

Make a difference!

Read labels when you shop. The choices that you make can affect orangutans.

What is palm oil?

Palm oil (or palmitate) is a very common ingredient in everyday food, household, and beauty products, including baked goods, convenience and snack foods, candy, non-dairy products, cosmetics, and soaps.

Non-sustainable palm oil production destroys rain forests and is devastating to orangutans and other wildlife.

How can I help?

Choose products made by Roundtable on Sustainable Palm Oil (RSPO) member companies. They have made a commitment to move toward using sustainable palm oil in their products.

RSPO Member Companies*

Avon	L'Oreal
Burger King	Mars, Incorporated
Costco Wholesale	McDonald's
Dunkin'	Nestlé
Estée Lauder	PepsiCo
General Mills	Pizza Hut
Girl Scouts of the USA	Seventh Generation
Hershey's	Shearer's Foods
J.M. Smucker	Target
Johnson & Johnson	Tyson Foods
Kellogg	Walmart
Kraft Heinz Co.	Wendy's

*Partial list

How can I help?

- Demand clear labeling for products that contain sustainable palm oil.
- Urge companies that are not RSPO members to join and make a commitment to sustainable palm oil.



best choices shopping guide

January 2020

PALM OIL



RSPO Member Products (Food)

A1 Sauce	Bomb Pops
Act II	Boost
Activia Yogurt	Breath Savers Mints
Altoids	Breyers Ice Cream
Athenos	Bubble Gum Gum
Aunt Jemima	Cadbury
Austin Crackers	Cape Cod Chips
Bagel Bites	Capri Sun
Baker's Chocolate	Carnation
Ball Park	Cheese Nips
Banquet	Cheez-It
Barnum's Crackers	Chef Boyardee
Beech-Nut	Chips Ahoy!
belVita	Chupa Chups Lollipops
Ben & Jerry's Ice Cream	Claussen Pickles
Bertolli	Combos
Better Cheddars	Cool Whip
Betty Crocker	Country Crock
Big Red Gum	Country Time
Birds Eye	Cracker Jack
Biscoff	Crunch 'n Munch
Bisquick	Crystal Light
Blue Bonnet	Cup Noodles
Blue Bunny	David Seeds
Blue Ribbon Foods	Dean's Dips
Bolthouse Farms	Dole Juice

Doublemint Gum	Hellmann's
Dove Chocolates	Hidden Valley
Dreyer's Ice Cream	Honey Maid
Duncan Hines	Hot/Lean Pockets
Earth Balance	Hungry Man
Eclipse Gum	Hunt's
Edy's Ice Cream	I Can't Believe It's Not
Egg Beaters	Butter
Eggo	Ice Breakers Mints
Emerald Nuts	IZZE
Entenmann's	Jell-O
Extra Gum	Jenny Craig
Famous Amos Cookies	Jet-Puffed Marshmallows
Ferrero Rocher	Jiffy Pop
French's	Jif Peanut Butter
Frito Lay	Jimmy Dean
Gardenburger	Jolly Ranchers
Gardetto's Snacks	Juicy Juice
Gatorade	Kashi
Gerber	Keebler
Ghirardelli	Kid Cuisine
Good Humor	KIND
Grandma's Cookies	Klondike
Green Giant	Knorr
Haagen Daz	La Choy
Hamburger Helper	Lactaid Ice Cream
Haribo	Lara Bar
Healthy Choice	Lean Cuisine
Hebrew National	Lender's Bagels

Lifesavers	Pam
Lindt Candy	Parkay
Log Cabin Syrup	Pepperidge Farm
Magnum Ice Cream	Peter Pan
Manwich	P.F. Chang's
Marie Callender's	Philadelphia Cream
Mazola	Cheese
Mentos	Pillsbury
Metamucil	Popsicle
Mission	Promise
Morning Star Farms	Planters
Mrs. Fields	Pop Secret
Muselix	Poppycock
Muscle Milk	Post
Nabisco	Pringles
Naked Juice	PowerBar
Nature Valley	Prego
Nature's Own	Progresso
Nickles	Quaker
Nutella	Ramen Bowl
Old El Paso	Reddi-Wip
Oikos	Ritz
Ore-Ida	Ro-Tel
Oreos	Russell Stover
Orville Redenbacher	Sabra
Oscar Mayer	Snyder's of Hanover
Otis Spunkmeyer	Snack Pack Pudding
Ovaltine	Smart Ones
Pace Foods	Smart Balance

Skippy	Top Ramen
SlimFast	Tostitos
SlimJim	Trident Gum
Sour Patch Kids	Triscuit
Soy DREAM	Trophy Nut
Stacy's	Tropicana
Stouffer's	Udi's
Stove Top	Uncle Ben's
Swanson	V8
Swiss Miss	Velveeta
Tastykake	Weight Watchers
TGI Friday's Frozen Foods	Wheat Thins
Tic Tacs	Wholly Guacamole
Tim Tam	Wish-Bone
Toblerone	Wonder Bread
Toll House	Wrigley's Gum
Tombstone	Yoplait



Partial list courtesy of
Cheyenne Mountain Zoo