

# Your forest friendly shopping list

It's the hidden ingredients listed below and illegally sourced products that destroy rainforests. This list helps you to avoid them. [www.coolitschools.com/forest-friendly-shopping-tips](http://www.coolitschools.com/forest-friendly-shopping-tips)

**Be a forest friendly detective. You'll need a magnifying glass!**

## How to avoid food and other products that contain unsustainable Palm Oil.

*Just to make it more fun Palm Oil is also called:*

Palmitate  
Palmate  
Palm Oil Kernal  
Sodium Laureth Sulphate (can mean coconut)  
Sodium Lauryl Sulphates  
Sodium Dodecyl Sulphate (SDS or NaDS)  
and finally Vegetable Oil can mean Palm Oil.....

and that's just food.

In cosmetics and detergents Palm Oil can be called:

*Elaeis Guineensis*  
Glyceryl Stearate  
Stearic Acid  
Chemicals containing Palm Oil:  
Steareth - 2  
Steareth - 20  
Sodium Lauryl Sulphate  
Sodium Lauryl Sulfoacetate (coconut and/or palm)  
Hydrated Palm Glycerides  
Sodium Isostearoyl Lactylate (derived from Vegetable Stearic Acid)  
Cetyl Palmitate  
Octyl Palmitate

And finally anything with Palmitate at the end!

## The healthy way to save world forests is to buy fresh food.

*Seasonal fresh vegetables.*

*'Sustainably' caught fish - check out sardines and herring they are full of omega 3 oils and plentiful too.*

*Buy good quality organic free range meat and eat less of it.*

*Substitute meat for protein found in foods such as:*  
mushrooms

*eggs*

*cheese*

*nuts*

*pulses such as lentils, chickpeas and kidney beans.*

**Buying fresh seasonal food will help UK farmers too.**

## How to avoid unsustainable Soy.

*(take a close look at pet food)*

**Soy is also called:**

Edamame,  
Kinako,  
Kouridofu,  
Miso,  
Mono-diglyceride,  
Natto,  
Nimame,  
Okara,  
Soya,  
Soja,  
Soybean,  
Soya Beans,  
Soy Protein (Isolate/concentrate),  
Vegetable Protein,  
Tempeh,  
Textured Soy Flour (TSF),  
Textured Soy Protein (TSP),  
Textured Vegetable Protein (TVP),  
Tofu\* (Soybean Curds),  
Yuba.

*\*Try to find Tofu made from mushrooms.*

## Wood and Paper.

Recycle wood and paper when possible.

If you are buying wood and paper make sure it carries the FSC logo, the mark of responsible forestry.



Sometimes a company has only one sustainable wood product amongst unsustainable ones.

