Making the switch from Palm oil

* Read your labels. If an item contains ingredients you want to avoid, wait until you use it up before replacing it.
* Research one item per week and update your shopping list gradually.
* Start with ‘things that clean’ such as laundry detergent, hair products, soap, detergents etc

Here’s an example:

|  |  |  |  |
| --- | --- | --- | --- |
| **Week** | **Current item:**  **List your specific item and brand** | **New item: List a single item or brand.** | **Ella’s Examples** |
| 1 | Laundry detergent containing palm oil |  | Soap Nuts; Clean Conscience brand, Herbon brand; Non-palm castile soap; Planet Ark?; Washing soda, aka sodium carbonate |
| 2 | Dishwashing liquid containing palm oil |  | Only good brand from Coles; castile soap |
| 3 | Soap containing palm oil |  | Dindi Naturals; Urthly organics; Olie; Many hand made ones from markets (ask the maker what oil they use); castile soap; biologyskin.com (apparently – yet to confirm source of some ingredients); |
| 4 | Shampoo / Conditioner containing palm oil |  | Herbon; Dindi Naturals; Urthly organics; Olie; Bicarb/apple cider vinegar; biologyskin.com; |
| 5 | Fabric softener (note: if you use fabric softener, you might find you no longer need to once you have moved away from the heavy surfactants). |  | Vinegar; Washing soda, aka sodium carbonate |
| 6 | Household cleaners containing palm oil |  | Use Dishwashing liquid diluted in a spray bottle; vinegar; bicarb; Only Good brand from Coles; |
| 7 | Chocolate |  | Haigs; Toblerone; <http://palmoilaction.org.au/wp-content/uploads/2014/02/palm_oil_free_easter_goodie_guide.pdf> |
| 8 | Chocolate biscuits |  | Leda Choculence |
| 9 | Bread |  | Burgen; Country life; Flinders; vogel; helgas |
| 10 | Moisturiser |  | Home made sorbolene/cold cream; <http://www.onlygood.co.nz/skincare/> |
| 11 | Keep building your list… |  |  |

**Shopping guides and resources**

<https://www.palmoilinvestigations.org/product-guide.html>

LIKELY TO BE PALM OIL Vegetable oil Anything containing the words “stearate, stearyl” Anything containing the words “cetyl, cetearyl” Sodium Lauryl Sulphate (SLS) Sodium Laureth Sulphate Sodium Dodecyl Sulphate (SDS or NaDS) Sodium or Calcium Stearoyl Lactylate Steareth -2 and Steareth -20 Emulsifier 422, 430-36, 465-67, 470-8, 481-483

**Lollies**

<http://palmoilaction.org.au/wp-content/uploads/2014/02/palm-oil-free-halloween-treats.pdf>

**Assorted products**

<http://palmoilaction.org.au/wp-content/uploads/2014/02/palm_oil_free_shopping_list.pdf>

**Brands that CONTAIN Palm oil (brands Ella Avoids)**

<http://palmoilaction.org.au/wp-content/uploads/2014/02/palmOilShoppingGuide.pdf>

**WHERE TO SHOP PALM OIL FREE**

[Biome](https://t.cfjump.com/42840/t/14846?Url=http%3a%2f%2fwww.biome.com.au%2f)

Chooktopia [www.chooktopia.com.au](http://www.chooktopia.com.au) and its sister store Ninti Baby [www.nintibaby.com.au](http://www.nintibaby.com.au)

[Cruelty-Free Shop](https://www.crueltyfreeshop.com.au/)

[The Australian Natural Soap Company](https://www.theaustraliannaturalsoapcompany.com.au/)

[Nourished Life](https://t.cfjump.com/42840/t/10778?Url=https%3a%2f%2fwww.nourishedlife.com.au%2f)

[Wholesome Hub](https://www.wholesomehub.net.au/)

[Only Good](http://www.onlygood.co.nz/)

<https://www.palmfreecouncil.com/shop-now/>