

Palm Oil Free BREAD GUIDE

This Palm Oil Free Bread Guide is a work in progress. As we research and identify more products, we'll add them in. We've done everything we can to check that all the products listed here are palm oil-free. However, because there's currently no legal requirement for palm oil or its derivatives to be labelled on product packaging in New Zealand, it can be a challenge! And it's complex with lots of derivatives listed differently. If we've got anything wrong, just let us know. In addition, if you discover any breads you believe to be palm oil-free, we'd love to hear from you. Email aucklandzoo@aucklandcouncil.govt.nz.

For more about buying palm oil- free, visit www.aucklandzoo.co.nz.

Palm oil can be listed as:

- Palm oil kernel
- Anything containing the words "Palmitate" or "Palmate"
- *Elaeis guineensis* (Scientific name for palm oil)
- Hydrated Palm Glycerides
- Hexadecanoic or Palmitic Acid

Likely to be palm oil:

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| • Vegetable oil | • Sodium Dodecyl Sulphate (SDS or NaDS) |
| • Anything containing the words "stearate, stearyl" | • Sodium Stearoyl Lactylate |
| • Anything containing the words "cetyl, cetearyl" | • Calcium Stearoyl Lactylate |
| • Sodium Lauryl Sulphate (SLS) | • Steareth -2 and Steareth -20 |
| • Sodium Laureth Sulphate | • Emulsifier 422, 430-436, 465-467, 470-478, 481-483, 493-495, 570 |

NOTE: The ingredients listed here are usually palm oil in origin, but not always. For example, vegetable oil can sometimes be palm oil, sometimes another type of oil. You can contact manufacturers of products to check. But if they cannot confirm either way, there is no guarantee that their products are palm oil-free.

"Unless someone like you cares a whole awful lot, nothing is going to get better. It's not."

Dr. Seuss, from The Lorax



BUY PALM OIL FREE

The race to save animals and their habitats is the race to save ourselves.

BREADS, ROLLS, OTHER BREAD PRODUCTS

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| • Abe's | bagels |
| • Bürgen | wholemeal and seeds, grains with barley, wholemeal and grain |
| • Danny's | real pita bread (plain and wholemeal) |
| • Dovedale | all |
| • Freya's | sour dough, roast garlic, ciabatta, baguettes |
| • Giannis | pizza bases, pizza bread, naan bread, pita bread |
| • Golden | crumpets, breaks, buttermilk pancakes |
| • PAK'nSAVE | croissants |
| • Vogel's | gluten free soy and linseed, chia and toasted sesame, original mixed grain |
| • World Oven | wheatmeal pita and plain pita |

For our Palm Oil Free Shopping Guide containing a full range of palm oil-free supermarket products, visit www.aucklandzoo.co.nz

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