



The reason we should reduce our use of palm oil is because it is mainly grown on land in south east Asia which was rainforest – one of the world’s most precious resources – and which is being cleared for palm plantations at a rate exceeding the equivalent of 300 football pitches *every hour*.

Rainforests are the planet’s lungs, absorbing carbon dioxide and re-

leasing oxygen.

Their biodiversity harbours many unique plants, insects and fungi that are still undiscovered some of which may hold the key to new medicines and food crops.

South east Asian rainforests are the home of the orangutans, one of the most intelligent primates, now in danger of extinction within the next 10 to 20 years due to loss of habitat caused by the palm oil industry.

Vast areas are burned every year causing smoke clouds that drift for thousands of miles polluting the air in Singapore and Malaysia.

Palm oil is used in almost 50% of packaged products in our supermarkets, in processed food, sweets, soap, lipstick, toothpaste... You name it and it’s likely to contain palm oil.



Some palm oil comes from ‘sustainable’ sources and these are certified by the Round Table on Sustainable Palm Oil (RSPO) but that accounts for a tiny fraction of what is used.

So check the ingredients on packs and try to avoid products containing palm oil. Unfortunately wily manufacturers avoid stating their use and hide it behind names like ‘vegetable oil’. But we can all do our best.

Tip: some retailers – like Lush and Body Shop – are genuinely concerned about the environment and source their products accordingly. So choose your products and retailers carefully. We should all do the best we can for the Orangutan!