



Human rights abuses in your shopping basket? Take Action!

Colgate toothpaste, Dove soap, Ben & Jerry's ice cream, Pantene shampoo and KitKat chocolate bars are just some of the thousands of popular brands that use palm oil. But where does that palm oil come from?

Corporate giants such as Nestlé, Colgate, Unilever and Kellogg's are selling food and cosmetics containing palm oil tainted by shocking human rights abuses. Amnesty International researchers discovered that these companies buy palm oil from Wilmar's plantations in Indonesia, where human rights abuses are widespread:

- Children as young as eight are doing hazardous, hard physical work;
- Workers suffer severe injuries from paraquat, an acutely toxic chemical used in the plantations.
- Women are forced to work long hours under the threat of having their pay cut, are paid below minimum

wage - earning as little as US\$2.50 a day in extreme cases - and kept in insecure employment without pensions or health insurance;

- Workers were made to work outdoors without adequate safety equipment despite the risks of respiratory damage from hazardous levels of pollution caused by forest fires.

These popular companies reassure their customers that their products use "sustainable palm oil" - but Amnesty's research reveals that the palm oil is anything but. There is nothing sustainable about palm oil that is produced using forced and child labour.

Turn page to take action!

**THINK YOU KNOW WHAT'S
IN YOUR CEREAL?**

- Exposure to toxic chemicals
- Exploitation of workers
- Child labour
- Discrimination against women workers
- Forced labour

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WHAT CAN I DO?

Conduct a scavenger hunt in your home. Read the labels on your food and cosmetic products and discover which products contain palm oil. If you find palm oil-containing products made by Nestlé, Colgate, Kellogg's, Unilever or Procter & Gamble, take a photo of the products (perhaps with a sticky note on the product saying "Child labour?" or a selfie of yourself holding the product and a homemade sign).

Post the photo(s) to social media using the hashtags #palmoil, #humanrights and the company(s)'s twitter handle:

@Nestle @Colgate @KelloggsUS @Unilever @ProcterGamble

You can also include handles for specific products that you find in your home, such as:

@KitKat @BenandJerrys @Dove @Drumstick @Pantene

Sample tweet: .@Nestle does the #palmoil in @Kitkat support child labour?

Note: Palm oil has many different names and therefore may be a hidden ingredient. For a list of alternate palm oil names visit <http://www.palmoilinvestigations.org/names-for-palm-oil.html>

WHAT ELSE CAN I DO?

Write letters to the companies. Explain that as a consumer you are shocked to learn that their products contain palm oil tainted by human rights abuses.

Ask the companies to publicly disclose where the palm oil in their products comes from.

Urge them to tell Wilmar to stop abusing workers' rights and address the harms suffered by workers, including children who have been involved in hazardous work.

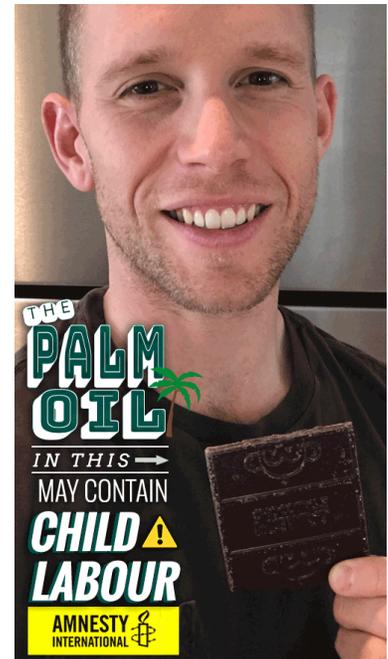
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Questions? Email us at:

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