

Forest-risk commodity - Palm oil



Welsh palm oil imports use **50,600 hectares** of land overseas every year.



85 per cent of these imports are grown in countries with a high or very-high risk of deforestation, including Indonesia and Malaysia, where species such as the orangutan are under threat.



Palm oil can be found in **over 50 percent** of packaged food products in our supermarkets, and around **70 percent** of cosmetic and household detergents. It has over 200 names, making it very difficult to spot.



Palm oil is Wales' **highest risk** forest commodity

Why is palm oil in everything & should I boycott it?

Palm oil has a long shelf life and neutral flavour and aroma, making it an ideal ingredient in many food preparations. It is also a highly productive crop, using much less land to produce the same amount



Comparison of global oil yields by crop plant Oil yields in tonnes per hectare (t/ha)



Oil crop comparison from WWF¹

of oil compared to other oil crops. (See above) Therefore, if we switched to an alternative oil crop this would cause much more deforestation and habitat destruction. That is why it is essential to source certified sustainable palm oil (CSPO), while reducing consumption of palm oil overall, e.g. by reducing consumption of ultra-processed foods. This not only has health benefits for us humans, but will also help to reduce pressure on fragile ecosystems.

Size of Wales does not support a blanket boycott on palm oil, as this would mean less demand for companies to switch to sustainable production, allowing unsustainable practices to continue unchecked. Many larger global markets are not calling for sustainable production, so we need to be part of the solution. By increasing the demand for CSPO, rather than just conventional palm oil, we can help provide the incentive for companies to raise production standards in favour of forests, people and biodiversity.



Forest-friendly actions:

- Eat/purchase less ultra-processed foods, such as ready meals, baked goods and confectionery.
- Only purchase food, cleaning and cosmetic products containing palm oil certified by the Roundtable on Sustainable Palm Oil (RSPO):
 - * Ideally, this should be physically certified, which means the palm oil can be traced back to a unique, identifiable mill. This certified palm oil is labelled as either: Identity Preserved (IP) or Segregated (SE)
 - * The other 2 types of RSPO certification - Mass Balance (MS) and Book and Claim (BC) are not consistent with a deforestation free approach.* (See our Ethical Certification Guide for notes on palm oil)
- If you use a catering company or food supplier, speak to them about sourcing RSPO certified palm oil.
- Think food use, not food waste. Food production uses vast amounts of resources, including land, water and energy. Reducing food waste can help reduce your impact on forests and other fragile ecosystems.



RSPO logos: Left - shows the logo for physically certified traceable CSPO. Right - CSPO is mixed with conventional palm oil.