

# Sustainable Palm Oil Toolkit for Kids

Asnidamarwani/Adobe Stock





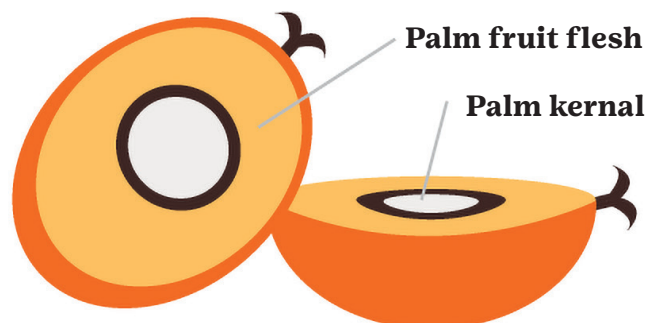
# What is palm oil?

Palm oil is a type of edible vegetable oil that you wash and cook with—just like olive, canola, sunflower, and coconut oil.



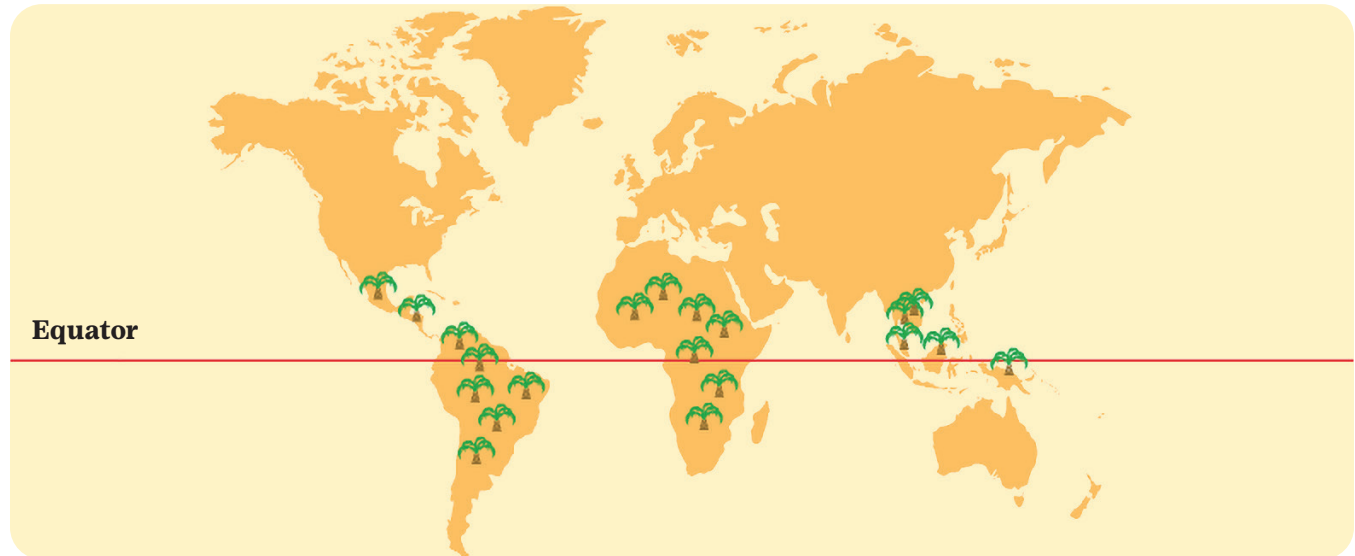
Palm oil is made from the pulp of a fresh fruit that grows in big bunches that are nestled between the branches (known as palm fronds) of oil palm trees. The fruit is then squeezed and pressed in a mill to make the oil.

Oil can be extracted from two parts of the fruit—the palm fruit flesh and the palm kernel.



# Where is oil palm grown?

The oil palm tree originally comes from West Africa and only grows in the tropics, roughly 10 degrees above and below the equator.

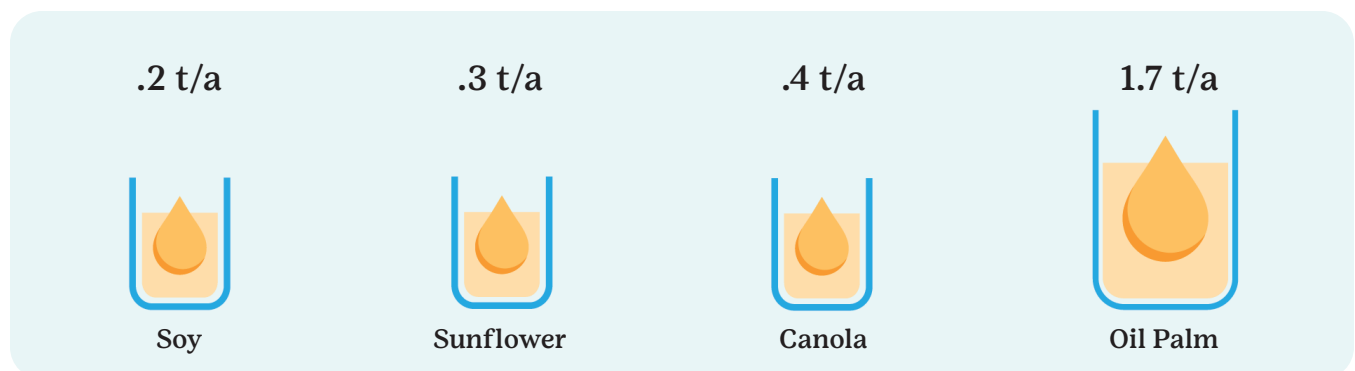


The trees are grown on what are called oil palm estates or plantations, as well as small-scale family farms. Today, Indonesia is the largest oil palm grower in the world, followed by Malaysia. These two countries alone make up about 85% of the world's total palm oil supply. Thailand is the third largest producer, where almost 70% of farmers are small-scale farmers, which are commonly known as 'smallholders.'



**Interesting fact:** Oil palm trees need less land than other vegetable oil crops. Other vegetable oil crops such as soy, sunflower, and canola actually use 4–10 times more land than oil palm trees to get the same amount of oil.

Comparison of global oil yields by crop plant (in tons per acre).

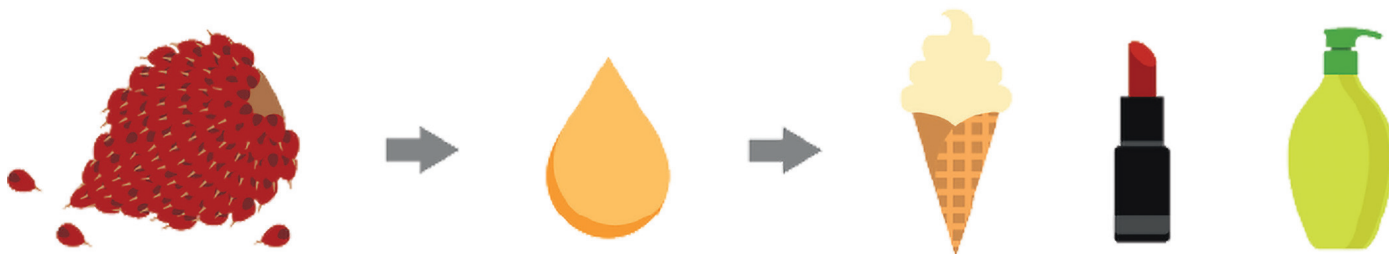


Source: International Union for Conservation of Nature (IUCN), 2018



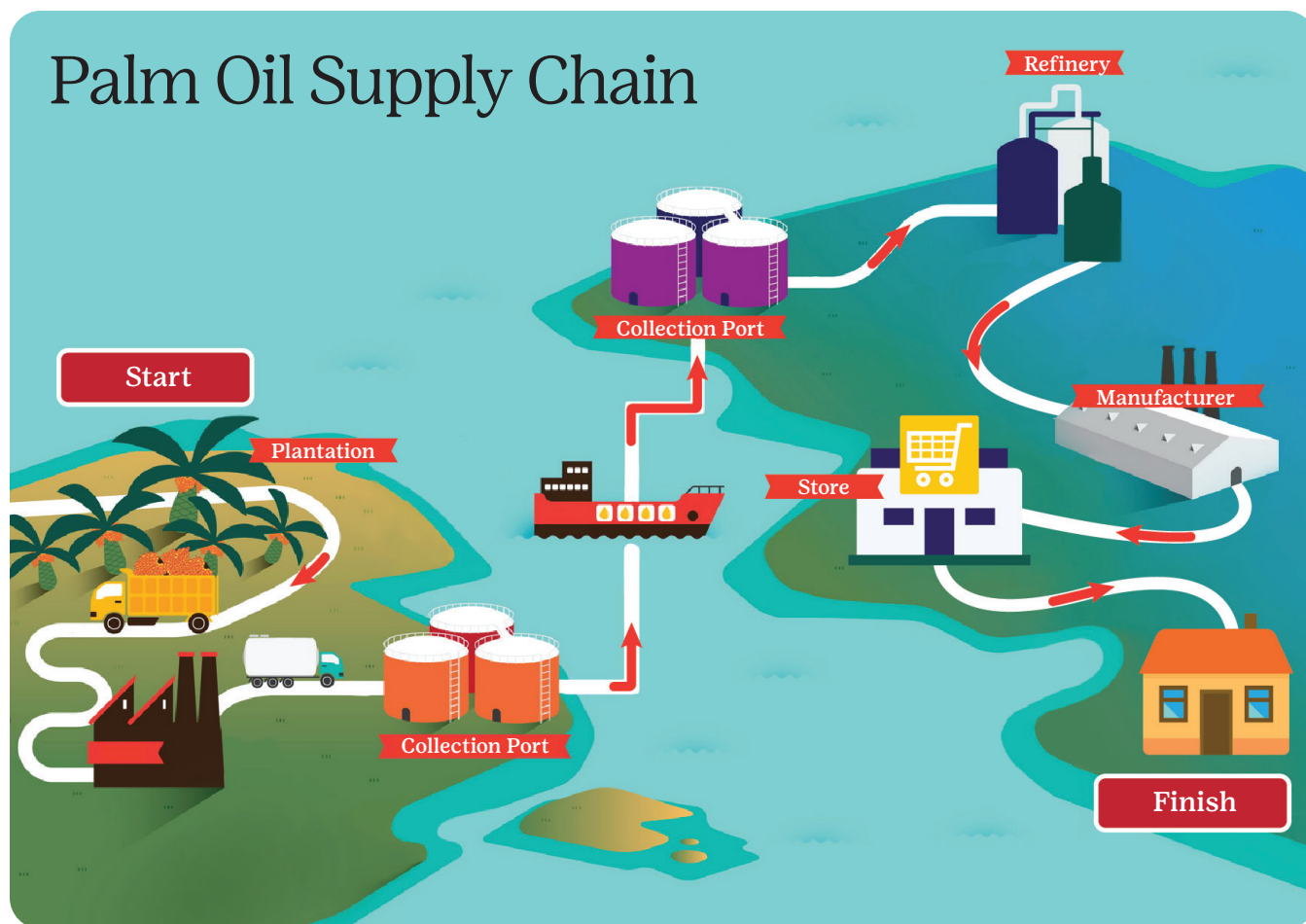
# How does oil palm get from the tree to you?

Once the oil palm fruit bunches have been harvested (cut down) from the trees, they are sent to the oil palm mill. This is where the pressing and squeezing of the fresh fruit takes place to make the type of palm oil that is required for the many different products we use at home. We'll explain more about the types of products that contain palm oil in the next section but here are a few examples:



The palm oil supply chain is a big network and it involves many steps along the way before it gets to products on the supermarket shelves, and into your home. For example, if you and your family live in America or somewhere in Europe, it is very likely that the palm oil in the products you use has come all the way from Indonesia or Malaysia.

**Activity:** Use your finger to trace the lines of the palm oil supply chain in the picture below to learn more about the steps involved in this process.



# What products contain palm oil?

You may be surprised to learn that palm oil is in almost everything! One of the things that makes palm oil quite different from other vegetable oils is that it can be used in many different ways.

For example, it can be made into a creamy, spreadable texture, or used at a high heat to make fried products crispy and crunchy. It can also become foamy and frothy for use in soap or shampoo, and it can even make packaged products last longer, naturally.

In Asian and African countries in particular, palm oil is also widely used as a cooking oil for frying.



**Interesting fact:** Palm oil is in about 50% of packaged products at the supermarket that you and your family buy. From ice cream and chocolate, to pizza, cookies, and cereal, as well as body wash, shampoo, toothpaste, and many more!



# Is palm oil bad for the environment and animals?

Almost all land that is used for farming today was once forest or jungle. As the world's population has grown, our need for more food has also increased, which means land has been cleared for farming animals such as cows, pigs, and chickens as well as vegetable crops like corn, sugarcane, and oil palm trees. When land is cleared, however, this affects the natural environment of the plant and animal species that live there.



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In some of the areas where oil palm trees grow, there are unique animals, such as chimpanzees, elephants, gibbons, orangutans, and tigers, as well as tropical rain forest tree species like kempas, ramin, and meranti. This is why we want to make sure that palm oil can be grown in a way that does not cause harm to the environment and natural habitat of these plants and animals, as well as the people living and working in these countries. The one way we can do this is by making sure the palm oil in our products is *'sustainable palm oil.'*

## What do we mean by sustainable palm oil?

When a farmer grows oil palm trees in line with a number of strict rules that protect animals, the environment, and people who live and work in oil palm producing countries—then the oil that comes from these farms is known as *'sustainable palm oil.'* The rules are set by an organization known as the Roundtable on Sustainable Palm Oil (RSPO).



# About RSPO

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The RSPO has been around since 2004 and works with all the different groups involved in the palm oil supply chain including the farmers, those who transport the oil around the world, banks, food brands you know and love, supermarket chains, and environmental and social non-governmental organizations (NGOs) such as the World Wildlife Fund (WWF). Everybody in the RSPO works together to decide on the global rules for sustainable palm oil, and they all must follow these rules.

Today, the RSPO has more than 5,100 members worldwide who follow strict criteria that include things like:

- ▶ No clearing of new forests or areas with a high number of animal or plant species
- ▶ Protecting local communities to make sure their land is not taken from them to be turned into oil palm farms
- ▶ No use of fire to clear land
- ▶ Protect the rights of people and children living and working in oil palm plantations
- ▶ Reduce poverty by helping small farmers to be RSPO certified through training and funding

You may recognize some of the logos of the groups and organizations that started the RSPO:



# RSPO Impact



**19%**

Proportion of global palm oil certified by RSPO



**5,104**

RSPO members from around the world



**155,629**

Individual smallholders with RSPO membership



**20 million tons**

Volume of RSPO certified sustainable palm oil



**101 countries**

RSPO members come from every corner of the world



**1,095,346 acres**

RSPO certified, smallholders-managed area

*\*Data as of May 31, 2021*

For the most recent data, visit [rspo.org/impact](https://rspo.org/impact).





# Why can't we simply replace palm oil with other oils?

It may sound like an easy solution, but replacing palm oil with other types of vegetable oil would actually cause more damage and risk more forests (and much larger amounts of land) being cut down for crops to try to replace palm oil. Oil palm trees use 4–10 times less land than other vegetable oil crops to get the same amount of oil.

Secondly, millions of farmers and their families work on oil palm farms and this allows them to provide basic essentials such as food, clean water, housing, and a car. It also allows many of the smallholder (small-scale) farmers to send their children to school.

The best solution is to switch to *sustainable palm oil* rather than replacing palm oil with other vegetable oils.



**Interesting fact:** It is estimated that more than 3 million smallholder farmers make a living from palm oil globally. In Malaysia and Indonesia alone, smallholders account for about 40% of total global palm oil production.



Planting oil palm provided a stable source of income and allowed me to build a house and buy a car.

RSPO certified smallholder farmer, Elizabeth Japari, from Toniting Village in Sabah, Malaysia has been making a living from growing oil palm for more than 20 years now.

# What can we do?

We can all do our part to make sure our palm oil is sustainable and deforestation-free to protect wildlife, the environment, and the people in oil palm producing countries. The best way to do this is to buy products and support brands that use RSPO sustainable palm oil. There are a few ways you can check, but make sure you ask for your parents' help:

1. Check if your favorite brands are certified members of RSPO [here](#)
2. Look for the RSPO Trademark logo on your favorite brands and products. You can also check if a brand is using the RSPO Trademark [here](#)
3. Ask your parents to download the Cheyenne Mountain Zoo Sustainable Palm Oil Shopping App (available at the [Apple Store](#) or [Google Play](#)) and check if a product you usually buy contains RSPO sustainable palm oil.
4. Check the WWF Palm Oil Buyers Scorecard to find out how your favorite brands are performing on responsible purchasing of palm oil. So next time you go grocery shopping with your parents, you will have a better idea of the brands and products who are doing the right thing and supporting sustainable palm oil. If your favorite brand isn't doing so yet, perhaps you can ask your parents to help you write an email to them to see where they are on their sustainability journey.



**Interesting fact:** Since the RSPO Trademark was launched in 2011, it has grown from 12 countries to 60 countries. As of March 2020, the RSPO Trademark now appears on over 400 consumer products. The increase in RSPO Trademark use globally shows that many organizations are supporting more sustainable practices.



**Choose products  
that contain  
sustainable palm oil.**

For more information visit [rspo.org](https://www.rspo.org)





# Additional Resources from RSPO

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## Videos

- ▶ WWF video on why consumers should purchase products containing the RSPO trademark: [youtu.be/xbws00eLlr0](https://youtu.be/xbws00eLlr0)
- ▶ Demand Deforestation Free Palm Oil: [youtube.com/watch?v=0MBeUxkuhGw](https://youtube.com/watch?v=0MBeUxkuhGw)
- ▶ Our Planet—Jungles: [ourplanet.com/en/explore/jungles/](https://ourplanet.com/en/explore/jungles/)

## Resources from zoos & NGOs

- ▶ Cheyenne Mountain Zoo Toolkit: [cmzoo.org/index.php/palm-oil-tool-kit/](https://cmzoo.org/index.php/palm-oil-tool-kit/)
- ▶ Taronga Zoo - Raise your palm: [taronga.org.au/conservation-and-science/act-for-the-wild/raise-your-palm](https://taronga.org.au/conservation-and-science/act-for-the-wild/raise-your-palm)
- ▶ Woodland Park Zoo Halloween Candy Shopping Guide: [zoo.org/file/candy.pdf](https://zoo.org/file/candy.pdf)
- ▶ Cheyenne Mountain Zoo Palm Oil Toolkit: [cmzoo.org/conservation/orangutans-palm-oil/palm-oil-tool-kit/](https://cmzoo.org/conservation/orangutans-palm-oil/palm-oil-tool-kit/)
- ▶ Chester Zoo Sustainable Palm Oil Toolkit: [chesterzoo.org/schools/resources/sustainable-palm-oil-toolkit/](https://chesterzoo.org/schools/resources/sustainable-palm-oil-toolkit/)
- ▶ Palm Beach Zoo—Palm Oil Awareness: [palmbeachzoo.org/palm-oil-awareness](https://palmbeachzoo.org/palm-oil-awareness)
- ▶ Zoological Society of London—Support Sustainable Palm Oil: [zsl.org/about-us/sustainability-at-zsl/support-sustainable-palm-oil](https://zsl.org/about-us/sustainability-at-zsl/support-sustainable-palm-oil)
- ▶ WWF—[wwf.org.au/what-we-do/food/palm-oil#gs.2v5o1q](https://wwf.org.au/what-we-do/food/palm-oil#gs.2v5o1q)

## Resources for parents

- ▶ IUCN Palm Oil and Biodiversity: [iucn.org/resources/issues-briefs/palm-oil-and-biodiversity](https://iucn.org/resources/issues-briefs/palm-oil-and-biodiversity)
- ▶ RSPO Principles and Criteria: [youtube.com/watch?v=GQ9HN-dyRFg](https://youtube.com/watch?v=GQ9HN-dyRFg)
- ▶ RSPO Human Rights [youtube.com/watch?v=XJr\\_a0Dz5iw](https://youtube.com/watch?v=XJr_a0Dz5iw)
- ▶ WWF—8 Things you need to know about palm oil: [wwf.org.uk/updates/8-things-know-about-palm-oil](https://wwf.org.uk/updates/8-things-know-about-palm-oil) Roundtable on Sustainable Palm Oil

The RSPO is an international non-profit organization formed in 2004 with the objective to promote the growth and use of sustainable oil palm products through credible global standards and engagement of stakeholders.

rspo.org



**Girl Scouts of the USA**

420 Fifth Avenue  
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[girlscouts.org/contact](http://girlscouts.org/contact)  
[instagram.com/girlscouts](https://www.instagram.com/girlscouts)  
[facebook.com/GirlScoutsUSA](https://www.facebook.com/GirlScoutsUSA)  
[twitter.com/girlscouts](https://twitter.com/girlscouts)  
800-478-7248



**Roundtable on Sustainable Palm Oil**

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New York, NY 10017  
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[facebook.com/RSPO.org](https://www.facebook.com/RSPO.org)  
[twitter.com/RSPOtweets](https://twitter.com/RSPOtweets)

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