

How To Be A Sustainable Shopper

Materials:

- Any items that contain palm oil

Objective: We would like families to go through products that might contain palm oil and then, find better alternatives to these products.

*Some palm oil is farmed sustainably. Please research any product that contains palm oil to see if it was sustainably sourced or not. If it was not, please look for another a substitution to it that is more sustainable for our environment.

Questions to think about and research before you begin:

- What is an orangutan?
- Where do orangutans live?
- What are the two species of orangutans?
- Why are orangutans in danger?
- What is palm oil?
- How are palm oil farms effecting our environment?
- What is sustainable palm oil?

Lesson:

With your parent's permission, raid your kitchen and find palm oil products. It may be tricky at first due to the different names it can have. Here are some that you can reference, but please feel free to research more: Etyl Palmitate, Elaeis Guineensis, Glyceryl, Octyl Palmitate

As you find the products, set them aside until you finish. Once you locate all the products that contain palm oil, research if the palm oil was harvested sustainably. Separate these products into two groups and then answer the following questions.

Questions to ask to children after:

- What products contained palm oil?
- What can you replace these items with instead?
- Are there sustainable palm oil products? If so, which ones?
- Are your family and friends using palm oil products? How can you encourage them to switch to a more sustainable product?