

SUSTAINABLE SHOPPING

WHAT YOU NEED TO KNOW:

Palm oil is found in nearly half of all packaged products sold in stores. Here are some examples:

- Foods from cereal to ice cream: Palm oil is added to improve texture and appearance, with virtually no taste.
- Sweets from candies to cookies: Palm oil creates a smooth texture, enhances the shiny appearance on some products and keeps it from melting.
- Cleaning products from soaps to household cleaners: Palm oil is a conditioning agent, as well as has properties to remove oil and dirt.
- Personal hygiene products from toothpaste to deodorant: Palm oil is used because it holds its color well, doesn't melt easily and provides a smooth finish.

Palm oil is used in countless more products, simply because it is inexpensive.

HOW PALM OIL MIGHT BE LABELED:

Unfortunately, palm oil has more than 50 different names and can be hard to spot in ingredient lists.

Palm oil can be labeled as:

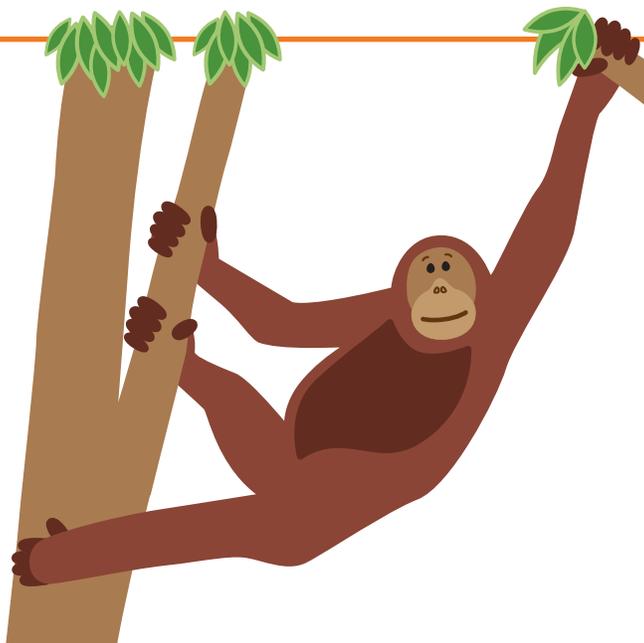
- Vegetable Oil, Vegetable Fat, Palm Kernel, Palm Kernel Oil, Palm Fruit Oil, Palmate, Palmitate, Palmolein, Glycerol, Stearate, Stearic Acid, Elaeis Guineensis, Palmitic Acid, Palm Stearine, Palmitoyl Oxostearamide, Palmitoyl Tetrapeptide-3, Sodium Laureth Sulfate, Sodium Lauryl Sulfate, Sodium Kernelate, Sodium Palm Kernelate, Sodium Lauryl Lactylate/Sulphate, Hydrated Palm Glycerides, Etyl Palmitate, Octyl Palmitate, Palmityl Alcohol

HOW YOU CAN MAKE AN IMPACT:

- Use your wallet at the grocery store to send a clear message.
- Look for the sustainable palm oil labels:



- Support your Toledo Zoo in our conservation mission.



Brands that are committed to using sustainably produced palm oil:

- Colgate-Palmolive
- ConAgra Foods
- Danone
- Estee Lauder
- General Mills
- Hershey
- Kellogg's
- Kraft Heinz
- Mars
- Mondelez
- PepsiCo
- Unilever

Brands that are making progress in using sustainably produced palm oil:

- Avon
- Barilla
- Johnson and Johnson
- L'Oréal
- Proctor and Gamble
- Nestlé

Brands that could use some encouragement in using sustainably produced palm oil:

- Smucker's
- DuPont



SUSTAINABLE SHOPPING



OPT FOR ENERGY EFFICIENCY

If you're buying a TV, washing machine, refrigerator, dishwasher or oven, buy the most energy and water efficient model you can afford. Look for the Energy Efficient Rating—more stars means more energy efficient and potentially more savings.



BUY RECYCLED

Consider recycled, pre-loved furniture and wooden products. If you can't, then choose sustainably sourced wood. Look for the Forest Stewardship Council (FSC) label.



SHOP LOCAL

Wherever possible, buy local, seasonal produce that hasn't crossed the globe to get to you—so there is a lower carbon footprint.



GO NATURAL

Choose biodegradable products that have less negative impacts on the soil and water system after you've finished using them. Or try natural alternatives!



HELP OUR ORANGUTANS

Up to half of all products in our supermarket baskets—like baked goods, cosmetics, confectionery and chocolate—contain palm oil. Look for products that use certified sustainable palm oil, like the companies listed on the other side.



AVOID LANDFILL

Landfills release large amounts of methane, which contributes to climate change. Buy products with minimal packaging and look for the recycle trademark on any packaging.



REDUCE WASTE

Use your own bag instead of the plastic or paper ones given away by stores.



BE INFORMED

Look for the logos! When buying seafood, look for the Marine Stewardship Council (MSC) or the Aquaculture Stewardship Council (ASC) logos so you know your seafood comes from well managed sources. Check out the Sustainable Seafood App.



REACH OUT TO COMPANIES

Take a moment to email or post on a company's social media site the need for sustainable sourcing. If eco-labeled goods are not available from your local shops, ask for them. Good businesses listen to their customers.

Source: WWF

THE CHOICES WE MAKE AT THE CHECKOUT CAN HAVE A CONSIDERABLE IMPACT ON OUR SUSTAINABLE FUTURE.

Showing retailers and manufacturers that we want sustainable options will create more demand for them!

When shopping for food and groceries, electrical appliances or household furniture, there are environmentally friendly choices. Whether it's an impulse buy or a once-in-a-decade purchase, your choice makes a difference.