlands-based SPAR International.
75% of Australian Leisure and Hospitality Group, 67% of Danks. Operations in NZ, India, Hong Kong and China	Operations in coal mining, energy, insurance, chemicals and fertilisers, industrial & safety products	Distributor & brand owner. Stores are independently owned. Also distributes to Foodworks, 7-Eleven, BP	

CRITICISMS WHO HAS THEM AND WHY

BOYCOTT CALL

Please note, we do not call boycotts. Rather we report boycotts that have been called by other credible organisations. See more at www.ethical.org.au/boycotts

Nestlé has received strong international criticism for its aggressive marketing of infant formula in developing countries with scarce drinkable water, leading to infant deaths (despite a ban by the World Health Organisation). Other criticisms include child labour, workers rights, promotion of bottled water, and pollution.

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

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

Called by: 1) Campaign to Stop Killer Coke (USA) www.killercoke.org
2) India Resource Center (India) www.IndiaResource.org




NB: While Coca-Cola Amatil is majority Australian owned, it pays licencing fees to, and is 30 per cent owned by, the Coca-Cola Company (US).

L'Oréal and **Procter & Gamble (P&G)** have each received boycott calls for ongoing involvement in painful and lethal animal tests. Both have also been criticised for using nanoparticles in their personal care products. L'Oréal bought The Body Shop in 2006, and is 26 per cent owned by Nestlé.

Called against P&G by: 1) Uncaged (UK) www.uncaged.co.uk
2) PeTA (USA) www.iamscrueity.com

Called against L'Oréal by: NatureWatch (UK)

LESSER CRITICISMS

Beiersdorf	GER	Animal testing
Bic	FRA	Animal testing
Campbell Soup Co.	USA	Palm oil supply chain
Coca-Cola Amatil		Part ownership by Coca-Cola Company, who have two boycott calls
Estée Lauder	USA	Nanoparticles in cosmetics, price fixing
Heinz	USA	Irresponsible marketing
Joh A Benckiser	GER	Animal testing
Lion / Kirin	JPN	Genetic engineering, animal rights and military
McCormick	USA	Labour rights
Pacific Brands		Workers rights, excessive executive pay
Primo Smallgoods		Fined for mislabelling
PZ Cussons	UK	Animal testing
SABMiller	UK	Part ownership by Altria, tax avoidance
sanofi-aventis	FRA	Poor governance record

CRITICISMS

3M	USA	Animal testing, involvement with Burma
Baiada		Factory farming, workers rights
Bayer	GER	Genetic engineering, hazardous chemicals in pesticides
Cargill	USA	Palm oil supply chain, deforestation, promotion of GMO into food chain
Church & Dwight	USA	Animal testing
Clorox	USA	Animal testing
Colgate-Palmolive	USA	Animal testing
Conga Foods		Unsustainable fishing
Danone	FRA	Promoting bottled water, gaming, irresponsible marketing, palm oil policy
Energizer	USA	Animal testing
Fonterra	NZL	Palm based animal feed, pushing an intensive farming model in NZ
GlaxoSmithKline	UK	Animal testing, adulterated drugs
Hasbro	USA	Workers rights, sweatshops
Henkel	GER	Animal testing, indirect involvement in military & nuclear
Hershey	USA	Child labour, BPA policy, labour rights
Hormel	USA	Opposing regulations, BPA policy
JBS	BRA	Feedlot operations, pollution
Johnson & Johnson	USA	Animal testing, unethical marketing, price fixing, action on Darfur

Kao Corporation	JPN	Animal testing, water pollution in China
Kellogg	USA	Irresponsible marketing, use of GE sugar in US products, BPA policy
Kraft	USA	Poor wages for coffee farmers, BPA policy, workers rights, use of GMOs
Mars	USA	Child labour, animal testing
Mattel	USA	Workers rights, recall of unsafe toys
Nippon Paper	JPN	Deforestation, greenwash
Novartis	SWI	Xenotransplantation experiments, drug patenting in India
PepsiCo	USA	Promoting bottled water, BPA policy, water pollution in China
Reckitt Benckiser	UK	Animal testing, anticompetitive behavior
Revlon	USA	Nanoparticles in cosmetics, parent co involved in military and gaming
Sara Lee	USA	Poor wages for coffee farmers
SC Johnson	USA	Animal testing
Shiseido	JPN	Animal testing, palm oil supply chain
Tetley / Tata	IND	Workers rights, military involvement
Unilever	UK/ NLD	Animal testing, BPA policy, price fixing
Wesfarmers		Anticompetitive behaviour, gaming
Wilmar	SGP	Deforestation, human rights
Wittington Investments	UK	Palm oil policy, worker exploitation, illegal political donations
Woolworths		Anticompetitive behavior, gaming, greenwash, unsustainable fishing
Wyeth / Pfizer	USA	Animal testing, irresponsible marketing, human rights abuses, cruelty to horses

» MORE EXAMPLES OF COMPANY CRITICISMS — see www.ethical.org.au

BABY & TOYS

BRAND COMPANY

BABY FOOD

Bellamy's ★	Bellamy's Organic Farms	AU ✓
Organic Bubs ★	Organic Baby Food Co.	AU ✓
Rafferty's Garden	Rafferty's Garden	AU ✓
Only Organic ★	Only Organic	NZL ✓
Green Monkey ★	Green Monkey	NZL ~
Baby Mum-Mum	Want Want Foods	CHN ~
Earth Best, Farex, Golden Circle, Heinz ★	Heinz	USA ✗

★ certified organic

BABY FORMULA

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

★ certified organic

BABY TOILETRIES

Gaia	Gaia Skin Naturals	AU ✓
ecostore	Ecostore	NZL ✓
Huggies	Kimberly-Clark	USA ✓
Avado	Avado Organics	AU ~

Milton	Milton (Probiotec)	AU ~
Infacol, Sudocrem	Forest Laboratories	USA ~
Amolin, Bepanthen	Bayer	GER ✗
Curash	Church & Dwight	USA ✗
Aveeno, Desitin, Johnson's	Johnson & Johnson	USA ✗
Baby Balsam, Vicks	Procter & Gamble	USA ⊖

BABY WIPES

Gaia	Gaia Skin Naturals	AU ✓
Swisspers	McPherson's	AU ✓
Huggies	Kimberly-Clark	USA ✓
Nature Babycare	Naty	SWE ~
Heinz	Heinz	USA ✗
Curash	Church & Dwight	USA ✗
Johnson's	Johnson & Johnson	USA ✗
Cruisers, Pampers	Procter & Gamble	USA ⊖

NAPPIES ⚠ Waste to landfill (choose eco-disposable)

Seventh Generation ★	Seventh Generation	USA ✓
Dry Nites, Huggies, Little Swimmers, Pull Ups, Snugglers	Kimberly-Clark	USA ✓
BabyLove, Cosifits, Lullaby	Unicharm	JPN ✓
Sorbies	Sorbies	AU ~
Moltex Eco ★	Moltex (Candover)	UK ~
Nature Babycare ★	Naty	SWE ~
Cruisers, Pampers, Swaddlers	Procter & Gamble	USA ⊖

★ eco-disposable

SPECIAL
FEATURE

TOYS

Toys last a lot longer than kids' interest in them so keep them moving around. Pass them on to family and friends (and tell everyone you're happy to get hand-me-downs as presents), join your local Freecycle, seek out used toy fairs, buy and sell used toys online or join a local toy library.

Lego	Lego	DNK ✓
Bakugan, Flick Trix, Liv, Tech Deck	Spin Master	CAN ✓
Classic Craft, Colorific, Dough Worx, Wood Worx	Colorific	AU ~
Sharp Shooter	Hunter Leisure	AU ~
Aqua Doodle, Aqua Sand, Beados, Bubblemania, Mighty Beanz, Party Animals	Moose Enterprise	AU ~
Flashtrax, Shnooks	Track Stars Collectables	AU ~
Kung Zhu, Zhu Zhu Pets	Cepia	USA ✗
Kool Kids, Play & Learn	Coles (Wesfarmers)	AU ✗
Beyblade, Littlest Pet Shop, Nerf, Play-Doh, Transformers Chuggington (die-cast), Learning Curve, Thomas & Friends (wooden)	Hasbro	USA ✗
Barbie, Fisher Price, Hot Wheels, Little People, Matchbox, Polly Pocket, Thomas & Friends (die-cast)	Mattel	USA ✗
Mega Bloks	MEGA Brands	CAN ✗
Bratz, Little Tikes, Moxie Girls	MGA Entertainment	USA ✗

TOYS & CHINA

Many toys are produced in factories operating under sweatshop-like conditions. Despite protests, the industry continues to source toys from factories with documented labour and human rights violations.

Three-quarters of the world's toys are made in China. Working conditions have been improving, but serious labour violations continue. Toy workers have to work long days in the peak season without appropriate pay — often for more than 80 hours a week — well above China's legal limit. Many factories impose fines for refusing and other 'misdemeanours', such as missing a day's work or spending too long on a toilet break.

The ICTI CARE Process is the toy industry's ethical manufacturing program aimed at ensuring safe and humane workplace environments for toy factory workers worldwide. However, this process has been criticised by labour rights organisations.

» Choose Australian made toys, available at websites such as www.ecotoys.com.au, www.entropy.com.au, www.woodentoysaustralia.com.au

» Choose 'China-free' toys from companies such as Playmobil and Lego, who manufacture most of their products in Europe.



BAKING & COOKING

BRAND	COMPANY		
CAKE MIX			
Anchor, Lion, Robur	Anchor Foods		✓
Defiance, Donna Hay, Pavlova Magic, White Wings	Goodman Fielder		✓
Betty Crocker	General Mills	USA	✓
Green's	Green's Foods (Guinness Peat)	UK	✓

COOKING OIL Genetic engineering

Dick Smith [▲] , Golden Fields, Sunshine	Steric		✓
Chang's	Cypress & Sons		✓
Chefol, Crisco, ETA, Gold'nCanola	Goodman Fielder		✓
Pro Chef	Pascoe's		✓
Always Fresh	Riviana Foods (SunRice)		✓
Suncoast Gold	Suncoast Gold Macadamias		✓
Azalea	Minerva Australia (Deoleo)	ESP	✓
Colossus	Colossus Food Company		~
Grove	Avocoda Oil NZ	NZL	~
Alfa One	Old Fashioned Foods	NZL	~
Family Choice	Wintecorn (Malaysian MosaicsBerhad)	SGP	~

[▲] made under licence

CRUSHED GARLIC & GINGER

Galiko, Rosella	Rosella Foods (Crescent Capital)		✓
Jensens [★]	Jensens Choice Foods		✓
Always Fresh	Riviana Foods (SunRice)		✓
The Food Company	The Food Company		~
Masterfoods	Mars	USA	✗

[★] certified organic

DRIED FRUIT & NUTS

Big Sister	Fowlers Vacola		✓
Gomans	Goman Foods		✓
Lucky	Select Harvests		✓
Buderim Ginger	Buderim Ginger		✓
Riverside, Stahmann Farms	Stahmann Farms		✓
Angas Park, Sunbeam, Trident	Manassen (Bright Food)	CHN	✓
Ducks, Winn	Australian Nut Processors		~
Fruit For Life	FMP Marketing		~
Robern	Robern Menz		~
Royal Nut Co.	Royal Nut Co.		~
FreshLife	Scalzo		~
Sunsweet	Sunsweet Growers	USA	~
Planters	Kraft	USA	✗
Nobby's	Smith's Snackfood Co. (Pepsico)	USA	✗

EGGS Factory farming (choose free range)

Family Homestead [★] (VIC)	Home on the Range		✓
Manning Valley (NSW)	Manning Valley Eggs		~
Nature's Best, Veggs, Wiggly Eggs	Veggs		~
Country House, Essential Foods, Farm Pride, Hunter Valley, Otway Ridge	Farm Pride Foods		✗
Golden Eggs (WA)	Golden Egg Farms		✗
Eco Eggs, Pace Farms, Wattle Ridge	Pace Farm		✗
Free Range Egg Farmers [★] , McLean's Run [★] , Meggles, Simply Eggs, Sunny Queen Farms	Sunny Queen		✗

[★] exclusively free range

FREE RANGE EGGS

In Australia there is no legally binding definition for 'free-range', only voluntary standards. Three certifications that have documented and credible standards are: (1) FREPA (Free Range Egg & Poultry Australia); (2) RSPCA Approved Farming Scheme; and (3) organic certifications such as ACO (Australia Certified Organic). Controversially, 'Egg Corp Assured' free range eggs, certified by the Australian Egg Corporation, the national industry body, won a Choice 'Shonky Award' in 2008, as they allow beak trimming and 14 hens per square metre – not much less than the 18 hens per square metre in cage systems.

FLOUR & BREAD MIX

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

[★] some products certified organic

GRAVY & STOCK

White Wings	Goodman Fielder		✓
Massel	Massel		✓
Gravox	Cerebos (Suntory)	JPN	✓
Green's	Green's Foods (Guinness Peat)	UK	✓
Vegeta	Podravka	CRO	✓
Campbell's	Campbell Soup Company	USA	✗
McCormick	McCormick	USA	✗
Bonox	Kraft	USA	✗
Bovril, Continental, Oxo	Unilever	UK/NLD	✗
Maggi	Nestlé	SWI	Ⓞ

HERBS & SPICES

Artisse Organic ★	Hampden Trading	AU ✓
Clive of India, McKenzies	Ward McKenzie	AU ✓
Anchor, Spencers (WA)	Anchor Foods	AU ✓
Hoyts	Hoyt Food	AU ✓
Kooka, Saxa, Tandaco	Cerebos (Suntory)	JPN ✓
Health-Rite	Bathox Australia	AU ~
Outback Spirit	Robins Foods	AU ~
GFresh	SA Spice	AU ~
Keen's, McCormick	McCormick	USA ✗
Masterfoods	Mars	USA ✗

★ certified organic

ORGANICS — BETTER FOR YOUR PLANET

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

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

OLIVE OIL

Aurora, Giralda	Cantarella Group	AU ✓
Olive Grove ★ 1	Goodman Fielder	AU ✓
Always Fresh	Riviana Foods (SunRice)	AU ✓
Bertolli, Dante, Lupi, Minerva	Minerva Australia (Deoleo)	ESP ✓
Cobram Estate ★ 1	Cobram Estate	AU ~
Jingilli ★ 1	Frankland River Olive Co.	AU ~
BioNature ★ 2	Leo's Imports	AU ~
Olo ★ 1	Mitolo Group	AU ~
Red Island ★ 1	redisland	AU ~
Viva ★ 1	Viva Olives (Barkworth)	AU ~
Borges	Borges	ESP ~
Colavita	Colavita	ITA ~
Carbonell, 1866	Deoleo	ESP ~
Moro	Conga Foods	AU ✗

★ 1 Australian Extra Virgin certified, 2 certified organic

OTHER BAKING

100's & 1000's, Dollar Sweets	Dollar Sweets	AU ✓
McKenzies, Ward's	Ward McKenzie	AU ✓
Anchor	Anchor Foods	AU ✓
Multix	Multix (McPherson's)	AU ✓
Queen	Queen Fine Foods	AU ✓
Nemar	FFI Holdings	AU ~
Cake Mate	McCormick	USA ✗
Nestlé	Nestlé	SWI ✗

PASTA

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

★ some products certified organic

PUDDING

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

RICE ▲ Water usage

Koala, Mahatma, Premier, Riviana, SunRice ★, Tastic	SunRice	AU ✓
Tilda	Manassen (Bright Food)	CHN ✓
Uncle Ben's	Mars	USA ✗

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SUGAR

Bundaberg	Bundaberg Sugar (Finasucre)	BEL ✓
CSR	Sugar Australia (Wilmar)	SGP ✗

SWEETENERS ▲ Health concerns

Sugarless (aspartame)	Bathox Australia	AU ~
Natvia (stevia)	Natvia	AU ~
Hermesetas (ace K & aspartame), Stevia Sweet (stevia)	Hermesetas	SWI ~
Equal (aspartame), PureVia (stevia)	Merisant	USA ~
Nutrasweet (aspartame)	NutraSweet (J W Childs)	USA ~
Sugarella (saccharin)	sanofi-aventis	FRA ✗
TruVia (stevia)	Cargill	USA ✗
Fruisana (fructose)	Danisco (DuPont)	USA ✗
Splenda (sucralose)	Johnson & Johnson	USA ✗
Sugarine (saccharin)	Reckitt Benckiser	UK ✗

(base ingredient in brackets)

BREAD, SPREADS & CEREAL

BRAND	COMPANY	
BREAD		
Look for brands from local bakehouses such as Alpine Breads , Gold Coast Bakeries , Mia's , Riviera , Potts and Schwob's		
Atlantic Bakery, Buttercup, Country Life, Country Split, Flinders, Helga's, La Famiglia, Lawson's, Mighty Soft, Molenberg, Riga, Sunicrust, Taylors, Vogel's, Weight Watchers ▲, Wonder White	Goodman Fielder	🇦🇺 ✓
9 Grain, Abbot's Village, AGB, Bagel House, Burgen, Golden, Nobel Rise, Sunblest, Tip Top, Up	George Weston Foods (Wittington Investments)	UK ✗

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CAKES

Balfours	Balfours (San Remo)	🇦🇺 ✓
Big Sister	Fowlers Vacola	🇦🇺 ✓
Mr Kipling	Premier Foods	UK ✓
Bakemark, Cakemark, Weight Watchers ▲	Bakemark	🇦🇺 ~
Balconi	Balconi	ITA ~
Little Bite Muffins, Mills & Wares, Top Taste, Westons	George Weston Foods (Wittington Investments)	UK ✗

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BUYING LOCAL — GOOD FOOD MILEAGE

A typical Melbourne shopping basket has travelled a staggering 70,000 kilometres — equivalent to almost two trips around the world. 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 person in Melbourne purchasing an orange grown in Mildura rather than California reduces food 'miles' from 12,879km to 567km.

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



CEREAL

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

★ some products certified organic ▲ made under licence

CHOCOLATE SPREAD

Chocolate Mud	Sweet William	🇦🇺 ✓
Nutino	Cantarella Group	🇦🇺 ✓
Nutella	Ferrero	ITA ✓
Choc Ezy	Pantalica Cheese Co.	🇦🇺 ~

FLAT BREAD

Freedom Foods	Freedom Foods (Arrovest)	🇦🇺 ✓
Diego's	San Diego Tortilla Factory	🇦🇺 ✓
Wattle Valley	Menora Foods	🇦🇺 ✓
Khobz, Sorj, Vitastic	Middle East Bakeries	🇦🇺 ~
Mountain Bread	Mountain Bread	🇦🇺 ~
True Foods	True Foods	🇦🇺 ~

Classic Indian	Asia Pacific Food Ind.	THA ~
Mission	Gruma	MEX ~
Bazaar	George Weston Foods (Wittington Investments)	UK ✗

HONEY

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

★ certified organic

JAM

Buderim Ginger 🍷	Buderim Ginger	🇦🇺 ✓
Bonne Maman	Menora Foods	🇦🇺 ✓
Beerenberg	Beerenberg	🇦🇺 ~
Prue Sobers	Prue Sobers Jam Co.	🇦🇺 ~
Yackandandah	Yackandandah Jam Co.	🇦🇺 ~
Anathoth	Anathoth (Barkers)	NZL ~
St Dalfour	St Dalfour	FRA ~
Allowrie, Glen Ewin, IXL, Weight Watchers ▲	SPC Ardmona (Coca-Cola Amatil)	🇦🇺 ✗
Golden Circle	Golden Circle (Heinz)	USA ✗
Cottee's ▲, Monbulk, Rose's	Heinz	USA ✗

🍷 product of Australia ▲ made under licence

MUESLI & OATS

Carman's	Carman's Fine Foods	AU ✓
Freedom Foods, Norganic	Freedom Foods (Arrovest)	AU ✓
Kialla ★	Kialla Pure Foods	AU ✓
Sunsol	Meriram (Select Harvests)	AU ✓
Monster Muesli	Monster Muesli	AU ✓
Pureharvest ★	Pureharvest	AU ✓
Golden Fields	Steric	AU ✓
Anchor	Anchor Foods	AU ✓
Lowan, Weight Watchers ▲	Lowan (Guinness Peat)	UK ✓
Arnold's Farm, Goodness, Heritage Mill	Popina	AU ~
Table of Plenty	Table of Plenty	AU ~
The Muesli Company	The Muesli Company	AU ~
Be Natural, Cerevite, Kelloggs, Vogel's	Kellogg	USA ✗
Milo, Morning Sun, Purina Health Foods Co, Quaker ▲, Uncle Tobys	Cereal Partners (Nestlé / General Mills)	SWI Ⓞ

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MUESLI BARS

Carman's	Carman's Fine Foods	AU ✓
Fontelle, Nana Diver's	Fontelle	AU ✓
Sanitarium	Sanitarium (Adventist Church SP)	AU ✓

Nice & Natural	Nice & Natural (PEP)	AU ✓
Nature Valley	General Mills	USA ✓
Mother Earth	Profile Foods	NZL ~
Tasti, Weight Watchers ▲	Tasti	NZL ~
IXL, SPC	SPC Ardmona (Coca-Cola Amatil)	AU ✗
Be Natural, Kelloggs, LCMs, Sunibrite	Kellogg	USA ✗
Cadbury, Kraft	Kraft	USA ✗
Le Snak, Milo, Nestlé, Uncle Tobys, a.o.	Nestlé	SWI Ⓞ

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GENETIC ENGINEERING

Currently the only genetically engineered (GE) food crops commercially produced in Australia are cotton and canola. However processed food commonly contains GE ingredients, mainly through imported corn, soy and cottonseed oil.

Concerns 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 own the patents on the technology.

Controversially, GE wheat, rejected by other countries, is being trialled by the CSIRO in Australia as of 2011.

- » Check the Greenpeace True Food Guide for brands guaranteed GE-free by their manufacturer. Sign the 'OurRightToKnow' petition for comprehensive labeling. www.truefood.org.au
- » Look for labels 'GMO-free', 'GE-free', certified 'organic' or items that are 'Product of Australia' (unless the product contains cottonseed, canola or vegetable oil).

- » Have your say and oppose GE food crops in Australia and elsewhere. See www.geneethics.org and www.madge.org.au



PEANUT BUTTER

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

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SPREADS (OTHER)

Melrose	Melrose	AU ✓
Dick Smith ▲	Sanitarium (Adventist Church SP)	AU ✓
Mighty	Three Threes Condiments	AU ✓
Pecks	General Mills	USA ✓
John West	Simplot	USA ✓
Kraft	Kraft	USA ✗
Masterfoods	Mars	USA ✗
CSR	Sugar Australia (Wilmar)	SCP ✗

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YEAST SPREAD

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

Carman's range of Muesli, Muesli Bars, Porridge, Clusters and Muesli Biscuits is available at Coles, Woolworths and independent grocers.



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CANNED & EASY

BRAND COMPANY

BAKED BEANS/SPAGHETTI

SPC, Southern Cross	SPC Ardmona (Coca-Cola Amatil)	AU X
Heinz, Wattie's, Weight Watchers ▲	Heinz	USA X

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CANNED FISH ⚠ Overfishing

Brunswick, Paramount	Freedom Foods (Arrovost)	AU ✓
Safcol	Safcol (Tropical Consolidated)	MYS ✓
Always Fresh	Riviana Foods (SunRice)	AU ✓
Tassal	Tassal Group	AU ✓
King Oscar	Manassen (Bright Food)	CHN ✓
Ally, John West ★	Simplot	USA ✓
Delicious	Delicious Rizzoli	ITA ~
Santa Maria	Conga Foods	AU X

★ some products certified MSC

Greenpeace's Canned Tuna Guide rates tuna according to which brands still source from overfished species or use destructive fishing techniques among other sustainability criteria. This year we have separated canned tuna from other canned fish. The table below is roughly consistent with Greenpeace's guide. See www.greenpeace.org.au/tuna.

CANNED FISH (TUNA) ⚠ Overfishing

Fish4Ever	Fish4Ever (Organic)	UK ✓
Safcol	Safcol (Tropical Consolidated)	MYS ✓
Sirena	Valcorp Fine Foods	AU ✓
John West, Seakist	Simplot	USA ✓
Greenseas	Heinz	USA X
Sole Mare	Conga Foods	AU X

CANNED FRUIT

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

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CANNED MEAT/MEALS

Podravka	Podravka	CRO ✓
Harvest, Plumrose	Simplot	USA ✓
Chop Chop	Davies Foods	NZL ~
Fray Bentos	Campbell Soup Company	USA X
Hamper, Heinz, Tom Piper	Heinz	USA X
Hormel, Spam, Stag	Hormel	USA X
Kraft	Kraft	USA X

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 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 and avoid sharks, shark fin products, and rays
- » Use the Australian Marine Conservation Society's Sustainable Seafood Guide: www.amcs.org.au
- » Look for Marine Stewardship Council certified product www.msc.org
- » Find sustainable cooking alternatives at www.goodfishbadfish.com.au



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CANNED VEGIES / BEANS

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

★ certified organic

CHILLED MEALS

Golden Pasta	Guzzi's	AU	✓
Artisano, Pitango ★	Pitango (Crescent Capital)	AU	✓
Fantastic, San Remo	San Remo	AU	✓
La Famiglia, Weight Watchers ▲	Goodman Fielder	AU	✓
Latina, Pasta Master, Ready Chef	General Mills	USA	✓
Bamboo Pot	Manassen (Bright Food)	CHN	✓
Leggo's	Simplot	USA	✓

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PACKET MEALS

Enjoyo, Fantastic, San Remo	San Remo	AU	✓
Sanitarium	Sanitarium (Adventist Church SP)	AU	✓
SunRice	SunRice	AU	✓
Ayam	A Clouet (Denis Frères)	FRA	✓
Wokka	Manassen (Bright Food)	CHN	✓
Deli Menu	Sealord	NZL	✓
Leggo's	Simplot	USA	✓
2 Minute Chef, Prodan	Global Castle	AU	~
BonCaro	BonCaro	GER	~
Gourmet to Go	St Dalfour	FRA	~
Ainsley Harriot	Symington's	UK	~
Heinz	Heinz	USA	✗
Dinner Winner, Rice-a-Riso	McCormick	USA	✗
Compleats, Hormel, Kid's Kitchen, Staggs	Hormel	USA	✗
Kraft	Kraft	USA	✗
Continental	Unilever	UK/ NLD	✗
Maggi	Nestlé	SWI	Ⓞ

PACKAGING & WASTE

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

- » Minimise packaging. Remember the waste hierarchy — first avoid if you can, reuse where possible, then recycle. Find out what your council takes at www.recyclingnearyou.com.au
- » The number of HDPE bags used in Australia fell from around 6 billion in 2002 to 3.9 billion in 2007 — still about 7,000 each minute — so don't forget to take your reusable shopping bag.
- » 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.
- » BYO take-away coffee mug. www.keepcup.com.au
- » Buy in bulk where possible. Avoid double packaging.
- » See the Zero Waste Challenge: www.ethical.org.au/zero_waste



SOUP (CANNED)

Rosella	Rosella Foods (Crescent Capital)	AU	✓
Amy's	Amy's Kitchen	USA	~
Baxters	Baxters	UK	~
Campbell's	Campbell Soup Company	USA	✗
Heinz, Weight Watchers ▲	Heinz	USA	✗

▲ made under licence

SOUP (PACKET)

Fantastic	San Remo	AU	✓
McKenzies	Ward McKenzie	AU	✓
King	Hansells (Old Fashioned Foods)	NZL	✓
LaZuppa	Valcorp Fine Foods	AU	✓
Trident	Manassen (Bright Food)	CHN	✓
Ainsley Harriot	Symington's	UK	~
Campbell's	Campbell Soup Company	USA	✗
Heinz, Weight Watchers ▲	Heinz	USA	✗
McCormick	McCormick	USA	✗
Continental	Unilever	UK/ NLD	✗
Country Cup	Nestlé	SWI	Ⓞ

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DAIRY & SOY

BRAND	COMPANY		
BUTTER			
True Organic ★	Organic Dairy Farmers Co-operative	🇦🇺	✓
Copha, Fairy	Peerless	🇦🇺	✓
Devondale	Murray Goulburn Co-op	🇦🇺	✓
Ballantyne	Ballantyne	🇦🇺	~
Harmonie, Lurpak	Arla Foods	DNK	~
Allowrie, Girgar, Mainland, Western Star	Fonterra	NZL	✗

★ certified organic

CHEESE

Paris Creek ★	BD Farm Paris Creek	🇦🇺	✓
True Organic ★	Organic Dairy Farmers Co-operative	🇦🇺	✓
Bega	Bega Cheese	🇦🇺	✓
Jarlsberg	Cantarella Group	🇦🇺	✓
Jindi, Wattle Valley	Menora Foods	🇦🇺	✓
Mundella	Mundella Foods	🇦🇺	✓
Cobram, Devondale, Murray Goulburn, Natra	Murray Goulburn Co-op	🇦🇺	✓
Chrystal Fresh, Margaret River	Manassen (Bright Food)	CHN	✓
Unicorn	Megmilk Snow Brand	JPN	✓

Ashgrove	Ashgrove Cheese	🇦🇺	~
Capel Valley	Challenge Australian Dairy	🇦🇺	~
Mayer, Singletons	F. Mayer Imports	🇦🇺	~
Apollo, Jaycroix, Mamma Lucia, Puglia	Fresh Cheese Company	🇦🇺	~
Josephine's, Lemnos	Lemnos Foods	🇦🇺	~
Nimbin Natural	Norco Co-operative	🇦🇺	~
Pantalica	Pantalica Cheese Co.	🇦🇺	~
Tamar Valley	Tamar Valley	🇦🇺	~
Castello, Rosenborg, Tholstrup, Viking	Arla Foods	DNK	~
Baby Bel, Kiri, Laughing Cow	Fromageries Bel (Unibel)	FRA	~
Australian Gold, Caboolture, Cheeses of the World, Clover Creek, Coon, Cracker Barrel, Dairy Farmers, Heidi Farm, King Island Dairy, Malanda, Mersey Valley, Mil Lel, Shape, South Cape, Tasmanian Heritage, Tilba Club, Timboon	Lion (Kirin)	JPN	✗
Bodalla, Ferndale, Mainland, Perfect Italiano, Weight Watchers ▲	Fonterra	NZL	✗
Watsonia	George Weston Foods (Wittington Investments)	UK	✗
Kraft, Philadelphia	Kraft	USA	✗

★ certified organic ▲ made under licence

COUNTRY OF ORIGIN LABELLING

This is required for all packaged foods (and other manufactured goods).

Product of Australia – each significant ingredient must come from Australia; almost all processing done here.

Made in Australia – 'substantially transformed' in Australia. At least 50 per cent of production costs incurred here. (Ingredients can be sourced from elsewhere)

Made in Australia from local and imported ingredients – whichever comes first, local or imported, is in the greatest proportion.

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COTTAGE CHEESE

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

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CREAM

Jalna	Jalna Dairy Foods	🇦🇺	✓
Bulla	Bulla Dairy Foods	🇦🇺	✓
Wattle Valley	Menora Foods	🇦🇺	✓
Devondale, Liddells	Murray Goulburn Co-op	🇦🇺	✓
Gippsland	Bead Foods (Agro Farma)	USA	✓
Ideal Dairy, Pauls	Parmalat (Lactalis)	FRA	✓
Dairy Whip, Farmers Pride	Tatua	NZL	~
Dairy Farmers, Farmers Union, King Island Dairy, Pura, Weight Watchers ▲	Lion (Kirin)	JPN	✗
Kraft, Philadelphia	Kraft	USA	✗

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CUSTARD

Foster Clark's	Cerebos (Suntory)	JPN	✓
Pauls	Parmalat (Lactalis)	FRA	✓
Ambrosia	Premier Foods	UK	✓
Dairy Farmers	Lion (Kirin)	JPN	✗

DESSERT

Jalna	Jalna Dairy Foods	🇦🇺 ✓
Aunty Kath's	Jensens Choice Foods	🇦🇺 ✓
Bonta Divina	Menora Foods	🇦🇺 ✓
Pauls, Vaalia	Parmalat (Lactalis)	FRA ✓
Wicked Sister	PDP Fine Foods	🇦🇺 ~
Dairy Farmers, Divine Classic, Fruche, King Island Dairy, Yogo, Yopliat	Lion (Kirin)	JPN ✗
Aero ▲, Club ▲, Milo ▲, Munchables, Nestlé ▲, Rolo ▲	Fonterra	NZL ✗

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DIPS

Chris', Willow Farm	Chris' Greek Dips	🇦🇺 ✓
Attki, Copperpot	Goodman Fielder	🇦🇺 ✓
Peckish, Wattle Valley	Menora Foods	🇦🇺 ✓
Black Swan, Poseidon	Poseidon Tarama	🇦🇺 ✓
Fifya, Weight Watchers ▲	Fifya	🇦🇺 ~
Maggie Beer	Maggie Beer Products	🇦🇺 ~
Mum's Choice!	Mum's Choice!	🇦🇺 ~
Yumi's	Yumi's Quality Foods	🇦🇺 ~
Captain's Table, Kraft, Philadelphia	Kraft	USA ✗

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PALM OIL

Palm oil is found in one out of every 10 supermarket products including shampoos, cooking oil, chocolate, cosmetics, chips, biscuits, margarine and soaps. Unfortunately, it's often hard to tell because it is simply listed as 'vegetable oil'.

The UN estimates that palm oil plantations are 'now the primary cause of permanent rainforest loss'. This threatens the survival of the orangutans, the Sumatran tiger and the Asian rhinoceros. Also, consumption of palm oil increases the risk of heart disease as it is higher in saturated fat content than most other edible oils.

- » Avoid products containing palm oil where possible. For products that do not contain palm oil see 'Helping you buy responsibly' at www.orangutans.com.au
- » 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 www.palmoilaction.org.au
- » Find the 'common names for palm oil ingredients', www.zoo.org.au/palmoil



FLAVOURED MILK

Up & Go	Sanitarium (Adventist Church SP)	🇦🇺 ✓
Liddells, Moo	Murray Goulburn Co-op	🇦🇺 ✓
Nippy's	Nippy's	🇦🇺 ✓
Moccona ▲	Frucor (Suntory)	JPN ✓
Breaka, Good to Go, Ice Break, Pauls, Rush	Parmalat (Lactalis)	FRA ✓
Wave	Schweppes Australia (Asahi Breweries)	JPN ✓
Brownes, Chill	Brownes (Archer Capital)	🇦🇺 ~
Goulburn Valley	Coca-Cola Amatil	🇦🇺 ✗
Big M, Dairy Farmers, Dare, Divine Classic, Farmers Union, Jacaranda, Masters, Max, Moove, Oak, Pura	Lion (Kirin)	JPN ✗
Calcium, Supa Shake	Fonterra	NZL ✗
Sustagen	Nestlé	SWI ☹

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ICE CREAM ▲ Palm oil

Dairy Bell	Dairy Bell Ice Cream	🇦🇺 ✓
So Good	Sanitarium (Adventist Church SP)	🇦🇺 ✓
Bulla, Cadbury ▲	Bulla Dairy Foods	🇦🇺 ✓
Golden North	Golden North	🇦🇺 ✓
Weis	Weis Frozen Foods	🇦🇺 ✓

Pauls	Parmalat (Lactalis)	FRA ✓
Gelativo	Gelativo	🇦🇺 ~
Maggie Beer	Maggie Beer Products	🇦🇺 ~
Cape Byron, Norco	Norco Co-operative	🇦🇺 ~
Homer Hudson	PhD Group	🇦🇺 ~
New Zealand Natural	Emerald Foods	NZL ~
Tip Top, Toppa, Weight Watchers ▲	Fonterra	NZL ✗
Sara Lee	Sara Lee	USA ✗
Blue Ribbon, Magnum, Streets	Unilever	UK/ NLD ✗
Connoisseur, Nestlé, Peters, Skinny Cow	Nestlé	SWI ☹

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MARGARINE ▲ Palm oil

Miracle, Tablelands, Ultima, Vitalite	Peerless	🇦🇺 ✓
Harvest Award	Atlantic Pacific Foods	🇦🇺 ✓
ETA, Gold'n Canola, Logical, Meadow Lea, Olive Grove, Weight Watchers ▲	Goodman Fielder	🇦🇺 ✓
Nuttelex, Pulse	Nuttelex (Edward Zorn)	🇦🇺 ✓
Avo	Avado Organics	🇦🇺 ~
Alfa One	Old Fashioned Foods	NZL ~
Becel, Bertolli, Flora, Olivio	Unilever	UK/ NLD ✗

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MILK		
Paris Creek ★	BD Farm Paris Creek	🇦🇺 ✓
True Organic ★	Organic Dairy Farmers Co-operative	🇦🇺 ✓
Freedom Foods	Freedom Foods (Arrovest)	🇦🇺 ✓
Harvey Fresh	Harvey Fresh	🇦🇺 ✓
Devondale, Liddells, Point One, Smart	Murray Goulburn Co-op	🇦🇺 ✓
Sungold	Warnambool Cheese & Butter Factory	🇦🇺 ✓
Dairyfields, Farm House, Longlife, Parmalat, Pauls, PhysiCal, Pure Organic ★, Rev, Sandhurst Farms, Skinny Milk, Slim Milk, Trim, Warwick, Zymil	Parmalat (Lactalis)	FRA ✓
Brownes	Brownes (Archer Capital)	🇦🇺 ~
a2	A2 Corporation	NZL ~
Nanny Goat Lane	Dairy Goat Co-op	NZL ~
Classic, Dairy Farmers, Dairy Vale, Farmers Best, Farmers Union, Pura, Shape	Lion (Kirin)	JPN ✗
Anchor, Anlene, Diploma, Riverina Fresh, Weight Watchers ▲	Fonterra	NZL ✗
Carnation, Nestlé, Sunshine	Nestlé	SWI Ⓞ

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SOY MILK		
Pureharvest ★	Pureharvest	🇦🇺 ✓
Australia's Own ★, So Natural	Freedom Foods (Arrovest)	🇦🇺 ✓
Nutrisoy	Nutrisoy	🇦🇺 ✓
Sanitarium, So Good	Sanitarium (Adventist Church SP)	🇦🇺 ✓
Bonsoy	Spiral Foods	🇦🇺 ✓
Soy Life	Parmalat (Lactalis)	FRA ✓
Hari Har Chai ★	Hari Har Chai	🇦🇺 ~
Lactasoy	Lactasoy	THA ~
Soy Milky, Vitasoy	Vitasoy Australia (Lion/ Kirin owns 50%)	JPN ✗

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SOY (OTHER)		
Nutrisoy	Nutrisoy	🇦🇺 ✓
Longlife, Sanitarium, So Good	Sanitarium (Adventist Church SP)	🇦🇺 ✓
Soy Life	Parmalat (Lactalis)	FRA ✓
Simply Better	Australian Eatwell	🇦🇺 ~
Blue Lotus	Blue Lotus Foods	🇦🇺 ~
Kingland	King International	🇦🇺 ~
Soygurt, Soylati	Soyganic Foods Australia	🇦🇺 ~
Tofutti	Tofutti Brands	USA ~

TOFU		
Nutrisoy ★, Soyco	Nutrisoy	🇦🇺 ✓
Simply Better ★	Australian Eatwell	🇦🇺 ~
Blue Lotus ★	Blue Lotus Foods	🇦🇺 ~
Pureland ★	King International	🇦🇺 ~
Joyce, Mr Lees Kitchen, TLY	TLY Australia	🇦🇺 ~

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VEGETARIAN		
Sanitarium	Sanitarium (Adventist Church SP)	🇦🇺 ✓
Australian Eatwell	Australian Eatwell	🇦🇺 ~
Fifya	Fifya	🇦🇺 ~
Nutal	Nutritional Products	🇦🇺 ~
Yumi's	Yumi's Quality Foods	🇦🇺 ~
Quorn	Quorn Foods (Exponent Private Equity)	UK ~

BOBBY CALVES

In order to produce milk, dairy cows have to give birth to a calf every year. Most baby ("bobby") calves are separated from their mothers within 12 hours of birth. Every year 700,000 calves as young as five days old are sold, to be killed and processed as young veal for human consumption, hides for leather and pharmaceutical by-products. See www.animalsaustralia.org/issues/dairy.php

» Consider reducing or removing dairy from your diet

YOGHURT		
Paris Creek ★	BD Farm Paris Creek	🇦🇺 ✓
five:am ★	five:am Life	🇦🇺 ✓
Jalna	Jalna Dairy Foods	🇦🇺 ✓
Bulla	Bulla Dairy Foods	🇦🇺 ✓
Chris'	Chris' Greek Dips	🇦🇺 ✓
Attiki	Goodman Fielder	🇦🇺 ✓
Mundella	Mundella Foods	🇦🇺 ✓
Liddells	Murray Goulburn Co-op	🇦🇺 ✓
Black Swan	Poseidon Tarama	🇦🇺 ✓
Gippsland ★	Bead Foods (Agro Farma)	USA ✓
Margaret River	Manassen (Bright Food)	CHN ✓
Ideal Dairy, Pauls, Vaalia	Parmalat (Lactalis)	FRA ✓
Brownes	Brownes (Archer Capital)	🇦🇺 ~
Tamar Valley	Tamar Valley	🇦🇺 ~
Activia	Danone Murray Goulburn	AUS/ FRA ✗
Bornhoffen, Dairy Farmers, Danone, Divine Classic, Farmers Union, Fruche, King Island Dairy, Yogo, Yoplait	Lion (Kirin)	JPN ✗
Activ ▲, Anlene, Connoisseur, Nestlé ▲, Ski ▲	Fonterra	NZL ✗
Yakult	Yakult Honsha	JPN ✗

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DRINKS — BEER

BRAND COMPANY

BEER

With all of Australia's major breweries except Coopers now foreign owned, consider supporting one of Australia's many microbreweries. Some of the larger ones are included below. For more see www.microbrewing.com.au

Barons ▲, Boston's Mill ▲, Byron Bay ▲, Crackneck ▲, Feral White ▲, John Boston ▲, Snowy Mountain ▲, St Arnou ▲, Vale ▲	Australian Independent Brewers	🇦🇺 ✓
Red Angus, Williams	De Bortoli Wines	🇦🇺 ✓
Steam Exchange	Encounter Bay Brewing Co.	🇦🇺 ✓
Mountain Goat	Mountain Goat Brewery	🇦🇺 ✓
Coopers, 62	Coopers	🇦🇺 ✓
Baltika ▲, Haagen ▲, Kingfisher ▲, Three Kings	Independent Liquor (Asahi Breweries)	JPN ✓
Bighead, Burleigh Brewing Co, Duke, HEF, My Wife's Bitter	Burleigh Brewing Co.	🇦🇺 ~
Atomic, Gage, Gage Roads, Kutt, Sleeping Giant, Wahoo	Gage Roads (Woolworths owns 25%)	🇦🇺 ~
Grand Ridge	Grand Ridge	🇦🇺 ~
Mad Abbot, Wicked Elf	Little Brewing Co.	🇦🇺 ~
Little Creatures, Rogers, White Rabbit	Little Creatures (Lion/ Kirin owns 40%)	🇦🇺 ~
Mildura Brewery	Mildura Brewery	🇦🇺 ~
Stone & Wood	Stone & Wood Brewing Co.	🇦🇺 ~

Abbotsford, Asahi ▲, Beez Neez, Carlsberg ▲, Carlton, Cold, Cascade, Corona ▲, Crown, Foster's, Great Northern, Guinness ▲, Hoegaarden ▲, KB, Kilkenny ▲, Kronenbourg 1664 ▲, Leffe ▲, Light Ice, Matilda Bay, Melbourne Bitter, NT, Power's, Pure Blonde, Redback, Sheaf, Stella Artois ▲, VB	Foster's (SABMiller)	UK ✗
Bluetongue, Bondi Blonde, Castle ▲, Grolsch ▲, Miller ▲, Peroni ▲, Pilsner Urquell ▲	Pacific Beverages (SABMiller)	UK ✗
Amstel ▲, Bare Cove Radler, Beck's ▲, Blue Bitter, Boag's, Budweiser ▲, Classic Blonde, Emu, Gold Bitter, Hahn, Heineken ▲, Ice Beer, James Boag, James Squire, Knappstein Reserve Lager, Kirin ▲, Red Bitter, Southwark, Speights ▲, Steinlager ▲, Swan, Tooheys, West End, XXXX	Lion (Kirin)	JPN ✗
Hammer 'N' Tongs, Maxx Blonde, Tasman Bolt, Clipper, Dry Dock, Platinum Blonde, Sail & Anchor	Coles (Wesfarmers)	🇦🇺 ✗
	Woolworths	🇦🇺 ✗

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CIDER

Blue Angel	Gage Roads (Woolworths owns 25%)	🇦🇺 ~
Pipsqueak	Little Creatures (Lion/ Kirin owns 40%)	🇦🇺 ~
Three Oaks Cider	Vok Beverages	🇦🇺 ~
Magners	C&C Group	IRL ~
Bulmers, Mercury, Strongbow	Foster's (SABMiller)	UK ✗
5 Seeds	Lion (Kirin)	JPN ✗
Castaway	Woolworths	🇦🇺 ✗

WHO'S BIG IN BEER?

At time of printing, SABMiller's purchase of Fosters for A\$9.9 billion is awaiting shareholder approval. This publication assumes the deal goes through, along with the purchase of all of Pacific Beverages, a joint venture between Coca-Cola Amatil and SABMiller. (See www.ethical.org.au/printguide for updates.)

UK-based SABMiller is the world's second largest brewer (after Anheuser-Busch InBev) and is 27 per cent owned by tobacco giant Altria. Fosters is Australia's largest brewer. Australia's second largest brewer, Lion, has been wholly-owned by Japan's Kirin since 2009.

Coles and Woolworths, who together control almost 60 per cent of alcohol retail in Australia, have also introduced a number of 'house brand' beers.

READY-TO-DRINK

Jack Daniels, Southern Comfort	Brown-Forman	USA ✓
CS Cowboy, Cruiser, Highland, Pulse, Red Bear, Mudshake, Three Kings, Woodstock	Independent Liquor (Asahi Breweries)	JPN ✓
Ballantines, West Coast	Pernod Ricard	FRA ✓
Midori	Suntory	JPN ✓
Black Barrel, Elevate, Pure Platinum, WKD ▲	BDS Marketing	🇦🇺 ~
HI NRG, Infused Rush	Vok Beverages	🇦🇺 ~
SKYY, Wild Turkey	Campari	ITA ~
Russian Standard	Russian Standard	RUS ~
Canadian Club ▲, Jim Beam ▲, Old Crow ▲	Coca-Cola Amatil	🇦🇺 ✗
Black Douglas, Black Jack, Cougar	Foster's (SABMiller)	UK ✗
Inner Circle, McKenna	Lion (Kirin)	JPN ✗
Mishka, Nelson County	Woolworths	🇦🇺 ✗
Bacardi, Breezer	Bacardi	BMU ✗
Bulliet, Bundaberg, Gordons, Haig, Johnny Walker, Real McCoy, Ruski, Slate, Smirnoff, UDL	Diageo	UK ✗

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DRINKS — COLD

BOTTLED WATER  Plastic waste

Aqua Pura, Bickford's	Bickford's Australia	 ✓
Aqua, Evian, H2GO, Mizone	Frucor (Suntory)	JPN ✓
Cool Ridge, Frantelle	Schweppes Australia (Asahi Breweries)	JPN ✓
Aroona	Aroona Springs	 ~
Ice House	Ice House Spring Water	 ~
Noble's Pureau	Noble Beverages (Hawkesbridge)	 ~
Moores, Ultrasure	Refresh Waters	 ~
Snowy Mountain Organic	Snowy Mountain Bottlers	 ~
One Water 	Global Ethics	UK ~
Deep Spring, Mount Frankin, Neverfail, Peats Ridge Springs, Pump, Taurina Spa	Coca-Cola Amatil	 ✗
Adam's Ale, Original	Golden Circle (Heinz)	USA ✗
Summit	Lion (Kirin)	JPN ✗
Fiji	Fiji Water (Roll Int'l)	USA ✗

 100% of profits fund clean water projects

COCONUT WATER

Nudie	Nudie	 ✓
Go Coco, Kokomo	Schweppes Australia (Asahi Breweries)	JPN ✓
Cocobella	Nutrient Water	 ~

BOTTLED WATER

Marketed as healthy, bottled water is actually less regulated than tap water and about 2,000 times as expensive. Corporations like Coca-Cola, PepsiCo and Nestlé profit from what should be a basic human right — access to safe, affordable water. In terms of sustainability, bottled water is costly, wasteful, and unnecessary. Globally, it produces up to 1.5 million tons of plastic waste per year. The choice is easy: where possible bring your own refillable bottle — preferably aluminium or plastic #5. Visit www.gotap.com.au

BPA


In the lining of most canned food and drinks available today is a highly controversial chemical, Bisphenol A (BPA). Also used in some plastics, BPA has been linked to hormone disruption and has been the focus of increasing consumer concern and regulatory restrictions.

To reduce exposure to Bisphenol A:

- » Choose fresh over canned foods
- » Avoiding using plastic containers in microwaves
- » Avoid plastic #7
- » Look for baby bottles labelled BPA-Free







CORDIAL  Avoid plastic #3


Bickford's, Fruities	Bickford's Australia	 ✓
Sunshine	Steric	 ✓
Treehouse	Anchor Foods	 ✓
Buderim Ginger, Lemon Lime & Bitters	Buderim Ginger	 ✓
Bundaberg	Bundaberg Brewed Drinks	 ✓
Diet Rite, Extra Juicy *	Tru Blu Beverages	 ✓
Cottee's, Schweppes	Schweppes Australia (Asahi Breweries)	JPN ✓
Cascade	Foster's (SABMiller)	UK ✗
Golden Circle, Weight Watchers 	Golden Circle (Heinz)	USA ✗
Berri	Lion (Kirin)	JPN ✗
Lucozade, Ribena	GlaxoSmithKline	UK ✗

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* contains artificial sweetener sucralose (955)

ENERGY DRINKS  Health concerns

Insane	Bickford's Australia	 ✓
Wicked, Wild NRG	Tru Blu Beverages	 ✓
Rockstar  , V	Frucor (Suntory)	JPN ✓
Red Bull	Red Bull	AUT ✓
Red Eye	Red-Eye International	 ~
Solis	Solis Beverages	 ~
Synergy	Synergy Drinks	 ~

Lift Plus, Mother	Coca-Cola Amatil	 ✗
Berocca	Bayer	GER ✗
Lucozade	GlaxoSmithKline	UK ✗
Monster	Hansen's	USA ✗
Glucodin	Reckitt Benckiser	UK ✗



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ENHANCED WATER

Outback Spirit 	Saxbys Soft Drinks	 ✓
Spring Valley Smart Water	Schweppes Australia (Asahi Breweries)	JPN ✓
Balance	Balance Water Co	 ~
Well Being Water	Emma & Tom's	 ~
Nutrient Water	Nutrient Water	 ~
Vitamin Water	Coca-Cola Amatil	 ✗

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ICED TEA

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

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JUICE & FRUIT DRINKS

Pureharvest ★ 1	Pureharvest	🇦🇺 ✓
Lloyds ★ 2	Lloyds Vineyard	🇦🇺 ✓
5+2, Bickford's, Classic Juice, Robinsons	Bickford's Australia	🇦🇺 ✓
Mountain Fresh	Mountain Fresh	🇦🇺 ✓
Nudie, Rosie	Nudie	🇦🇺 ✓
Boost, Grove, Only	Grove Fruit Juices	🇦🇺 ✓
Harvey Fresh	Harvey Fresh	🇦🇺 ✓
Juice Shot, Juicy Isle	Juicy Isle	🇦🇺 ✓
Nippy's	Nippy's	🇦🇺 ✓
Sunraysia	Sunraysia (Sabrands)	🇦🇺 ✓
Charlie's Honest, Phoenix Organic ★ 1	Charlie's (Asahi Breweries)	JPN ✓
Apple Time, Brekky Juice, Extra Juicy, Farmer Joe's, Glo, Juice Pops, Juice Stop, Mini Pops, P & N, Pop Tops, Smart Juice, Spring Valley, Toddler Pops	Schweppes Australia (Asahi Breweries)	JPN ✓
Sunzest ★ 1	Sunzest Organic	🇦🇺 ~
Macquarie Valley, Orchy	Bevco	🇦🇺 ~
Brownes	Brownes (Archer Capital)	🇦🇺 ~
Emma & Tom's	Emma & Tom's	🇦🇺 ~
Preshafruit	Preshafoods	🇦🇺 ~
Spreyton Fresh	Spreyton Fresh	🇦🇺 ~

Wild About Fruit	Wild About Fruit	🇦🇺 ~
Ardmona, Crusta, Fruitbox, Frutopia, Goulburn Valley V8	SPC Ardmona (Coca-Cola Amatil)	🇦🇺 ✗
Cascade	Campbell Soup Company	USA ✗
GC Raw, Golden Circle, LOL, Ocean Spray ▲, Original Juice, Popper Juice, Premium Tetra Pak	Foster's (SABMiller)	UK ✗
Australian Crown, Berri, Daily Juice Co., Frusion, G7, Harmonics, Just Juice, Mildura, Mr Juicy, Multi V, Nature's Own, Prima, Quelch, Squeeze, Superjuice, Sunrise, Valencio	Golden Circle (Heinz)	USA ✗
Ribena	Lion (Kirin)	JPN ✗
	GlaxoSmithKline	UK ✗

★ 1 certified organic, 2 some products certified organic ▲ made under licence

MINERAL WATER

Santa Vittoria	Cantarella Group	🇦🇺 ✓
Waterfords	Tru Blu Beverages	🇦🇺 ✓
Schweppes	Schweppes Australia (Asahi Breweries)	JPN ✓
San Benedetto	San Benedetto	ITA ~
Deep Spring, Mount Frankin	Coca-Cola Amatil	🇦🇺 ✗
Acqua Panna, Perrier, San Bitter, San Pellegrino	Nestlé	SWI Ⓞ

NON-ALCOHOLIC

Robinvale Organic ★	Robinvale Organic Wines	🇦🇺 ✓
Birrell	Coopers	🇦🇺 ✓
Devondale	Devondale Apple Juice Co (Sabrands)	🇦🇺 ✓
Maison	Pernod Ricard	FRA ✓
Clayton's	Schweppes Australia (Asahi Breweries)	JPN ✓
Edenvalle 🍷, Fronti 🍷, Hopman	JMB Beverages	🇦🇺 ~
Ariel	J. Lohr Winery	USA ~
Appletiser, Grapetiser	Coca-Cola Amatil	🇦🇺 ✗
Cascade Apple Isle 🍷	Foster's (SABMiller)	UK ✗

★ certified biodynamic 🍷 product of Australia

SOFT DRINKS ▲ Health concerns

Bickford's	Bickford's Australia	🇦🇺 ✓
Saxbys	Saxbys Soft Drinks	🇦🇺 ✓
Buderim Ginger	Buderim Ginger	🇦🇺 ✓
Bundaberg	Bundaberg Brewed Drinks	🇦🇺 ✓
Diet Rite, LA Ice, Tru Blu *	Tru Blu Beverages	🇦🇺 ✓
Phoenix Organic ★	Charlie's (Asahi Breweries)	JPN ✓
7UP ▲, Loys, Mirinda ▲, Mountain Dew ▲, Passionia, Pepsi ▲, Schweppes, Snapple, Solo, Sunkist ▲, Tarax	Schweppes Australia (Asahi Breweries)	JPN ✓

Angostura	Frucor (Suntory)	JPN ✓
Riverport	MON Natural Foods	🇦🇺 ~
Bisleri, Coca-Cola, Deep Spring, Diet Coke, Ecks, Fanta, Frutonic, Kirks, Lift, Shelley's, Sprite	Coca-Cola Amatil	🇦🇺 ✗
Cascade, Reef, Torquay	Foster's (SABMiller)	UK ✗
Golden Circle	Golden Circle (Heinz)	USA ✗
Kyneton	Lion (Kirin)	JPN ✗

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* Tru Blu Beverages uses 961 (neotame, a variation on aspartame) in all of its Tru Blu soft drinks, except Club. While all diet soft drinks contain artificial sweeteners, only Tru Blu puts them in non-diet soft drinks.

SPORTS DRINKS

Staminade	Steric	🇦🇺 ✓
Mizone	Frucor (Suntory)	JPN ✓
Gatorade ▲, Oasis, Play, Propel	Schweppes Australia (Asahi Breweries)	JPN ✓
Powerade	Coca-Cola Amatil	🇦🇺 ✗
Adam's Ale Sport	Golden Circle (Heinz)	USA ✗
ISO Sport	Lion (Kirin)	JPN ✗
100 Plus	Fraser & Neave	SCP ✗

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DRINKS — HOT

COFFEE  Worker exploitation (choose Fairtrade)

Jasper ★ 1,2	Jasper Coffee	AU	✓
Oxfam Fair ★ 1,2	Oxfam Australia	AU	✓
Republica ★ 1,2	Republica Coffee	AU	✓
Scarborough Fair ★ 1,2	Lighthouse Ventures	NZL	✓
Aurora, Chicco D'oro, Vittoria	Cantarella Group	AU	✓
Cafe Palazzo	Maranatha	AU	✓
Mocopan	Cerebos (Suntory)	JPN	✓
Bushells, Cafe Bar, Europa, Picco, Robert Timms	FreshFood Holdings	SGP	✓
Coffex, Global Cafe Direct ★ 1,2	Coffex Coffee	AU	~
Nature's Cuppa ★ 2	Eat Rite Australasia	AU	~
Negrita	Negrita Coffee	AU	~
Griffiths, Oasis	Oasis Griffiths	AU	~
Primo Caffè	Primo Products	AU	~
bean ground & drunk ★ 1,2	The Bean Alliance	AU	~
Clipper ★ 1,2	Clipper Teas	UK	~
Illy	Il Caffe Espresso (Illy)	ITA	~
Lavazza	Lavazza	ITA	~
Melitta	Melitta Group	GER	~
Grinders	Coca-Cola Amatil	AU	✗
Gloria Jean's	Gloria Jean's (jireh Int'l)	AU	✗
Jarrah	AB Food & Beverages Aus (Wittington Investments)	UK	✗

Douwe Egberts, Harris, Moccona, Senseo	Sara Lee	USA	✗
International Roast, Nescafe	Nestlé	SWI	⊖

★ 1 certified Fairtrade, 2 certified organic

POWDERED DRINKS

Republica ★ 1,2	Republica Coffee	AU	✓
Abundant Earth ★ 2	Vitaco (Next Capital)	AU	✓
Bickford's Milk Mix	Bickford's Australia	AU	✓
OzeChoc	Steric	AU	✓
Weight Watchers ▲	Hansells (Old Fashioned Foods)	NZL	✓
Vittoria	Cantarella Group	AU	✓
Lindt	Lindt & Sprungli	SWI	✓
Nature's Cuppa	Eat Rite Australasia	AU	~
Bonvit	G&R Gerardis	AU	~
Akta-Vite	Myerton Australia	AU	~
Sipahh	Unistraw	AU	~
Klassno	Future Ent. (Food Empire)	SGP	~
Jarrah, Ovaltine	AB Food & Beverages Aus (Wittington Investments)	UK	✗
Horlicks	GlaxoSmithKline	UK	✗
Cadbury, Tang	Kraft	USA	✗
Caro, Coffeemate, Ecco, Milo, Nesquik, Sustagen	Nestlé	SWI	⊖

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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 three cents from a \$3 cup of coffee.

- » To ensure farmers get a fair deal, look for certified fair trade coffee. Find local suppliers at www.fairlylocal.com.au
- » Fair brands stocked in supermarkets include Oxfam, Scarborough Fair, Global Café Direct and Republica.

TEA  Pesticides (choose organic)

Oxfam Fair ★ 1,2	Oxfam Australia	AU	✓
Planet Organic ★ 2	Planet Organic	AU	✓
Healtheries	Vitaco (Next Capital)	AU	✓
Qi ★ 1,2	Herbal Health	UK	✓
Scarborough Fair ★ 1,2	Lighthouse Ventures	NZL	✓
Lotus Peak	BH Fine Foods (Pascoe's)	AU	✓
Natureland	Cantarella Group	AU	✓
Madura ☘	Madura Tea Estates	AU	✓
Tasty	Menora Foods	AU	✓
Celestial	Hain Celestial	USA	✓

Nerada ☘, Nerada Organics ★ 2,3	Nerada Tea (BOH)	MYS	✓
Australian Fruit Tea	Australian Fruit Tea Co	AU	~
Daintree ☘	Daintree Tea	AU	~
Nature's Cuppa ★ 2,3	Eat Rite Australasia	AU	~
Formosan	Formosan Tea	AU	~
Bonvit	G&R Gerardis	AU	~
Hari Har Chai ★ 5	Hari Har Chai	AU	~
Madame Flavour	Madame Flavour	AU	~
Clipper ★ 2,3	Clipper Teas	UK	~
Impra	Imperial Tea Exports	LKA	~
Just Rooibos	Just Rooibos	ZAF	~
Victorian	Millennium Teas	LKA	~
Dilmah	MJF Group	LKA	~
Dr Stuart's	Only Natural Products	UK	~
Red Seal	Red Seal Natural Health	NZL	~
Vital	Vital Health Foods	ZAF	~
Jarrah, Twinings	AB Food & Beverages Aus (Wittington Investments)	UK	✗
Billy Tea, Kinkara, Robur, Tetley, Tuckfields, Tynee Tips	Tetley (Tata Group)	IND	✗
Bushells, Lan Choo, Lipton ★ 4	Unilever	UK/NLD	✗

★ 1 certified Fairtrade, 2 certified organic, 3 some products certified Fairtrade, 4 some products Rainforest Alliance certified, 5 some products certified organic, ☘ grown in Australia

What did you vote for today?



LABOUR

Wages & conditions for clothing, sports balls, coffee & chocolate. Choose certified fairtrade. www.fairlylocal.com.au

GENETIC ENGINEERING
Unknown health risks, crop contamination, multinational control. Choose GE free food & drink. www.truefood.org.au



NUTRITION

Safe & healthy for you. Choose low salt, sugar, fat; no questionable food additives. www.fedup.com.au

MANUFACTURE
Transport kms, energy use, carbon footprint, local jobs & community. Choose "Product of Australia" or "Made in Australia" items. www.onlyoz.com.au



CHEMICALS

Toxic ingredients in body care & cleaning products. Avoid nasties! www.cosmeticsdatabase.com www.safersolutions.org.au

people

planet

PACKAGING
Resource use & waste reduction. Minimise, choose recycled & recyclable. www.recyclingnearyou.com



ANIMAL TESTING

Animal welfare. Choose 'cruelty free' cosmetics & cleaning items. www.caringconsumer.com www.ccf.org.au

animals

companies

ORGANIC
Soil degradation, chemicals, pesticides & artificial fertilisers. Choose certified organic fruit & veg. www.organicchoice.com.au



FACTORY FARMING

Animal welfare, pollution. Choose 'free-range' chickens, eggs, pigs. www.freerangeportk.com.au www.voiceless.org.au



HABITAT LOSS

Deforestation, animal homes (orangutans), biodiversity. Choose palm oil free products. www.orangutans.com.au

OWNERSHIP
Jobs & community. Choose Australian-owned brands to keep dollars in Australia. www.fightbacknews.com.au



COMPANY RECORD
Environmental, social & governance track-record. Boycott companies involved in damaging practices. www.ethical.org.au

Find out about the issues at www.ethical.org.au

FROZEN

BRAND COMPANY

FROZEN DESSERTS/FRUIT

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

▲ made under licence

FROZEN FISH 🚫 Overfishing

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

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. Foster's, Lion Nathan, National Foods, Dairy Farmers, Berri, Golden Circle, Manassen Foods, Bead Foods, Herron Pharmaceuticals, CSR Sugar, AWB, Australian Paper (makers of Reflex Paper) and P&N's juice and water business, have all fallen into foreign hands in recent years. Out of the top 100 brands sold in Australian supermarkets, just 20 are Australian owned, and these are owned by just 14 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 per cent Australian-made and owned groceries delivered to your door with Aussie Farmers Direct. See www.aussiefarmers.com.au



FROZEN MEALS/PIZZA

Griff's, Healthy Choice, McCain	McCain	CAN ✓
Enrico's Kitchen	Cumberland Industries	🇦🇺 ~
Rang Mahal, Red Pepper, Royal Orchard, Silk Route, Waang Waang	Parsram	🇦🇺 ~
On The Menu, Tukka Tubz	Vesco Foods (CHAMP)	🇦🇺 ~
Michelina's	Bellisio Foods	USA ~
Lean Cuisine ▲, Maggi ▲, Papa Giuseppe's, Ristorante	Dr. Oetker	GER ✗
Heinz, Weight Watchers ▲	Heinz	USA ✗
Sara Lee	Sara Lee	USA ✗

▲ made under licence

FROZEN PASTRY

Borgs	Borgcraft	🇦🇺 ✓
Pampas	Goodman Fielder	🇦🇺 ✓
The Pastry Pantry	The Pastry Pantry	🇦🇺 ~

FROZEN SAVOURIES

Sanitarium	Sanitarium (Adventist Church SP)	🇦🇺 ✓
Asiana Selection	Kylie Australia (Golden Fresh)	MYS ✓
Borgs	Borgcraft	🇦🇺 ✓
Golden Wok, Ho Mai	Makmur Enterprises	🇦🇺 ✓
Marathon	Marathon Food Industries	🇦🇺 ✓

Chiko, I & J	Simplot	USA ✓
Darshan, Petite Cuisine	Australian Int'l Foods	🇦🇺 ~
Antoniou	C & M Antoniou	🇦🇺 ~
Colonial Farm	Colonial Farm	🇦🇺 ~
Syndian	Syndian	🇦🇺 ~
Temptation	Temptation Bakeries	🇦🇺 ~
Microeasy, Ready Go Eat	Vesco Foods (CHAMP)	🇦🇺 ~
Quorn	Quorn Foods (Exponent Private Equity)	UK ~

FROZEN VEGIES/CHIPS

Logan Farm	Logan Farm (Talley's)	NZL ✓
Chang's	Cypress & Sons	🇦🇺 ✓
Healthy Choice, McCain	McCain	CAN ✓
Bird's Eye	Simplot	USA ✓
Heinz, Weight Watchers ▲	Heinz	USA ✗

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PIES & PASTIES

Balfours	Balfours (San Remo)	🇦🇺 ✓
Bakehouse, Mrs Mac's	Mrs Mac's	🇦🇺 ✓
Four 'n Twenty, Herbert Adams, Nannas, Patties, Snowy River, Wedgewood	Patties Foods	🇦🇺 ✓
Mrs Quick	Mrs Quick Foods	🇦🇺 ~
Big Ben, Sargents, Scotts	Sargents	🇦🇺 ~

HEALTH FOODS

BRAND	COMPANY		
HEALTH BARS			
Bellis	Bellis Fruit Bars	🇦🇺	✓
Carman's	Carman's Fine Foods	🇦🇺	✓
Go Natural	Go Natural	🇦🇺	✓
Artisse	Hampden Trading	🇦🇺	✓
Leda, Slim & Natural	Leda Nutrition	🇦🇺	✓
Naturally Good	Naturally Good Products	🇦🇺	✓
Sweet William	Sweet William	🇦🇺	✓
Healtheries	Vitaco (Next Capital)	🇦🇺	✓
Nice & Natural	Nice & Natural (PEP)	🇦🇺	✓
Golden Days	Manassen (Bright Food)	CHN	✓
All Natural Bakery	All Natural Bakery	🇦🇺	~
Emma & Tom's	Emma & Tom's	🇦🇺	~
Wallaby	Energy Products	🇦🇺	~
Sun	Sun Health Foods	🇦🇺	~
well-naturally	Vitality Brands	🇦🇺	~
Naturo	Naturo	IND	~
Be Natural	Kellogg	USA	✗

HEALTH FOODS

Freedom Foods, Norganic	Freedom Foods (Arrovest)	🇦🇺	✓
Freelicious	Hampden Trading	🇦🇺	✓
Naturals	Melrose	🇦🇺	✓
Nu-Vit, Sunsol	Meriram (Select Harvests)	🇦🇺	✓
Pureharvest	Pureharvest	🇦🇺	✓
Orgran	Roma Food Products	🇦🇺	✓
Spiral Foods	Spiral Foods	🇦🇺	✓
Abundant Earth, Healtheries	Vitaco (Next Capital)	🇦🇺	✓
Lotus, Nature First	Kadac	🇦🇺	✓
Basco, Lowan Whole Foods	Green's Foods (Guinness Peat)	UK	✓
Mayer's	Ancient Distributors	🇦🇺	~
Bite'z, Farmers Choice	Back to Nature	🇦🇺	~
Food For Health	Food For Health	🇦🇺	~
Bonvit	G&R Gerardis	🇦🇺	~
Eskal	Trialia Foods	🇦🇺	~
Macro, Naytura	Woolworths	🇦🇺	✗

PROTEIN BARS / POWDER

Aussie Bodies, Body Bulk, HPLC, Protein FX	Vitaco (Next Capital)	🇦🇺	✓
Nature's Way, Slim Right	PharmaCare	🇦🇺	✓
BSC	Body Science	🇦🇺	~
Gym, Winners	Winners Sports Nutrition	🇦🇺	~
Growling Dog, Musashi, Power Bar	Nestlé	SWI	⊘

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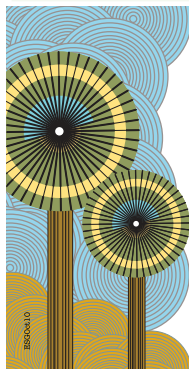
www.ecodirectory.com.au

VITAMINS

Blackmores	Blackmores	🇦🇺	✓
Bioglan, Nature's Way	PharmaCare	🇦🇺	✓
Evidin, Swisse	Swisse Vitamins	🇦🇺	✓
Herron	Herron (Aspen)	ZAF	✓
Myadec	Myadec	🇦🇺	~
Nature +	Natra Plus Australia	🇦🇺	~
Nature's Care	Nature's Care	🇦🇺	~
Cenovis, Nature's Own	sanofi-aventis	FRA	✗
Berocca, Elevit, Penta-vite, Pluravit, Supradyn	Bayer	GER	✗
Caltrate, Centrum	Wyeth (Pfizer)	USA	✗

WEIGHT LOSS

Fat Magnet, Fatblaster, Metabolift, Nature's Way, Slim Right, Xantrax	PharmaCare	🇦🇺	✓
Swisse	Swisse Vitamins	🇦🇺	✓
Body	Body Science	🇦🇺	~
Rapid Burn, Rapid Loss	Hi Life Health & Beauty	🇦🇺	~
Biggest Loser Club, Medislim	Probiotec	🇦🇺	~
Slim Secrets	Slim Secrets	🇦🇺	~
Atkins	Atkins Nutritionals	USA	~
Ultra Slim	AB Food & Beverages Aus (Wittington Investments)	UK	✗
Jenny Craig, Musashi, SLM	Nestlé	SWI	⊘



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HOUSEHOLD — CLEANING

BRAND	COMPANY		
BATHROOM CLEANERS ⚠ Toxic Chemicals			
Orange Power ★	Aware Environmental	🇦🇺	✓
Earth Choice	Natures Organics	🇦🇺	✓
method	Method	USA	✓
Sparkle	Pascoe's	🇦🇺	✓
Selleys	DuluxGroup	🇦🇺	✓
Mould Power, Shower Power	OzKleen	🇦🇺	~
White King	Pental (Symex)	🇦🇺	~
Ajax	Colgate-Palmolive	USA	✗
Easy Off BAM, Exit Mould, Pine O Clean	Reckitt Benckiser	UK	✗
Windex	SC Johnson	USA	✗
Domestos	Unilever	UK/ NLD	✗

★ Good Environmental Choice label

CARPET & FLOOR CLEANERS ⚠ Toxic Chemicals			
Orange Power ★	Aware Environmental	🇦🇺	✓
Earth Choice	Natures Organics	🇦🇺	✓
O'Cedar	O'Cedar (Sabrands)	🇦🇺	✓
Long Life, Sparkle	Pascoe's	🇦🇺	✓
Carpet Power	OzKleen	🇦🇺	~
Cavalier Bremworth	Cavalier	NZL	~
No Vac	WD-40 Co.	USA	~

Handy Andy	Clorox	USA	✗
Ajax	Colgate-Palmolive	USA	✗
Air Wick, Pine O Clean, Preen	Reckitt Benckiser	UK	✗
Freedom, Pledge	SC Johnson	USA	✗

★ Good Environmental Choice label

DISHWASHING DETERGENT			
Blast, Earth Choice, Swish	Natures Organics	🇦🇺	✓
ecostore	Ecostore	NZL	✓
Sunlight	Pental (Symex)	🇦🇺	~
Morning Fresh, Trix	PZ Cussons	UK	✗
Castle, Palmolive, Spree	Colgate-Palmolive	USA	✗
Finish, Kwit	Reckitt Benckiser	UK	✗
Dawn, Fairy	Procter & Gamble	USA	Ⓞ

DISINFECTANT ⚠ Toxic Chemicals			
Myo	Jalco	🇦🇺	✓
Power Disinfectant	OzKleen	🇦🇺	~
Dettol, Glen 20, Nu-Clenz, Pine O Clean	Reckitt Benckiser	UK	✗
Domestos	Unilever	UK/ NLD	✗

DRAIN CLEANERS ⚠ Toxic Chemicals			
Actizyme	Aware Environmental	🇦🇺	✓
Drain Clean, Mechanix	Pascoe's	🇦🇺	✓
Drano	SC Johnson	USA	✗

GLOVES			
Ansell	Ansell	🇦🇺	✓
Hercules, Hygiene Plus	Powerbrands	🇦🇺	~
Astra, Chux	Clorox	USA	✗

KITCHEN & OVEN CLEANERS ⚠ Toxic Chemicals			
Sparkle	Pascoe's	🇦🇺	✓
Selleys	DuluxGroup	🇦🇺	✓
Cerapol	Hillmark Industries	🇦🇺	~
Magic, Rubbedin	Lakeland & Co.	🇦🇺	~
Vanilla Fresh	McLintocks	🇦🇺	~
Oven Power	OzKleen	🇦🇺	~
Easy Off Oven, Pine O Clean	Reckitt Benckiser	UK	✗
Mr Muscle	SC Johnson	USA	✗

MULTI-PURPOSE CLEANERS ⚠ Toxic Chemicals			
Orange Power ★	Aware Environmental	🇦🇺	✓
Earth Choice	Natures Organics	🇦🇺	✓
ecostore	Ecostore	NZL	✓
method	Method	USA	✓
Seventh Generation	Seventh Generation	USA	✓
CLR	Advil (Sabrands)	🇦🇺	✓
Bare Essentials, Glitz, Sparkle	Pascoe's	🇦🇺	✓
Selleys, Sugar Soap	DuluxGroup	🇦🇺	✓
White King	Pental (Symex)	🇦🇺	~
Gumpton, Handy Andy	Clorox	USA	✗

Ajax, Nifti	Colgate-Palmolive	USA	✗
Easy Off BAM, Pine O Clean	Reckitt Benckiser	UK	✗
Domestos, jif	Unilever	UK/ NLD	✗

★ Good Environmental Choice label

SCOURERS, SPONGES & WIPES			
Selleys	DuluxGroup	🇦🇺	✓
Mr Clean	Asia Pacific Brands	🇦🇺	~
Dura Fresh, Oates	ED Oates (GUD Holdings)	🇦🇺	~
Edco, Stay Fresh	Edgar Edmondson	🇦🇺	~
Dishmatic, Dishmatique	Easy-Do Products	UK	~
Vileda	Freudenberg	GER	~
Sabco	Sabco (Libman/ACS)	USA	~
Scotch-Brite	3M	USA	✗
Chux	Clorox	USA	✗
Steele	Reckitt Benckiser	UK	✗
Pledge	SC Johnson	USA	✗
Jif	Unilever	UK/ NLD	✗

TOILET CLEANERS ⚠ Toxic Chemicals			
Earth Choice	Natures Organics	🇦🇺	✓
White King	Pental (Symex)	🇦🇺	~
Bloo, Jeyes	Jeyes	UK	~
Harpic, Pine O Clean	Reckitt Benckiser	UK	✗
Duck	SC Johnson	USA	✗
Ambi-Pur	Procter & Gamble	USA	Ⓞ

HOUSEHOLD — LAUNDRY

FABRIC SOFTENER

Earth Choice, Purity	Natures Organics	AU ✓
Colour Catcher	Steric	AU ✓
Huggie	Pental (Symex)	AU ~
Cuddly, Fluffy, Moresoft	Colgate-Palmolive	USA ✗
Comfort	Unilever	UK/NLD ✗

LAUNDRY DETERGENT

Aware *1, Orange Power *2	Aware Environmental	AU ✓
Blitz, Earth Choice, Purity	Natures Organics	AU ✓
So Gentle, Colour Catcher	Steric	AU ✓
ecostore	Ecostore	NZL ✓
Seventh Generation	Seventh Generation	USA ✓
Bosisto's Eucofresh	FGB Natural Products	AU ✓
Atomic, Aura, Sparkle	Pascoe's	AU ✓
Lectric Soap Powder	Brands RMJ	AU ~
Lux, Sunlight, Velvet, White King	Pental (Symex)	AU ~
Duo, Radiant	PZ Cussons	UK ✗
Amolin Sensitive	Bayer	GER ✗
Cold Power, Dynamo, Fab, Hurricane, Love'n Care, Spree	Colgate-Palmolive	USA ✗
BioZet Attack	Kao Corporation	JPN ✗
Drive, Omo, Surf	Unilever	UK/NLD ✗

* 1 palm oil free 2 Good Environmental Choice label

PREWASH & SOAKER △ Toxic Chemicals

Orange Power *	Aware Environmental	AU ✓
ecostore	Ecostore	NZL ✓
Bosisto's	FGB Natural Products	AU ✓
Bluo	Pascoe's	AU ✓
Delbrite, Lectric Soda	Brands RMJ	AU ~
Prewash Power	OzKleen	AU ~
White King	Pental (Symex)	AU ~
StainGo	Surgix Pharmaceuticals	AU ~
Canesten	Bayer	GER ✗
Sard	Colgate-Palmolive	USA ✗
Calgon, Dettol, Fiesta, Napisan, Preen, Vanish	Reckitt Benckiser	UK ✗

* Good Environmental Choice label

STARCH

WT Demineralised Water	Steric	AU ✓
Tonizone	Pacific Products	AU ~
Crisp, Fabulon	Reckitt Benckiser	UK ✗
Febreze	Procter & Gamble	USA ☉

WOOL WASH

Australian Pure, Earth Choice	Natures Organics	AU ✓
So Gentle	Steric	AU ✓
Martha Gardener, Softly	Pental (Symex)	AU ~



AUSTRALIAN BUSINESS AWARDS 2011
BEST ECO - FRIENDLY PRODUCT

For more information contact Vicki Williams

www.safeclean.net.au / 03 9568 5569 / 0433 326 554 / safeclean@trinature.com

HOUSEHOLD — VARIETY

AIR FRESHENERS

Orange Power	Aware Environmental	AU	✓
Little Trees, Magic Tree	Car Freshner Corporation	USA	✓
No Vac	WD-40 Co.	USA	~
Armor All	Clorox	USA	✗
Renuzit	Henkel	GER	✗
Air Wick, Glen 20, Pine O Clean	Reckitt Benckiser	UK	✗
Glade, Oust	SC Johnson	USA	✗
Ambi-Pur	Procter & Gamble	USA	⊘

BATTERIES ▲ Toxic Waste (choose rechargeable)

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

FOIL/CLING WRAP/BAGS

Multix	Multix (McPherson's)	AU	✓
Hercules	Powerbrands	AU	~
Glad, OSO	Clorox	USA	✗

GARDEN CARE

Brunnings, Multicrop	Multicrop	AU	✓
Confidor ▲, Hortico, Instant-Gro, Yates	DuluxGroup	AU	✓
Powerfeed, Seasol	Seasol	AU	~
Defender, Miracle-Gro, Osmocote, Scotts	Scotts Miracle-Gro	USA	~
Pestoil	Caltex Australia	USA/ AUS	✗
Roundup	Monsanto	USA	⊘

▲ made under licence

HOSIERY

CLiO	Ambra Corporation	AU	~
Razza Matazz, Sheer Relief, Voodoo, Wicked	Pacific Brands	AU	✗

LIGHT GLOBES

Mirabella	Mirabella	AU	~
Philips	Philips	NLD	~
GE	General Electric	USA	✗
Osram	Siemens	GER	✗

LIGHTERS & MATCHES

GIL	Gladstone	HKG	~
Scripto, Tokai	Tokai (Calico Brands)	USA	~
Bic	Bic	FRA	✗
Cricket, Redheads	Scandinavian Tobacco Grp	DNK	✗

PAPER TOWELS ▲ Forest logging (choose recycled)

Earthwise ★, Safe ★	Encore Tissue	AU	✓
Naturale ★, Quilton	ABC Tissue	AU	✓
Kleenex, Thick & Thirsty, Viva	Kimberly-Clark	USA	✓
Handee, Tuff Mate	SCA	SWE	✓

★ recycled content

PEST CONTROL

Antex	David Grays	AU	✓
Hovex	Pascoe's	AU	✓
Ratsak, Talon	DuluxGroup	AU	✓
Sureguard	Pental (Symex)	AU	~
Rid	Thorley Labs	AU	~
Bromakil, Rentokil	Rentokil Initial	UK	~
Ant-Rid	Henkel	GER	✗
Aerogard, Mortein, Pea-Beu	Reckitt Benckiser	UK	✗
Autan, Baygon, Off!, Raid	SC Johnson	USA	✗

SHOE CARE

Odor Eaters	Combe	USA	✓
Fabfeet, Footcare, Odour Stop!	Footcare International	AU	~
Scholl	Reckitt Benckiser	UK	✗
Kiwi	SC Johnson	USA	✗

STATIONERY

Faber-Castell	Faber-Castell	GER	✓
Pilot, Sellotape	Pilot	JPN	✓
Celco, Texta	Jasco	AU	✓
Tarzan's Grip	DuluxGroup	AU	✓
Marbig	ACCO Brands	USA	✓
Camerons	Camerons	AU	~
Fun Stuff, Presstik	Hunter Leisure	AU	~
Avery	Avery Dennison	USA	~
Spirax	Esselte (J W Childs)	USA	~
Maped	Maped	FRA	~
Stabilo	Schwan-Stabilo	GER	~
Artline	Shachihata	JPN	~
Bic	Bic	FRA	✗
Highland, Post It, Scotch	3M	USA	✗
Olympic, Reflex, Tudor	Australian Paper (Nippon Paper)	JPN	✗
Blu Tack, Bostik, Clag	Bostik (Total)	FRA	✗
RoseArt, SRX	MEGA Brands	CAN	✗
Dymo, Foohy, Liquid Paper, Papermate, Parker, Sharpie	Newell Rubbermaid	USA	✗

UNDERWEAR & SOCKS

Darn Tough	Simon De Winter	AU	~
Underworks	Underworks	AU	~
Bonds, Explorer, Holeproof, King Gee, Rio, TMI Licensed	Pacific Brands	AU	✗

MEAT

BRAND	COMPANY	
BEEF Feedlots (choose grass-fed)		
Cleavers Organic *	Cleavers Organic Meats	
Harvey Beef	Harvey Beef (Harmony Capital)	
AMH, King Island Beef, Royal, Swift Premium, Tasman Meats, Tasmanian Premium (and major supplier to Coles)	JBS	
Grasslands, Riverine, Teys (and a major supplier to Woolworths)	Teys Australia — A Cargill Joint Venture	

* certified organic

SPECIAL FEATURE

HIGH COST OF ANIMAL PRODUCTS

Almost 50 per cent of all the grains grown in the world go towards cattle feed — enough food to feed 8.7 billion people. Farm animal production accounts for nearly one-fifth of human-created greenhouse gas emissions and is a major contributor to the problems of land degradation, air pollution, loss of biodiversity, and water pollution.

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

FEEDLOTS

Most beef in supermarkets is 'feedlot finished' (fattened with grain). Each animal has five to 10 square metres of space in a pen of 50 to 200 cattle. In these cramped conditions, cattle are forced to stand and sleep in their own manure and endure extremes of weather.

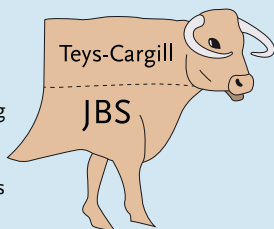
Close confinement means a much higher risk of disease so antibiotic drugs are routinely used. Grain feed commonly causes their digestive systems to be acidic.

» Talk to your butcher and ask for grass-fed, chemical-free meat from a local producer.

WHO CONTROLS AUSTRALIA'S BEEF?

Brazil's JBS, the world's largest meat company, now controls 25 per cent of Australia's beef industry after buying Australian Meat Holdings, Tasman Group, and Rockdale Beef between 2007 and 2010.

Australia's second largest beef processor, Teys Bros, merged with Cargill Australia's beef division in 2011 creating a joint venture which controls another 21 per cent. Cargill, the world's largest grain trader, second largest meat packer, and USA's largest private corporation, also bought AWB (Australian Wheat Board) in 2011.



JBS and Cargill have both been criticised for clearing Amazon rainforest to produce soy for animal feed.

» Find out about your meat and its story, support local meat suppliers, source farm-gate produce.

These tables contain brands commonly available in the supermarket. See our expanded meat section on our website.

SMALLGOODS / PORK Factory farming (choose free range)

Otway Pork * 1	Otway Pork	
D'Orsogna, Riverland	D'Orsogna	
Bertocchi	Bertocchi Smallgoods	
Family Chef (and major supplier to Woolworths)	Rivalea (QAF)	
Hans, Mayfair, Primo, Weight Watchers	Primo Smallgoods	
(and major supplier to Coles)		
Don, KR Castlemaine * 2, Huttons, Makers Choice, Otto Wurth, Watsonia	George Weston Foods (Wittington Investments)	

* 1 bred free range 2 some products bred free range made under licence

FACTORY FARMING

Factory farming is the conventional means of raising pigs and chickens and producing eggs for food. Although this 'intensive production' line process maximises the amount of meat produced while minimising costs, the close confinement in barren and unnatural conditions involves massive environmental pollution and health risks for both animals and humans.

» Choose certified organic or free-range chicken and pork, and certified free-range eggs (see page 15).

POULTRY Factory farming (choose free range)

Inglewood Farms * 2	Inglewood Farms (RMWAH)	
Mount Barker Free Range * 1	Milne AgriGroup	
Hazeldene's * 3	Hazeldene's	
Bannockburn * 1, La Ionica	Turi Foods	
Cordina Farms (and major supplier to Coles)	Cordina Farms	
Golden Cockerel	Golden Cockerel	
Aldinga, Baron's Table, Chickadee, Ingham (and major supplier to Woolworths)	Inghams	
Red Lea	Red Lea	
Baiada, Lilydale * 1, Steggles (and major supplier to Coles)	Baiada	

* 1 free range 2 certified organic 3 some products free range

PERSONAL CARE — BEAUTY & HAIR

Including pharmacy and department store brands

● Cruelty-free ▼ vegan

BRAND COMPANY

COSMETICS Animal testing, nanotechnology

Innox	Innox ● (Heritage Brands)		
Natio	Natio ●		
MiEssense	ONEgroup ●		
Face of Australia	Ross Cosmetics ●		
Zuii	Zuii Organics ●		
ecotools	Eco Tools ● ▼ (Paris Presents)	USA	
Prestige Cosmetics	Prestige Cosmetics ●	USA	
Artiste	Youngblood ●	USA	
Spa Universe	True Solutions		
Smackers	Bonne Bell ●	USA	
Elizabeth Arden	Elizabeth Arden	USA	
Physicians Formula	Physicians Formula ●	USA	
Urban Decay	Urban Decay ● (Castanea)	USA	
Elemis	Purity Australia		
Becca	BECCA Cosmetics		
Bloom	Bloom Cosmetics		
1000 Hour	Chemcorp		
2Glo, Coral Colours, Natural Glamour, SHE	Coral Colours		



CHEMICALS IN COSMETICS


Many everyday shampoos, cosmetics and other personal care products have a long list of chemicals names which most of us wouldn't recognise. In many cases these ingredients are harsh industrial chemicals, some of which have been linked to cancer, allergies, birth defects and other health issues. In Australia, cosmetics must comply with safety standards, but there is no international consensus. Some chemicals banned in Europe and the US are still considered safe by Australian authorities. These include DBP in nail polish, BHA in lipsticks, lead acetate in hair colour, and coal tar in anti-dandruff shampoos.

Other chemicals, although safe in small amounts, do build up over time and this intensive long-term exposure does seem to present unnecessary health risks. These include mineral oil, DEA/TEA/MEA, D&C colours, aluminum, talc, and synthetic fragrances.

» Avoid known toxins. Decode the chemical nasties with the Chemical Maze app and book.
– www.chemicalmaze.com

» Check out the Skin Deep cosmetics database at www.ewg.org/skindEEP, with over 69,000 different products and a safety assessment of ingredients (US).


















Mecca Cosmetica, kit:	Cosmetics Cubed		
Australis	Heritage Brands		
Nude by Nature	Hi Life Health & Beauty		
Napoleon	Napoleon Perdis		
essence	cosnova	GER	
Jurlique	Jurlique ●		
Chanel	Chanel	FRA	
Dior	Christian Dior	FRA	
Clarins	Clarins	FRA	
Cutex, NYC, OPI Nails, Rimmel, Sally Hansen	Coty (Joh A Benckiser)	GER	
Aveda, Bobbi Brown, Clinique, Estée Lauder, Smashbox, mac	Estée Lauder	USA	
Yves Saint Laurent	YSL Beaute (PPR)	FRA	
Benefit, Guerlain	LVMH	FRA	
Eylure	Original Additions (Lloyds Banking Group)	UK	
Almay, Revlon	Revlon (MacAndrews & Forbes)	USA	
Bare Escentuals, NARS, Shiseido	Shiseido	JPN	
stila	Stila ● (Patriarch Partners)	USA	
Anna Sui, Colorfast, Covergirl, Max Factor	Procter & Gamble	USA	
Body Shop, Dermablend, Helena Rubinstein, Kiehl's, L'Oréal, Lancome, Maybelline, Shu Uemura	L'Oréal	FRA	






HAIR COLOUR

Just For Men	Combe	USA	
1000 Hour	Chemcorp		
Cinta	Richard Cinta		
Napro Palette, Schwarzkopf	Henkel	GER	
Garnier Nutrisse, L'Oréal	L'Oréal	FRA	
Clairel, Decore	Procter & Gamble	USA	

HAIR STYLING

Organic Care	Natures Organics ● ▼		
Cedel	Brands RMJ		
Funky Monkey, Moosehead	Cosmex		
Headgear	Headgear Australia		
MD, Marc Daniels	Lenan Corporation		
Dominate	Mix	NZL	
Schwarzkopf, Taft	Henkel	GER	
Sunsilk, TRESemme, Vo 5	Unilever	UK/ NLD	
Elnett, Garnier Fructis, L'Oréal	L'Oréal	FRA	
Herbal Essences, Wella	Procter & Gamble	USA	

NAIL CARE

Manicare	McPherson's	AUS	
Revitanail	Valeant Pharmaceuticals	CAN	
Fabulous	Key Sun	AUS	
Fing'rs, Flirt, Nailene	Pacific World Corp	USA	
Cutex, O.P.I. Nails	Coty (Joh A Benckiser)	GER	

SHAMPOO

Australian Organics	Australian Organics ● v	AU	✓
Fruits, Natures Organics, Organic Care, Turning Point	Natures Organics ● v	AU	✓
Sukin	Sukin Organics ● v	AU	✓
ecostore	Ecostore ●	NZL	✓
Redwin	PharmaCare	AU	✓
Cedel	Brands RMJ	AU	~
Natalia Nourish, Nourish	Brands Worldwide	AU	~
FX, Organix, Vitamin	Vogue International	USA	~
Selsun	Chattem (sanofi-aventis)	FRA	✗
Charles Worthington	PZ Cussons	UK	✗
Batiste	Church & Dwight	USA	✗
Palmolive	Colgate-Palmolive	USA	✗
Schwarzkopf, Taft	Henkel	GER	✗
Johnson's, Neutrogena	Johnson & Johnson	USA	✗
John Frieda, KMS California	Kao Corporation	JPN	✗
Flex, Revlon	Revlon (MacAndrews & Forbes)	USA	✗
Joico	Shiseido	JPN	✗
Dove, Pears, Simple, Sunsilk, Toni&Guy, TRESemme, Vo 5	Unilever	UK/ NLD	✗
Elvive, Garnier Fructis, L'Oréal, Matrix, Redken	L'Oréal	FRA	⊖
Clairol, Clinicare, Decore, Head & Shoulders, Herbal Essences, Pantene, Pert, Vidal Sasson, Wella	Procter & Gamble	USA	⊖

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 Australia 6.5 million animals are used for research and teaching each year, many in testing for cosmetic products. Animal toxicity tests involve blinding and poisoning of animals. They are subjectively assessed and the results can vary depending upon the species, age, sex and condition of individual animals. Testing is not mandatory in Australia, however manufacturers are asked to conduct whatever tests are appropriate, in their opinion, to establish that their cosmetics or household products are safe.

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

SKIN CARE △ Animal testing, nanotechnology

Aesop	Aesop ● v	AU	✓
Botani	Botani ● v	AU	✓
Gaia	Gaia Skin Naturals ●	AU	✓
Innoxa	Innoxa ● (Heritage Brands)	AU	✓
Natio	Natio ●	AU	✓
Natures Organics	Natures Organics ● v	AU	✓
Akin	Purist Company ● v	AU	✓
Sukin	Sukin Organics ● v	AU	✓
Apivita	Apivita	GRC	✓
ecostore	Ecostore ●	NZL	✓
Lush	Lush ●	UK	✓
Montagne Jeunesse	Montagne Jeunesse ●	UK	✓
Trilogy	Trilogy Natural Products ●	NZL	✓
Youngblood	Youngblood ●	USA	✓
Ego, QV	Ego Pharmaceuticals	AU	✓
Smartskin, Swisspers	McPherson's	AU	✓
Redwin, Rosken, Skin Doctors	PharmaCare	AU	✓
Formula 10.o.6	Bonne Bell ●	USA	✓
Palmers	E.T. Browne ●	USA	✓
L'Occitane	L'Occitane ●	LUX	✓
Alpha Keri, Oxy	Mentholatum (Rohto)	JPN	✓
Freeman	pH Beauty Labs ● v	USA	✓
Dermaveen, Dr Lewinn's, Hamilton	Valeant Pharmaceuticals	CAN	✓

Avado	Avado Organics	AU	~
Natural Instinct	BC Health	AU	~
Skinivals	Beauty Direct	AU	~
Nourish	Brands Worldwide	AU	~
Arista, Enya	Cosmetico	AU	~
Grown	Grown	AU	~
Nude by Nature	Hi Life Health & Beauty	AU	~
Thursday Plantation	Integria Healthcare	AU	~
Lucas' Papaw Ointment	Lucas' Papaw Remedies	AU	~
Organic Essence	Orbis Australasia	AU	~
Nutri Synergy	Plunckett Pharmaceuticals	AU	~
InEssence	Purity Australia	AU	~
Ella Bache	Ella Bache (Thalgo)	FRA	~
Bio-oil	Union Swiss	ZAF	~
Nivea, Avene	Beiersdorf (maxingvest)	GER	✗
Aveda	Estée Lauder	USA	✗
Burt's Bees	Burt's Bees (Clorox)	USA	✗
Aveeno, Clean & Clear, Johnson's, Neutrogena	Johnson & Johnson	USA	✗
Biore	Kao Corporation	JPN	✗
Clearasil	Reckitt Benckiser	UK	✗
Dove, Ponds, Simple, St Ives, Vaseline	Unilever	UK/ NLD	✗
Biotherm, Garnier, L'Oréal	L'Oréal	FRA	⊖
Cetaphil	Galderma (Nestlé/L'Oréal)	SWI	⊖
Olay	Procter & Gamble	USA	⊖

PERSONAL CARE — BODY CARE

BODYWASH/SHOWER GEL

Australian Organics	Australian Organics	🇦🇺 ✓
Fun Time, Natures Organics, Organic Care, Spa	Natures Organics	🇦🇺 ✓
Norsca, Redwin	PharmaCare	🇦🇺 ✓
Dermeze	Aspen	ZAF ✓
Palmers	E.T. Browne	USA ✓
Bathox	Bathox Australia	🇦🇺 ~
Natural Instinct	BC Health	🇦🇺 ~
Country Life	Pental (Symex)	🇦🇺 ~
Body Sensitive	Universal Brands	🇦🇺 ~
Health Basics	API	NZL ~
Imperial Leather, Original Source, Pure	PZ Cussons	UK ✗
Palmolive, Sanex	Colgate-Palmolive	USA ✗
Aveeno, Johnson's	Johnson & Johnson	USA ✗
Dettol	Reckitt Benckiser	UK ✗
Dove, Lux, Pears, Radox	Unilever	UK/NLD ✗

DENTAL CARE

Cedel	Brands RMJ	🇦🇺 ~
Grants	Lateral Food Corp	🇦🇺 ~
Hydent	ML International	🇦🇺 ~
Aim, Close Up	Pental (Symex)	🇦🇺 ~

White Glo	WhiteGlo	🇦🇺 ~
Herbal Fresh, Red Seal	Red Seal Natural Health	NZL ~
Arm & Hammer, Pearl Drops, Spin Brush, Ultrafresh	Church & Dwight	USA ✗
Colgate	Colgate-Palmolive	USA ✗
Biotene, Macleans, Polident, Pronamel, Sensodyne	GlaxoSmithKline	UK ✗
Listerine, Reach, Tek	Johnson & Johnson	USA ✗
Steradent	Reckitt Benckiser	UK ✗
Crest, Oral B	Procter & Gamble	USA 🚫

DEODORANT

Brut, Norsca, Redwin, Sassi	PharmaCare	🇦🇺 ✓
Cool Charm, Spray Fresh	Aspen	ZAF ✓
Evoke, Hello Kitty	Heritage Brands	🇦🇺 ~
OK Tea Tree	Integria Healthcare	🇦🇺 ~
Jeer	Vivalis	UK ~
Nivea	Beiersdorf (maxingvest)	GER ✗
Adidas, Playboy	Coty (Joh A Benckiser)	GER ✗
Graphite, Imperial Leather	PZ Cussons	UK ✗
Mennen, Speed Stick	Colgate-Palmolive	USA ✗
Dry Idea, Fa	Henkel	GER ✗
Mitchum	Revlon (MacAndrews & Forbes)	USA ✗
Dove, Impulse, Lynx, Rexona	Unilever	UK/NLD ✗
Garnier	L'Oréal	FRA 🚫
Gillette, Mum, Old Spice	Procter & Gamble	USA 🚫

12,000 reasons to choose T.O.M

Women use over 12,000 tampons in a lifetime which is 12,000 reasons to be chemical free. T.O.M Organic is not only the world's first 100% Australian Certified Organic tampon but is also biodegradable and won't hang around in landfills for generations to come. We're proud to be the only Australian tampon that isn't ethically challenged. For stockists and online orders visit: tomorganic.com.au



FEMINE HYGIENE

TOM Organic ★	TOM Organic	🇦🇺 ✓
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	🇦🇺 ~
Femfresh	Church & Dwight	USA ✗
Carefree, Meds, Stayfree	Johnson & Johnson	USA ✗
Tampax, Whisper	Procter & Gamble	USA 🚫

★ certified organic

TAMPONS & TOXINS

Although tampons have improved over the years, some studies indicate that tampon use can put women at disproportionate risk for endometriosis, breast and reproductive cancers because of toxins. Choose cotton and organic, or better yet, use a reusable cup or cloth pad.

HAIR REMOVAL

Nads	Lifesource	🇦🇺 ✓
Marzena	Marzena	NZL ~
Nair	Church & Dwight	USA ✗
Veet	Reckitt Benckiser	UK ✗

HAND WASH			
Natures Organics, Organic Care	Natures Organics	AU	✓
ecostore	Ecostore	NZL	✓
method	Method	USA	✓
Redwin	PharmaCare	AU	✓
Palmers	E.T. Browne	USA	✓
Natural Instinct	BC Health	AU	~
Milton	Milton (Probiotec)	AU	~
Imperial Leather, Pure	PZ Cussons	UK	✗
Palmolive, Soft Soap	Colgate-Palmolive	USA	✗
Purell	Johnson & Johnson	USA	✗
Dettol	Reckitt Benckiser	UK	✗
Dove, Lifebuoy, Pears	Unilever	UK/ NLD	✗


SHAVERS			
King of Shaves	King of Shaves	UK	✓
Remington	Remington (Spectrum Brands)	USA	~
Bic	Bic	FRA	✗
Schick, Wilkinson Sword	Energizer	USA	✗
Braun, Gillette, Venus	Procter & Gamble	USA	⊗

SHAVING GEL/FOAM			
Trishave	Australian Cosmeceuticals	AU	✓
Gaia	Gaia Skin Naturals	AU	✓
Fast	Hobson Dell	AU	✓
King of Shaves	King of Shaves	UK	✓
Nivea	Beiersdorf (maxingvest)	GER	✗
Imperial Leather	PZ Cussons	UK	✗
Faulding, Shave	sanofi-aventis	FRA	✗
Mennen, Palmolive	Colgate-Palmolive	USA	✗
Schick	Energizer	USA	✗
L'Oréal	L'Oréal	FRA	⊗
Gillette, Olay	Procter & Gamble	USA	⊗


SOAP			
ecostore	Ecostore	NZL	✓
Wrights	McPherson's	AU	✓
Priya	ML International	AU	~
Country Life, Natural Selections, Sorbolene, Sunlight, Velvet	Pental (Symex)	AU	~
Solvol	WD-40 Co.	USA	~
Nivea	Beiersdorf (maxingvest)	GER	✗
Cussons, Imperial Leather	PZ Cussons	UK	✗
Cashmere Bouquet, Palmolive	Colgate-Palmolive	USA	✗
Gamophen	Johnson & Johnson	USA	✗
Dettol	Reckitt Benckiser	UK	✗
Dove, Lux, Pears, Simple	Unilever	UK/ NLD	✗

NANOTECHNOLOGY


Nanoparticles are incredibly small, measured in nanometres (nm), or one-billionth of a metre. They are routinely used to help sunscreens absorb into the skin more readily and to make them transparent. Scientific studies have shown this can produce free radicals, especially when exposed to UV light, suggesting that rather than protecting us, nano sunscreens could actually result in serious skin damage. Find 'nano-free' sunscreen alternatives at www.nano.foe.org.au/safesunscreens.

SUNSCREEN  Nanotechnology			
Auscreen *2	Ross Cosmetics	AU	✓
Sun Sense	Ego Pharmaceuticals	AU	✓
Aquasun, Redwin	PharmaCare	AU	✓
Solarblock	Mentholatum (Rohto)	JPN	✓
Hamilton, Invisible Zinc *1, Reef, UV Triplegard	Valeant Pharmaceuticals	CAN	✓
Le Tan	Heritage Brands	AU	~
Clear Zinke *2	Key Sun	AU	~
Cancer Council *2	Vitality Brands	AU	~
Sun Zapper *2	Sun Zapper	AU	~
Nivea	Beiersdorf (maxingvest)	GER	✗
Banana Boat	Energizer	USA	✗
Neutrogena	Johnson & Johnson	USA	✗

*1 nano and chemical free 2 nano free (see nano.foe.org.au)

TISSUES  Forest logging (choose recycled)			
Naturale *, Quilton, Symphony	ABC Tissue	AU	✓
Kleenex	Kimberly-Clark	USA	✓
Purex, Sorbent	SCA	SWE	✓
Wet Ones	Energizer	USA	✗

* Recycled content

TOILET PAPER  Forest logging (choose recycled)			
Bouquets *, Earthwise *, Envirosoft *, Safe *	Encore Tissue	AU	✓
Naturale *, Quilton, Softly	ABC Tissue	AU	✓
Earthcare *, Softex *	Queensland Tissue Products (ABC Tissue)	AU	✓
Delsey, Kleenex, Wondersoft	Kimberly-Clark	USA	✓
Plush, Purex, Sorbent	SCA	SWE	✓
Green Soft	Saved a Tree	AU	~

* recycled content

WIPE FOR WILDLIFE — use recycled paper

Australians currently flush more than 6 million trees down the toilet each year. People and wildlife rely on a healthy environment, which means keeping trees in the ground. Choose toilet paper and tissue made from 100 per cent post-consumer waste recycled paper to save water, energy and valuable trees. www.zoo.org.au/wipe

PERSONAL CARE — MEDICINAL

ANTISEPTIC

Medi	PharmaCare		✓
Stop Itch	Valeant Pharmaceuticals	CAN	✓
Isocol	Margaret Wallace Trading	CAN	~
Betadine	sanofi-aventis	FRA	✗
Bepanthen	Bayer	GER	✗
Stingose	Johnson & Johnson	USA	✗
Dettol, Savlon	Reckitt Benckiser	UK	✗

BALM

Goanna, Herron	Herron (Aspen)	ZAF	✓
Deep Heat, Ice Gel	Mentholatum (Rohto)	JPN	✓
Lucas' Papaw Ointment	Lucas' Papaw Remedies		~
Tiger Balm	Haw Par	SGP	~
Cenovis	sanofi-aventis	FRA	✗
Dencorub	Church & Dwight	USA	✗
Voltaren	Novartis	SWI	✗
Eulactol, Nurofen	Reckitt Benckiser	UK	✗
Paraderm Plus	Wyeth (Pfizer)	USA	✗

BANDAGES

Elastoplast	Beiersdorf (maxingvest)	GER	✗
Futuro, Nexcare	3M	USA	✗
Band Aid, First Aid	Johnson & Johnson	USA	✗

COLD & FLU

Ease a Cold, Sambucol	PharmaCare		✓
Nyal	Valeant Pharmaceuticals	CAN	✓
Panadol	GlaxoSmithKline	UK	✗
Lemsip, Strepsils	Reckitt Benckiser	UK	✗
Robitussin	Wyeth (Pfizer)	USA	✗
Vicks	Procter & Gamble	USA	⊘

CONDOMS & LUBRICANTS

Wyld	Lifesource		✓
Ansell, Lifestyles	Ansell		✓
Four Seasons	Aust. Therapeutic Supplies		✓
Wet Stuff	Gel Works		~
Sylk	Geneva Marketing	NZL	~
Durex, Saturn	Reckitt Benckiser	UK	✗
KY	Johnson & Johnson	USA	✗

DIGESTIVE CARE

GastroHealth	PharmaCare		✓
Salvital	Valeant Pharmaceuticals	CAN	✓
Alka Seltzer, Rennie	Bayer	GER	✗
Eno, Tums, Zantac	GlaxoSmithKline	UK	✗
Mylanta	Johnson & Johnson	USA	✗
Gaviscon	Reckitt Benckiser	UK	✗
De-Gas	Wyeth (Pfizer)	USA	✗
Quick-Eze	Nestlé	SWI	⊘

EYE & EAR CARE

Murine	Aspen	ZAF	✓
Opticlean	Cosmetico		~
Waxsol	Norgine	UK	✗
Bausch & Lomb, Renu	Bausch & Lomb	USA	✗
Visine	Johnson & Johnson	USA	✗
Opti-Free, Systane	Novartis	SWI	✗
Optrex	Reckitt Benckiser	UK	✗

LAXATIVES

Herron	Herron (Aspen)	ZAF	✓
Laxettes	Mentholatum (Rohto)	JPN	✓
Herb-a-lax	Blooms Health Products		~
Nu-Lax	Orchard Manufacturing		~
Movicol	Norgine	UK	~
Ford Senna	sanofi-aventis	FRA	✗
Agarol, Anusol	Johnson & Johnson	USA	✗
Benefiber	Novartis	SWI	✗
Senokot	Reckitt Benckiser	UK	✗
Metamucil	Procter & Gamble	USA	⊘

LIP CARE

Bonne Bell, Lip Smacker	Bonne Bell	USA	✓
Soft Lips	Mentholatum (Rohto)	JPN	✓
Nyal	Valeant Pharmaceuticals	CAN	✓
Blistex	Blistex	USA	~

Nivea	Beiersdorf (maxingvest)	GER	✗
Lip-Eze, Zovirax	GlaxoSmithKline	UK	✗
Bonjela	Reckitt Benckiser	UK	✗
Vaseline	Unilever	UK/NLD	✗
Chap Stick	Wyeth (Pfizer)	USA	✗

MEDICINAL OILS

Bosisto's	FGB Natural Products		✓
Goanna, Herron	Herron (Aspen)	ZAF	✓
Eureka, Sunspirit, Thursday Plantation	Integria Healthcare		~
Faulding	sanofi-aventis	FRA	✗

PAIN RELIEF

Nature's Way, StressLess	PharmaCare		✓
Herron	Herron (Aspen)	ZAF	✓
Nyal	Valeant Pharmaceuticals	CAN	✓
Aspro Clear	Bayer	GER	✗
Panadol, Panafen	GlaxoSmithKline	UK	✗
Dymadon	Johnson & Johnson	USA	✗
Disprin, Nurofen	Reckitt Benckiser	UK	✗
Advil	Wyeth (Pfizer)	USA	✗

SMOKING AIDS

Nicabate	GlaxoSmithKline	UK	✗
Nicorette	Johnson & Johnson	USA	✗
Nicotinell	Novartis	SWI	✗

PET

BRAND COMPANY

CAT FOOD

Gourmet Delight, Safcol, Snappy Tom, Ultimates	Safcol (Tropical Consolidated)	MYS ✓
Fussy Cat, V.I.P. Pet Foods	V.I.P. Petfoods	AU ✓
Hill's	Hill's (Colgate-Palmolive)	USA ✗
Advance, Dine, Kitekat, Optimum, Royal Canin, Temptations, Whiskas	Mars	USA ✗
Fancy Feast, Friskies, GoCat, One, Pro Plan, Purina, Supercoat	Nestlé	SWI Ⓞ
Iams	Procter & Gamble	USA Ⓞ

CAT LITTER

Crystal Clean, Snappy Tom	Safcol (Tropical Consolidated)	MYS ✓
Breeders Choice ★	FibreCycle	AU ✓
Max's	SunRice	AU ✓
Cat's Choice, Chandler, Thrifty Cat	Hudson Group	AU ~
Catlux	Klorman Industries	AU ~
premierEco	Premier Natural Products	AU ~
Zeocat	Masterpet	NZL ~
Catsan	Mars	USA ✗

★ made from 100% recycled paper

DOG FOOD

Fish for Dogs	Safcol (Tropical Consolidated)	MYS ✓
Nature's Gift	Nature's Gift Australia	AU ✓
Bush's, Divine	V.I.P. Petfoods	AU ✓
Biopet ★	Biopet Pet Care	AU ~
Hill's	Hill's (Colgate-Palmolive)	USA ✗
Advance, Chum, Good-O, My Dog, Optimum, Pal, Pedigree, Principal, Royal Canin, Schmackos	Mars	USA ✗
Beneful, Lucky Dog, Mighty Dog, One, Pro Plan, Purina, Supercoat	Nestlé	SWI Ⓞ
Eukanuba, Iams	Procter & Gamble	USA Ⓞ

★ certified organic

DOG TREATS

Nature's Gift	Nature's Gift Australia	AU ✓
V.I.P. Petfoods	V.I.P. Petfoods	AU ✓
Bow Wow	Nova Concepts	AU ~
Love 'em	The Show 'em How Much You Love 'em Co.	AU ~
JerHigh, VitaPet	Masterpet	NZL ~
Pedigree, Schmackos	Mars	USA ✗
Chew N Kleen, KraMar, Lucky Dog, Purina, Supercoat	Nestlé	SWI Ⓞ

WHICH LABELS CAN YOU TRUST?

In amongst the minefield of claims, here are some labels which have credible systems attached.

The image displays several ethical certification logos arranged in a grid. Each logo is accompanied by its name and website URL. The logos include: Australian Certified Organic (bfa.com.au), Demeter (demeter.org.au), NASAA Certified Organic (nasaa.com.au), Fairtrade (fta.org.au), Rainforest Alliance Certified (rainforest-alliance.org), UTZ Certified (utzcertified.org), Safefood Approved (choosewisely.org.au), and FSC (fsc.org.au).

See more at www.ethical.org.au/labels.
See Country of Origin Labelling on page 24.

PET CARE

Our Dog	Bathox Australia	AU ~
I Love My Pet	My Pet	AU ~
Rufus & Coco	Rufus & Coco	AU ~
Saint Bernard Petcare	Saint Bernard Petcare	AU ~
Marine Master, VitaPet	Masterpet	NZL ~
Advance, Exelpet	Mars	USA ✗
Friskies, Pet Life, Total Care	Nestlé	SWI Ⓞ

PET FOOD (CHILLED)

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

PET FOOD (OTHER)

Bird Munchies, Pet Munchies	Bird Munchies	AU ~
Peters	Peters Pure Animal Foods	AU ~
Marine Master, VitaPet	Masterpet	NZL ~
Golden Grain, Harmony, Trill	Mars	USA ✗
Kg Fish Food, Total Care	Nestlé	SWI Ⓞ

SAUCES & INTERNATIONAL

BRAND	COMPANY		
ASIAN			
Chang's	Cypress & Sons		✓
asia@home	Goodman Fielder		✓
Pandaroo	Yuen's Market		✓
Ayam, Santan	A Clouet (Denis Frères)	FRA	✓
Asian Home Gourmet	Cerebos (Suntory)	JPN	✓
Kikkoman	Kikkoman	JPN	✓
Trident	Manassen (Bright Food)	CHN	✓
ABC, Dainty, Hikari, Indofood, Jeeny's, Koh-Kae, Kokita, Lee Kum Kee, Lingham's, Mae Ploy, Nissin, Obento, Ong's, Poonsin, S & B, Savour, Six Fortune, Smiling Fish, Squid, TCC, UFC, Valcom, Yeo's	Oriental Merchant (China Merchants Group)	HKG	✓
Gong Mi Goreng, Thai Gourmet	Asia Pacific Food Ind.	THA	~
Hakubaku	Hakubaku	JPN	~
Prima Taste	Prima	SGP	~
Conimex	Unilever	UK/ NLD	✗

CONDIMENTS

Aristocrat, Blue Banner, Old Country, Rosella	Rosella Foods (Crescent Capital)		✓
Gee Vale, Sandhurst	Sandhurst Fine Foods		✓
Hoys	Hoyt Food		✓
Jensens	Jensens Choice Foods		✓
Always Fresh	Riviana Foods (SunRice)		✓
Spring Gully	Spring Gully Foods		✓
Three Threes	Three Threes Condiments		✓
Globus	Manassen (Bright Food)	CHN	✓
Podravka	Podravka	CRO	✓
Leggo's	Simplot	USA	✓
Beerenberg	Beerenberg		~
Fehlbergs	Fehlbergs Fine Foods		~
Fletchers	Fletchers Foods		~
La Nova	Global Food Distributors		~
Eskal	Trialia Foods		~
Anathoth	Anathoth (Barkers)	NZL	~
Baxters	Baxters	UK	~
SPC	SPC Ardmona (Coca-Cola Amatil)		✗
Heinz	Heinz	USA	✗
Green Valley, Sacla	Conga Foods		✗
Dolmio, Masterfoods	Mars	USA	✗
Colman's, Maille	Unilever	UK/ NLD	✗
Branstor	Nestlé	SWI	Ⓞ

INDIAN

Sharwoods	Premier Foods	UK	✓
Maharajah's Choice	Ostindo International		~
Passage to India	Passage Foods		~
True Foods	True Foods		~
Classic Indian	Asia Pacific Food Ind.	THA	~
Mission	Gruma	MEX	~
Haldiram's	Haldiram's	IND	~
Tasty Bite	Preferred Brands	USA	~
Pataks	George Weston Foods (Wittington Investments)	UK	✗

MEXICAN

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

NOODLES

Fantastic, Suimin	San Remo		✓
Chang's	Cypress & Sons		✓
Pandaroo	Yuen's Market		✓
Ayam	A Clouet (Denis Frères)	FRA	✓
Bamboo Pot, Trident, Wokka	Manassen (Bright Food)	CHN	✓

Chef's World, Double Phoenix, Erawan, Gold Pearl, Indo Mie, Jade Phoenix, Nissin, Nong Shim, Obento, Wai Wai	Oriental Merchant (China Merchants Group)	HKG	✓
Easy Mac, Kraft	Kraft	USA	✗
Kan Tong	Mars	USA	✗
Maggi	Nestlé	SWI	Ⓞ

PASTA SAUCE

Stromboli	Rosella Foods (Crescent Capital)		✓
Paul Newman's Own	Goodman Fielder		✓
Jensens ★	Jensens Choice Foods		✓
Always Fresh	Riviana Foods (SunRice)		✓
La Gina	Valcorp Fine Foods		✓
Barilla	Barilla Group	ITA	✓
Edgell, Leggo's	Simplot	USA	✓
BioNature ★	Leo's Imports		~
Divella	Divella	ITA	~
Ardmona	SPC Ardmona (Coca-Cola Amatil)		✗
Campbell's	Campbell Soup Company	USA	✗
Sacla, Val Verde	Conga Foods		✗
Dolmio	Mars	USA	✗
Bertolli, Chicken Tonight, Five Brothers, Raguletto	Unilever	UK/ NLD	✗

★ certified organic

SALAD DRESSING / MAYONNAISE

Norganic	Freedom Foods (Arrovest)	AU	✓
ETA, Paul Newman's Own, Praise	Goodman Fielder	AU	✓
Fountain, Salad Magic	Cerebos (Suntory)	JPN	✓
S & W	Manassen (Bright Food)	CHN	✓
Mayver's	Ancient Distributors	AU	~
Chefs Pantry	Chefs Pantry	AU	~
Cardini's	Marzetti (Lancaster Colony)	USA	~
Nando's	Nando's	ZAF	~
Heinz, Weight Watchers ▲	Heinz	USA	✗
J.L.Kraft, Kraft	Kraft	USA	✗
Best Foods, Hellman's	Unilever	UK/ NLD	✗
Thomy	Nestlé	SWI	⊗

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SAUCES

Rosella	Rosella Foods (Crescent Capital)	AU	✓
Chang's	Cypress & Sons	AU	✓
Cornwells, ETA, Holbrooks, Paul Newman's Own, Praise	Goodman Fielder	AU	✓
Spring Gully	Spring Gully Foods	AU	✓
Three Threes	Three Threes Condiments	AU	✓
Pandaroo	Yuen's Market	AU	✓

Ayam	A Clouet (Denis Frères)	FRA	✓
Ezy-Sauce, Fountain, White Crow	Cerebos (Suntory)	JPN	✓
Kikkoman	Kikkoman	JPN	✓
Bamboo Pot, Trident	Manassen (Bright Food)	CHN	✓
Lee Kum Kee	Oriental Merchant (China Merchants Group)	HKG	✓
Sharwoods	Premier Foods	UK	✓
Beerenberg	Beerenberg	AU	~
MON	MON Natural Foods	AU	~
Outback Spirit	Robins Foods	AU	~
Tabasco	McIlhenny Co.	USA	~
Nando's	Nando's	ZAF	~
SPC, Taylor's	SPC Ardmona (Coca-Cola Amatil)	AU	✗
HP, Heinz, Lea & Perrins, Ocean Spray ▲	Heinz	USA	✗
McCormick	McCormick	USA	✗
Pataks	George Weston Foods (Wittington Investments)	UK	✗
Kraft	Kraft	USA	✗
Dolmio, Kan Tong, Masterfoods, Uncle Ben's	Mars	USA	✗
Chicken Tonight, Conimex, Continental, Maille	Unilever	UK/ NLD	✗
Maggi	Nestlé	SWI	⊗

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SOY SAUCE

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

★ some products certified organic

TOPPING & SYRUP

McKenzies	Ward McKenzie	AU	✓
Queen	Queen Fine Foods	AU	✓
Green's	Green's Foods (Guinness Peat)	UK	✓
S & W	Manassen (Bright Food)	CHN	✓
Cottee's, Ice Magic	Schweppes Australia (Asahi Breweries)	JPN	✓
Aunt Betty's	Old Fashioned Foods	NZL	~
CSR	Sugar Australia (Wilmar)	SGP	✗

VINEGAR

Anchor	Anchor Foods	AU	✓
Cornwells	Goodman Fielder	AU	✓
Always Fresh	Riviana Foods (SunRice)	AU	✓
Mazzetti	Mazzetti	ITA	~
Moro	Conga Foods	AU	✗

SNACKS

BRAND	COMPANY		
BISCUITS/CRACKERS ▲ Palm oil			
Kez's	Kez's Kitchen	🇦🇺	✓
Orgran	Roma Food Products	🇦🇺	✓
Fantastic	San Remo	🇦🇺	✓
Homestyle Chunkies, Paradise, Veri Deli, Vive, Westons, White Wings	Goodman Fielder	🇦🇺	✓
Griffin's	Griffin's Foods (PEP)	🇦🇺	✓
Peckish	Menora Foods	🇦🇺	✓
Harvest Kitchen, Unibic, Weight Watchers ▲	Unibic Australia	🇦🇺	✓
Carrs, McVities, Walkers	Manassen (Bright Food)	CHN	✓
Borlands	Eastern Pacific Foods	🇦🇺	~
Bakers Finest, Baroni, Itai	Itai Biscuits	🇦🇺	~
Kooka's 🌱	Kooka's Country Cookies	🇦🇺	~
Kurrajong Kitchens	Kurrajong Kitchens	🇦🇺	~
Waterthins	Waterwheel	🇦🇺	~
Wheelies	Old Fashioned Foods	NZL	~
Arnotts, Players, Tim Tams, Wagon Wheels	Arnott's Biscuits (Campbell Soup Co)	USA	✗
Crackerbread, Ryvita	George Weston Foods (Wittington Investments)	UK	✗
Kraft, LU, Nabisco, Oreo	Kraft	USA	✗
Apero, Sakata, Snakata	Sakata (Pepsico)	USA	✗

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CHILD LABOUR & CHOCOLATE

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

Recently 'big chocolate' companies have made some progress — Cadbury now has Fairtrade certification on its Dairy Milk branding, Mars and Nestlé have some products certified under the UTZ and Rainforest Alliance schemes (both called "Fairtrade light" by critics, as they offer producers no minimum or guaranteed price for their crop). These changes are positive but greater corporate responsibility is required to end child exploitation.

- » Look for products with the certified Fairtrade symbol.
- » Find certified 'non-people-trafficked' chocolate and see how major chocolate companies compare at www.donttradelives.com.au
- » Sign the petition at www.stopthetraffic.org/takeaction/chocolate



CHIPS/CRISPS ▲ Palm oil

Absolute Organics ★	Eco Farms	🇦🇺	✓
Byron Bay Chilli Co.	Byron Bay Chilli Co.	🇦🇺	✓
CCs, Cheezels, Chickadees, French Fries, Jumpy's, Kettle, Real McCoy, Samboy, Thins	Snack Brands Australia	🇦🇺	✓
Ajita's, Vege Chips	Vege Chip Company	🇦🇺	✓
Abe's	Abe's Real Bagels	NZL	✓
Mamee, Mister Potato	Mamee Double-Decker	MYS	✓
Mexicana, Thomas Chipman ★	Yarra Valley Snack Foods	🇦🇺	~
Pringles	Diamond Foods	USA	✗
Burger Rings, Cheetos, Doritos, Grain Waves, Nobby's, Parkers, Red Rock Deli, Ruffles, Smith's, Toobs, Twisties, Walkers	Smith's Snackfood Co. (Pepsico)	USA	✗

★ certified organic

CHOCOLATE ▲ Child labour, pesticides, palm oil

Cocolo ★ 1,2	Organic Trader	🇦🇺	✓
Sweet William	Sweet William	🇦🇺	✓
Scarborough Fair ★ 1,2	Lighthouse Ventures	NZL	✓
Peanut Slab, Whittakers	Whittakers	NZL	✓
Chocolatier ★ 3, Diamond Creek	Chocolatier Australia	🇦🇺	✓

Bueno, Ferrero Rocher, Kinder, Raffaello	Ferrero	ITA	✓
Lindor, Lindt	Lindt & Sprungli	SWI	✓
Ernest Hillier, Hillier's, Newman's	Ernest Hillier	🇦🇺	~
Cocoa Farm ★ 4	Farm By Nature	🇦🇺	~
Ballantyne	Fyna	🇦🇺	~
Guylian	Guylian (Lotte)	JPN	~
Vivani ★ 2	Ludwig Weinrich	GER	~
Dagoba ★ 2, Hershey's, Reese's	Hershey	USA	✗
Boost, Cadbury, Cherry Ripe, Chomp, Cote d'or, Crunchie, Dairy Milk ★ 3, Dream, Favourites, Flake, Freddo, Fry's, Green and Black's ★ 2,3, Milk Tray, Milka, Picnic, Red Tulip, Roses, Terri's, Time Out, Toblerone, Twirl	Kraft	USA	✗
Bounty, Celebrations, Dove, M&Ms, Maltesers, Mars ★ 5, Milky Way, Snickers, Twix	Mars	USA	✗
Aero, Baci, Chokito, Club, Crunch, Kit Kat ★ 6, Milky Bar, Nestlé, Polly Waffle, Quality Streets, Rolo, Smarties, Violet Crumble, Wonka	Nestlé	SWI	⊘

★ 1 certified Fairtrade, 2 certified organic, 3 some products certified Fairtrade, 4 some products certified organic, 5 Rainforest Alliance certified, 6 UTZ certified

CONFECTIONERY

Bellis	Bellis Fruit Bars		
Ricci, Darrell Lea	Darrell Lea		
Dollar Sweets	Dollar Sweets		
Betta, Capricorn	Betta Foods		
Buderim Ginger	Buderim Ginger		
Beacon, Fizzer, Groovy, Pez, Warheads, X-treme	Funtastic		
Big Boss, Fads, Fyna, Wizz Fizz	Fyna		
Double "D", Prydes, WOW	Prydes (Sanchez Group)		
Menz	Robern Menz		
Airheads, Chupa Chups	Perfetti Van Melle	ITA	
Campino, Werther's, Zeros	Storck	GER	
Jelly Belly	Jelly Belly	USA	
Binka's, Pascall, The Natural Confectionery Co.	Kraft	USA	
Kenman, Skittles, Starburst	Mars	USA	
Allens, Fruit Tingles, Life Savers, Minties, Nestlé, Steam Rollers, Wonka	Nestlé	SWI	

CORN/RICE CAKES

Pureharvest	Pureharvest		
Corn Thins, Real Foods	Real Foods		
SunRice	SunRice		
Table of Plenty	Table of Plenty		

LOZENGES, MINTS & GUM

Tic Tac	Ferrero	ITA	
Aussie Drops	Confectionery Trading Co		
Jila, Jols, Licorette, Kopiko, Slim Fruits	Ferndale Confectionery		
Fisherman's Friend	Lofthouse	UK	
Frisk, Meller, Mentos	Perfetti Van Melle	ITA	
Ricola	Ricola	SWI	
Werther's	Storck	GER	
Strepsils	Reckitt Benckiser	UK	
5, Airwaves, Eclipse, Extra, Freedent, Hubba Bubba, Juicy Fruit, PK, Wrigleys, X-cite	Wrigley (Mars)	USA	
Allens, Anticol, Butter Menthol, Quick-Eze, Soothers, Throaties, XXX, Zones	Nestlé	SWI	
Vicks	Procter & Gamble	USA	

POPCORN

Movietime	Superpop		
Riviana	Riviana Foods (SunRice)		
Green's, Lolly Gobble Bliss Bombs, Poppin	Green's Foods (Guinness Peat)	UK	
Cool Pak	Smith's Snackfood Co. (Pepsico)	USA	
Uncle Tobys	Nestlé	SWI	

CAMPAIGNS

Campaigns combined with consumer action are a powerful tool for bringing about corporate responsibility. Sign online petitions and write to companies asking them to stop exploitative practices. Find out more at www.ethical.org.au/campaigns.

GLOSSARY

Company rating: The tick, cross or boycott sign that indicates our assessment of a company based on its company record and the company record of its parent company. See the icon decoder on the inside cover for more information.

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.

COUNTRY CODES

AUS	Australia	ITA	Italy
AUT	Austria	JPN	Japan
BEL	Belgium	LKA	Sri Lanka
BMU	Bermuda	LUX	Luxembourg
BRA	Brazil	MEX	Mexico
CAN	Canada	MYS	Malaysia
CHN	China	NLD	Netherlands
CRO	Croatia	NZL	New Zealand
CYM	Cayman Islands	RUS	Russia
DNK	Denmark	SGP	Singapore
ESP	Spain	SWE	Sweden
FRA	France	SWI	Switzerland
GER	Germany	THA	Thailand
GRC	Greece	UK	United Kingdom
HKG	Hong Kong	USA	United States
IND	India	ZAF	South Africa
IRL	Ireland		

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

METHODOLOGY

The focus of this guide is on the companies behind the brands. We have tried to distinguish more ethically preferable companies based on a simple screening process.

Ratings are calculated as outlined in the icon decoder on the inside front cover. They are drawn from publicly available information about the company itself and its parent company, covering areas of environmental and social impact, treatment of animals and business ethics. A summary of company criticisms and boycott calls can be found on pages 8 and 9.

We seek assessment sources that are: publicly accessible; independent and impartial (separate from an organisation's own claims); recognised and reputable (ie. not someone's blog site); and systematic and reasonable (have methodology). Key sources are listed on the following page.

This print guide is a summary of more detailed information. We encourage you to use the website (www.ethical.org.au) or **Shop Ethical** smartphone app to explore the assessment behind the ratings and evaluate the information using your own judgments, in order to find a 'best buy' according to what you value.

PRODUCT FEATURES

If some products under the brand have outstanding features, this is highlighted with a star ★. Outstanding ethical or sustainable features include certified organic, free range, recycled content and fair trade.

INDUSTRY ALERT ⚠

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 and exploitative work conditions for coffee, chocolate, clothing and footwear; tobacco, directly linked to lung cancer; and batteries, leaving toxic chemicals in landfill.

Where this symbol ⚠ appears next to the product type heading we recommend seeking products with an outstanding product feature star that addresses the particular concerns.

ASSESSMENT SOURCES

CAMPAIGNS / REPORTS / SCORECARDS

Animals Australia: www.animalsaustralia.org.au
Babymilk Action: www.babymilkaction.org
Burma Campaign UK: www.burmacampaign.org.uk
Campaign for Safe Cosmetics: www.safecosmetics.org
Carbon Disclosure Leadership Index: www.cdproject.net
Carbon Reduction Institute: www.noco2.com.au
Choose Cruelty Free: www.choosecrueltyfree.org.au
Climate Counts: www.climatecounts.org
FREE2WORK: www.free2work.org
Friends of the Earth Nano Project: www.nano.foe.org.au
Global Exchange: www.globalexchange.org
Greenpeace Canned Tuna Guide: www.greenpeace.org.au/tuna
Greenpeace True Food Guide: www.truefood.org.au
HRC Corporate Equality Index: www.hrc.org/cei
International Labor Rights Forum: www.laborrights.org
Make Trade Fair: www.maketradefair.com
PETA animal testing factsheet: www.caringconsumer.com
Project on Emerging Nanotechnologies: www.nanotechproject.org
Skin Deep Cosmetics Database: www.ewg.org/skindeep
Uncaged: www.uncaged.co.uk/animaltesting.htm
WWF Palm Oil Buyer's Scorecard: www.panda.org/palmoilscorecard

CORPORATE ACCOUNTABILITY / CSR

As You Sow: www.asyousow.org
Australian SAM Sustainability Index: www.aussi.net.au
China Labor Watch: www.chinalaborwatch.org
Corporate Accountability International: www.stopcorporateabuse.org
Corporate Critic: www.corporatecritic.org
Corpwatch: www.corpwatch.org
Ethical Consumer: www.ethicalconsumer.org
Ethiscore: www.ethiscore.org
Friends of the Earth: www.foei.org
Greenpeace: www.greenpeace.org
Knowmore: www.knowmore.org
Multinational Monitor: www.multinationalmonitor.org
Oxfam: www.oxfam.org
Rainforest Action Network: www.ran.org
Responsible Shopper: www.responsibleshopper.org

VOLUNTARY AGREEMENTS

Australian Packaging Covenant: www.packagingcovenant.org.au
ICTI CARE Process: www.icti-care.org

COMPANY OWNERSHIP / DATA

IBISWorld: www.ibisworld.com.au/car
Hoovers: www.hoovers.com

information action change



the Ethical Consumer Group

everyday choices to change your world

- » searchable database » shop ethical app
- » 3,300 common products » movie library
- » print guide updates » supermarket tours
- » monthly e-bulletin » join the movement



www.ethical.org.au

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.

ABOUT THIS GUIDE

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Distribution 0403 899 338

Compiled by Clint Healy & Nick Ray

Designed by Qualia Creative, www.qualiacreative.com.au

Edited by Rosanne Bersten, www.heliotrope.net.au

Printed by Printbound, www.printbound.com.au, on 'Cyclus' 100 per cent 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 November 2011

LIMITATIONS

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.

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 in common business practice all these things fall secondary to maximising profit. Let us redefine what can be considered 'acceptable' and raise the bar by holding companies to account.

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.

Advertising is independent of content within this guide. Companies advertising must pass our screening process. Advertising within the guide in no way influences a brand or company's rating.

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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Baked Beans/Spaghetti	20	Coconut Water	32	Feminine Hygiene	32	Laundry Detergent	46	— Medicinal	60	Starch	46	
BAKING & COOKING	12	Coffee	36	Flat Bread	16	Laxatives	60	Pest Control	48	Stationery	49	
Balm	60	Coffee	36	Flavoured Milk	26	Light Globes	49	PET	49	62	Sugar	15
Bandages	60	Cold & Flu	61	Flour & Bread Mix	13	Lighters & Matches	49	Pet Care	60	63	Sunscreen	58
Bathroom Cleaners	44	Condiments	65	Foil/Cling Wrap/Bags	48	Lip Care	60	Pet Food (Chilled)	60	63	Sweeteners	15
Batteries	48	Condoms & Lubricants	61	Food Miles	61	Lozenges, Mints & Gum	70	Pet Food (Other)	63	63	Tampons @ Toxins	57
Beef	50	Confectionery	70	Free Range Eggs	70	Margarine	12	Pies & Pasties	41	41	Tea	36
Beer	30	Cooking Oil	12	FROZEN	40	MEAT	50	Popcorn	70	70	Tissues	59
Biscuits/Crackers	68	Cordial	68	Frozen Desserts/Fruit	40	Medicinal Oils	61	Poultry	61	51	Tofu	28
Bobby Calves	28	Corn/Rice Cakes	70	Frozen Fish	40	Mexican	40	Powdered Drinks	37	37	Toilet Cleaners	45
Bodywash/Shower Gel	56	Cosmetics	52	Frozen Meals/Pizza	40	Milk	28	Prewash & Soaker	46	46	Toilet Paper	59
Bottled Water	33	Cottage Cheese	25	Frozen Savouries	40	Mineral Water	35	Protein Bars	43	43	Topping & Syrup	67
Bottled Water	33	Country of Origin Labelling	24	Frozen Savouries	40	Muesli & Oats	18	Pudding	14	14	Toys	10
BPA	33	Cream	25	Frozen Vegies/Chips	49	Muesli Bars	18	Ready-To-Drink	31	31	Toys @ China	11
Bread	16	Crushed Garlic & Ginger	13	Garden Care	41	Multinational Monopoly	41	Recycled Paper	59	59	Underwear & Socks	49
BREAD, SPREADS	16	Custard	25	Genetic Engineering	18	Multi-Purpose Cleaners	44	Rice	14	14	Vegetarian	28
& CEREAL	16	DAIRY & SOY	24	Gloves	44	Nail Care	53	Salad Dressing/Mayonnaise	66	66	Vinegar	67
Butter	24	Dental Care	56	Gravy & Stock	13	Nanotechnology	58	Sauces	66	66	Vitamins	42
Cake Mix	12	Deodorant	57	Hair Colour	53	Nappies	11	SAUCES	64	64	Weight Loss	43
Cakes	16	Dessert	26	Hair Removal	57	Non-Alcoholic	34	& INTERNATIONAL	64	64	Who Controls Our Beef?	51
CANNED & EASY	20	Digestive Care	61	Hair Styling	53	Noodles	53	Scourers, Sponges & Wipes	45	45	Who's Big in Beer?	30
Canned Fish	20	Dips	26	Hand Wash	58	Olive Oil	15	Shampoo	54	54	Wool Wash	46
Canned Fish (Tuna)	21	Dishwashing Detergent	45	Health Bars	42	Organics	14	Shavers	58	58	Yeast Spread	19
Canned Fruit	21	Disinfectant	45	HEALTH FOODS	42	Other Baking	43	Shaving Gel/Foam	15	15	Yoghurt	29
Canned Meat/Meals	21	Dog Food	63	Health Foods	43	Overfishing	20	Shoe Care	48	48		
Canned Vegies/Beans	22	Dog Treats	63	Herbs & Spices	14	Packaging @ Waste	22	Skin Care	54	54		
Carpet & Floor Cleaners	44	Drain Cleaners	45	Honey	17	Packet Meals	23	Smallgoods/Pork	50	50		
Cat Food	62	Dried Fruit & Nuts	13	Hosiery	49	Pain Relief	61	Smoking Aids	61	61		

'I invest ethically because I don't want to make money from harming others.'

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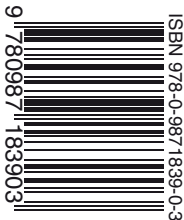
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Website www.ethical.org.au Email info@ethical.org.au
Printed on 100% post consumer waste recycled paper
Published November 2011. RRP \$7.00