

### Palm Oil Audit Sheet

The best way to start protecting tigers and their habitat is to understand what products that you or your family buy that contain palm oil and, in particular, which use certified sustainable palm oil.

Take a look inside your kitchen pantry, your bathroom and laundry to check out the food, personal care and cleaning products – best to check with an adult first before diving into the cleaning products.

Use this table to capture the details of the products you audit.

Product	Brand	Tick the correct column for each product you look at		
(e.g. biscuits, ice cream, cereal, pasta, chips, pet food, toothpaste, detergent)	(e.g. Arnotts, Cadbury's, Magnum, Nestle, Whiskas, Pedigree, Dove, Pantene)	The item has the RSPO logo or lists 'Sustainable palm oil' in its ingredients	The item has 'palm oil' listed in its ingredients	The item does not have palm oil listed in its ingredients

Great work! Now that you have completed the audit, you can make two lists:

1. Products that contain unsustainable palm oil – can you find alternatives for these that use certified sustainable palm oil?
2. Products that contain certified sustainable palm oil – fantastic! Keep these on your shopping list – by buying these products you are helping to protect tigers and their habitat!