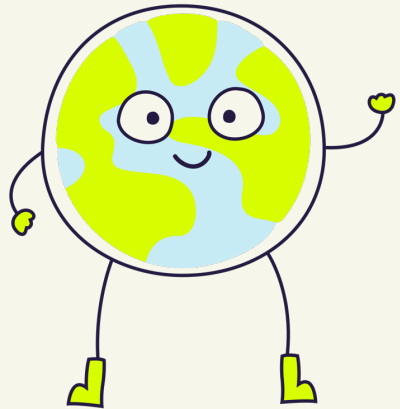


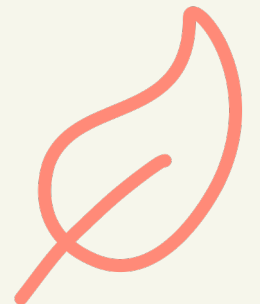
Young Climate Warriors



How did the Bathroom Blitz Challenge go?

How did you reduce the amount of water you use in the bathroom?

What was your top sustainable living showering track?



'Unsustainable' palm oil farming is a major driver of deforestation, biodiversity loss and peatland destruction.



Feeling peckish?
Time for tea ... and biscuits?
What about palm oil?

Have you ever read the list of ingredients on the side of your biscuit packet? Does it include palm oil?

This week's
challenge:
21st June



Much rainforest and peatland, especially in Malaysia and Indonesia, is being destroyed to make way for palm oil plantations – releasing carbon & reducing carbon storage.

Can you make your own biscuits ... and try to only buy 'sustainable palm oil' certified products?



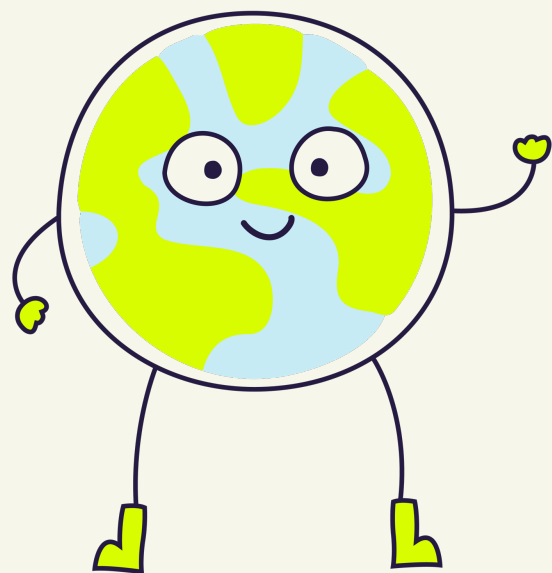
YOUNG
CLIMATE
WARRIORS

When you've completed this challenge ... Remember to hit the red button!



- Half of packaged supermarket products contain palm oil!
- 200+ different names are used for palm oil products – in biscuits it is often referred to as 'vegetable oil' (palm)!
- Over 3 million hectares of Southeast Asian peatlands have already been drained to make way for palm oil plantations! Peat soils in Southeast Asia store as much carbon as the Amazon rainforest!
- The UK has committed that 100% of palm oil used in the UK should be from sustainable sources. In 2022, 86% of UK palm oil imports were certified as 'sustainable', compared to 16% in 2010.





BISCUIT
BAKERS UNITE!!
Bake your own
palm-oil free biscuits
and choose
sustainable palm
oil instead!



Things to think about

What things in your house contain palm oil?

Have you ever seen palm oil in the list of ingredients of a packet of biscuits?

Check out [these recipes](#) for palm oil free homemade biscuits!

Why do you think palm oil is an important thing to think about?

Do you think we should stop using products that contain palm oil? Why? Why not?

Have you seen this logo before?



Find out more about palm oil:

[Palm oil: How is it threatening orangutans?](#)
[BBC Newsround](#)



[Which everyday products contain palm oil.](#) WWF



[Can palm oil help jungles?](#) WWF

