

R RAINFOREST
FOUNDATION UK

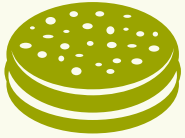
PALM OIL FREE

RECIPE CARD

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PALM OIL FREE BISCUITS

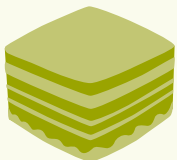
INGREDIENTS

WHOLEMEAL FLOUR	175 G
BAKING POWDER	1 TSP
PINCH OF SALT	
OATMEAL	25 G
BUTTER	75 G
SOFT BROWN SUGAR	40 G
MILK	APPROX 2 TBSP

Charity No.1138287

DIRECTIONS

- Preheat the oven to 190°C/375°F/gas mark five.
- Put the flour, baking powder, oatmeal and butter in a mixing bowl and rub in with your fingertips.
- Add the brown sugar and work that through with your fingertips to mix it in evenly.
- Add the milk and mix to a dough.
- Roll out on board very liberally sprinkled with plain flour as the dough can be quite sticky.
- When it is about 0.5 cm thick cut into 7 cm rounds. Place on a tray and create a pattern in the top with a fork.
- Bake on a greased tray for 12-15 minutes.
- After baking, wait for the tray to cool and serve biscuits to your friends while you learn more about rainforests.



PALM OIL FREE FLAPJACKS

INGREDIENTS

OATS	250 G
SOFTENED BUTTER, CUBED	150 G
GOLDEN SYRUP	75 G
CASTER SUGAR	75 G

Charity No.1138287

DIRECTIONS

- Preheat the oven to 180°C/350°F/gas mark four. Grease and line a baking tray with greaseproof paper.
- Place the butter, sugar and golden syrup in a saucepan and heat over a low-medium heat until melted and well mixed.
- Remove from the heat and stir in the oats until well combined.
- Pour the mixture into the baking tray, pressing down until flat.
- Bake in the oven for 20-25 minutes or until the tops are golden.
- Cut into equal slices in the tin while still hot and serve at your event to support RFUK!

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PALM OIL FREE FAIRY CAKES

INGREDIENTS

SOFTENED BUTTER 125 G

CASTER SUGAR 125 G

SELF RAISING FLOUR 125 G

2 LIGHTLY BEATEN EGGS

VANILLA EXTRACT 1 TBSP

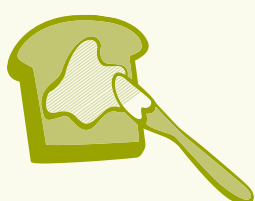
MILK APPROX 2 TBSP

ICING FOR TOPS (ICING SUGAR AND WATER)

Charity No.1138287

DIRECTIONS

- Preheat the oven to 190°C/375°F/gas mark five.
- Beat the butter and sugar until pale and fluffy. Then whisk in the eggs and vanilla extract.
- Add half of the flour (sieved) before adding the milk. Add the rest of the flour and stir the mixture well.
- Spoon the mixture into 12 medium cupcake cases and bake for 12-15 minutes until golden on the top.
- Once cooled decorate with green icing and sell to support RFUK protecting more rainforests!



PALM OIL FREE CHOCOLATE AND HAZELNUT SPREAD

INGREDIENTS

HAZELNUTS 200 G

GROUNDNUT OIL 2 TBSP

PINCH OF SALT

COCOA POWDER 1 TBSP

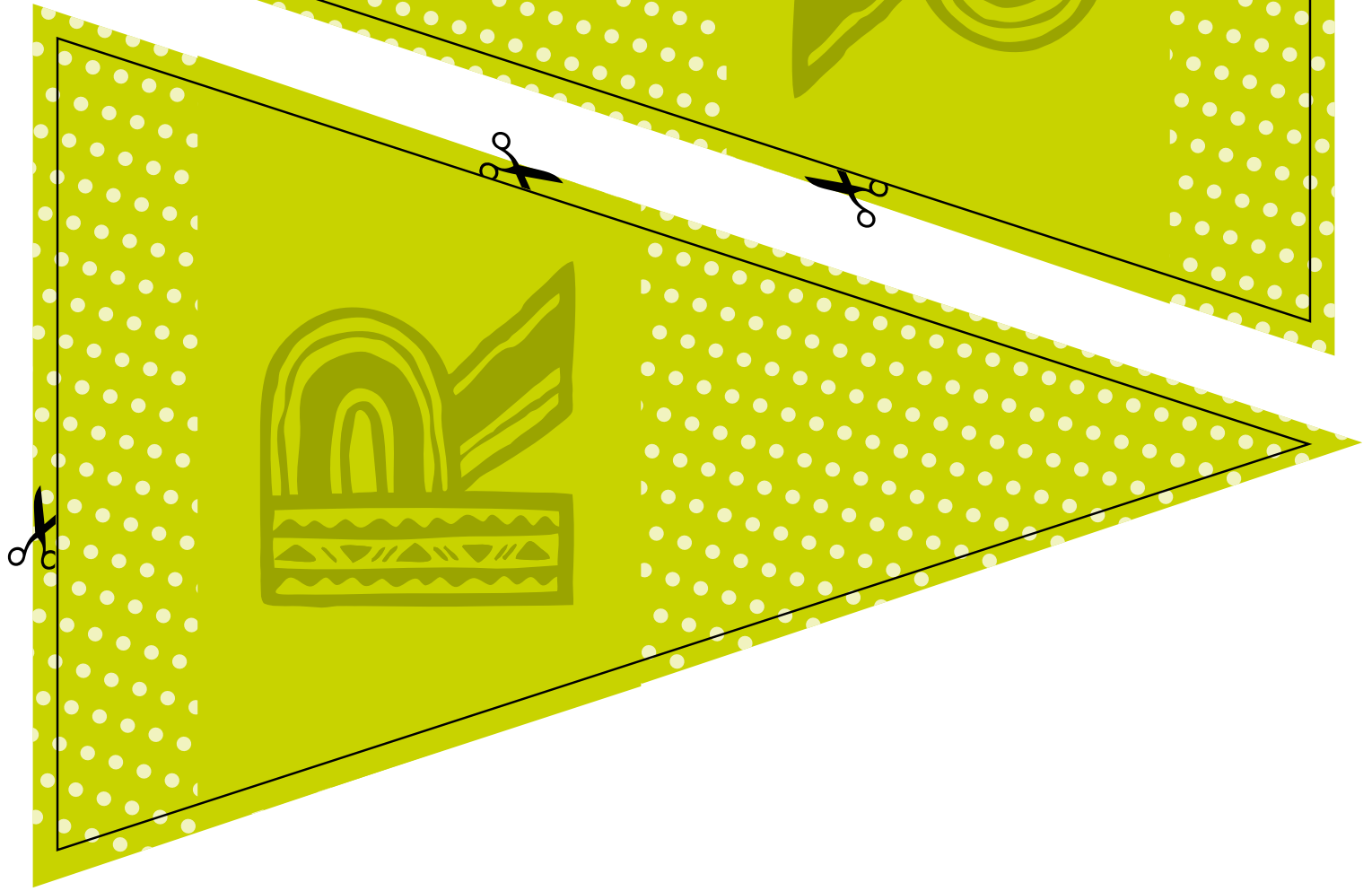
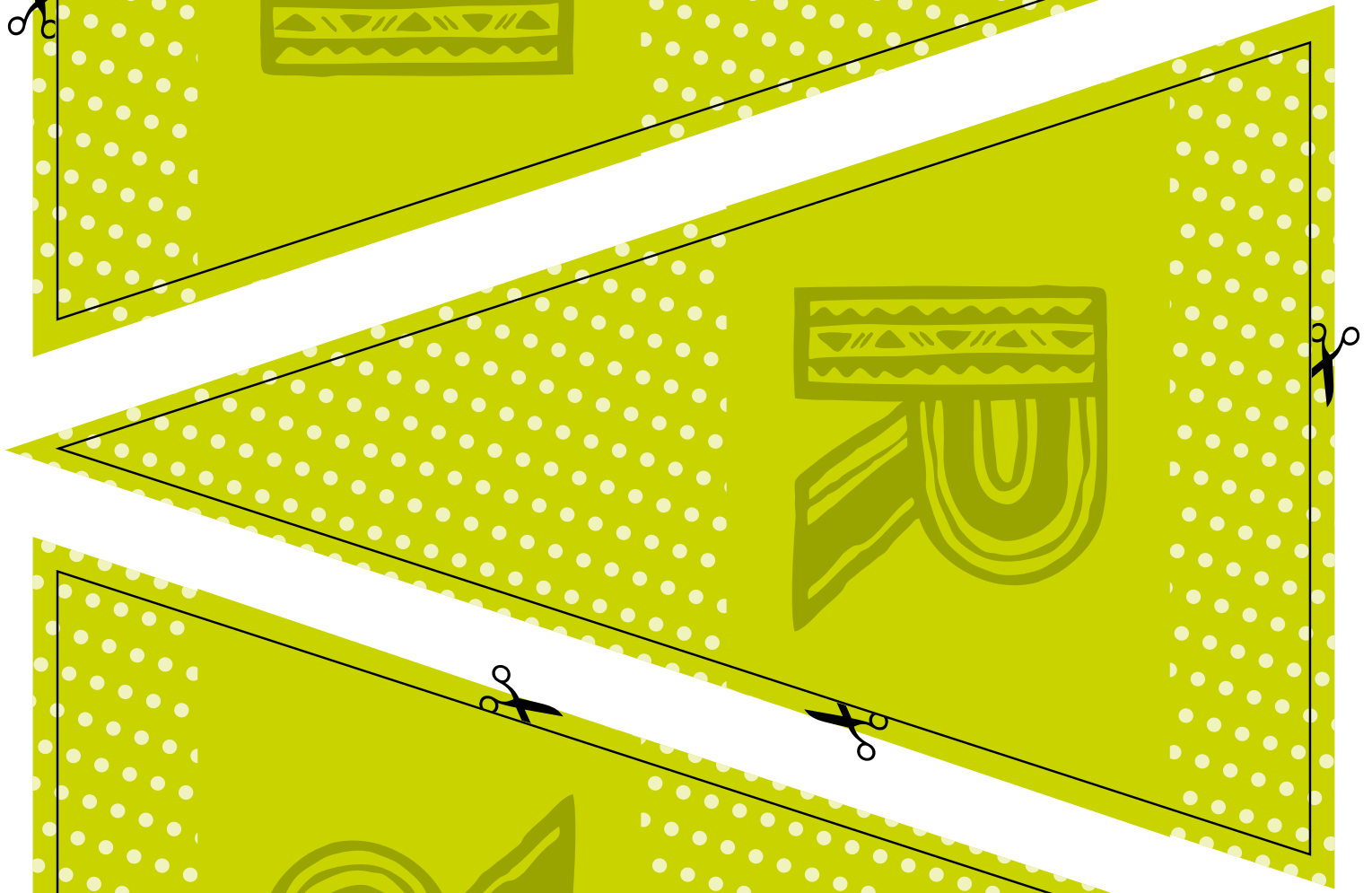
VANILLA EXTRACT 1 TBSP

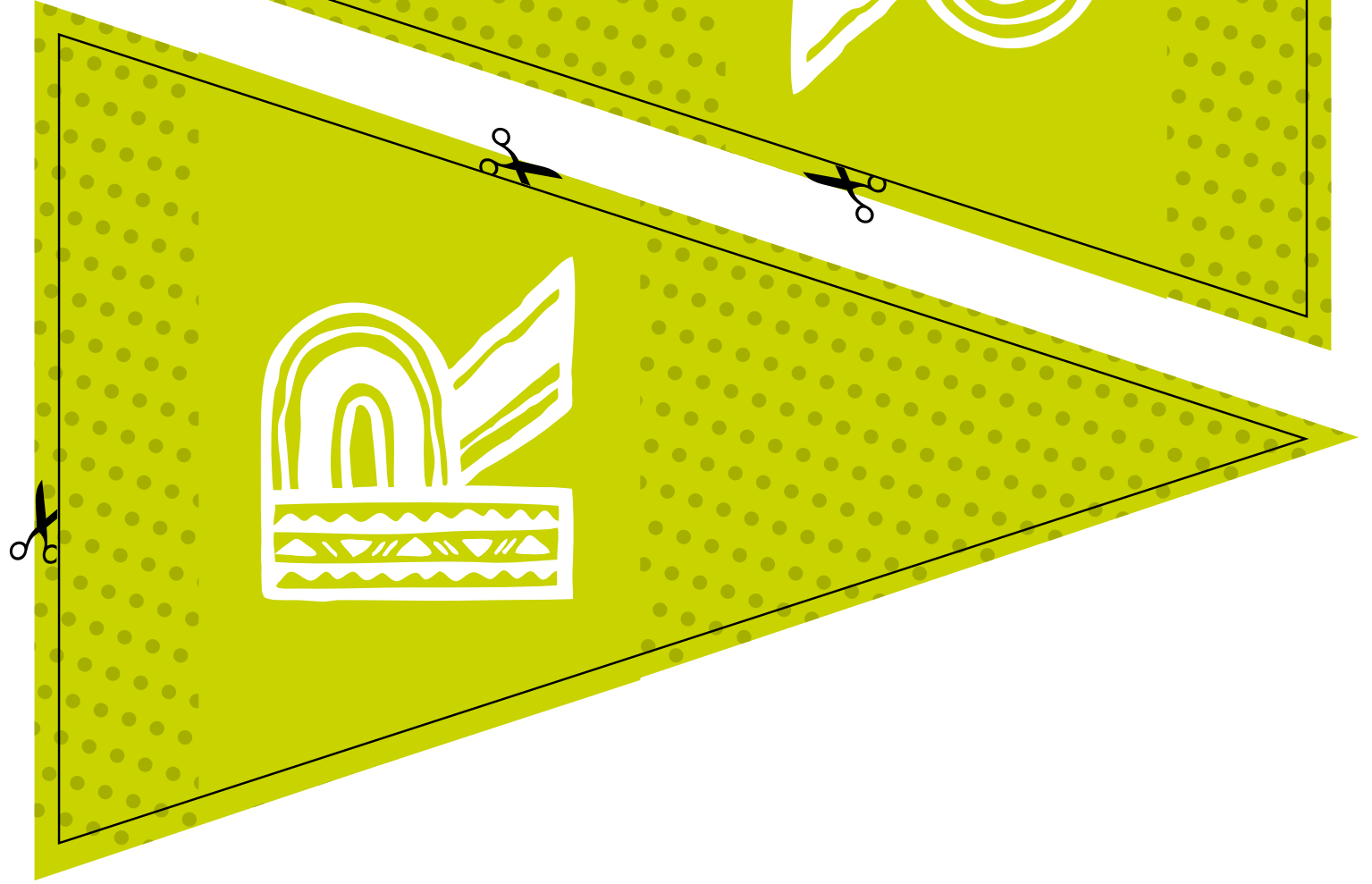
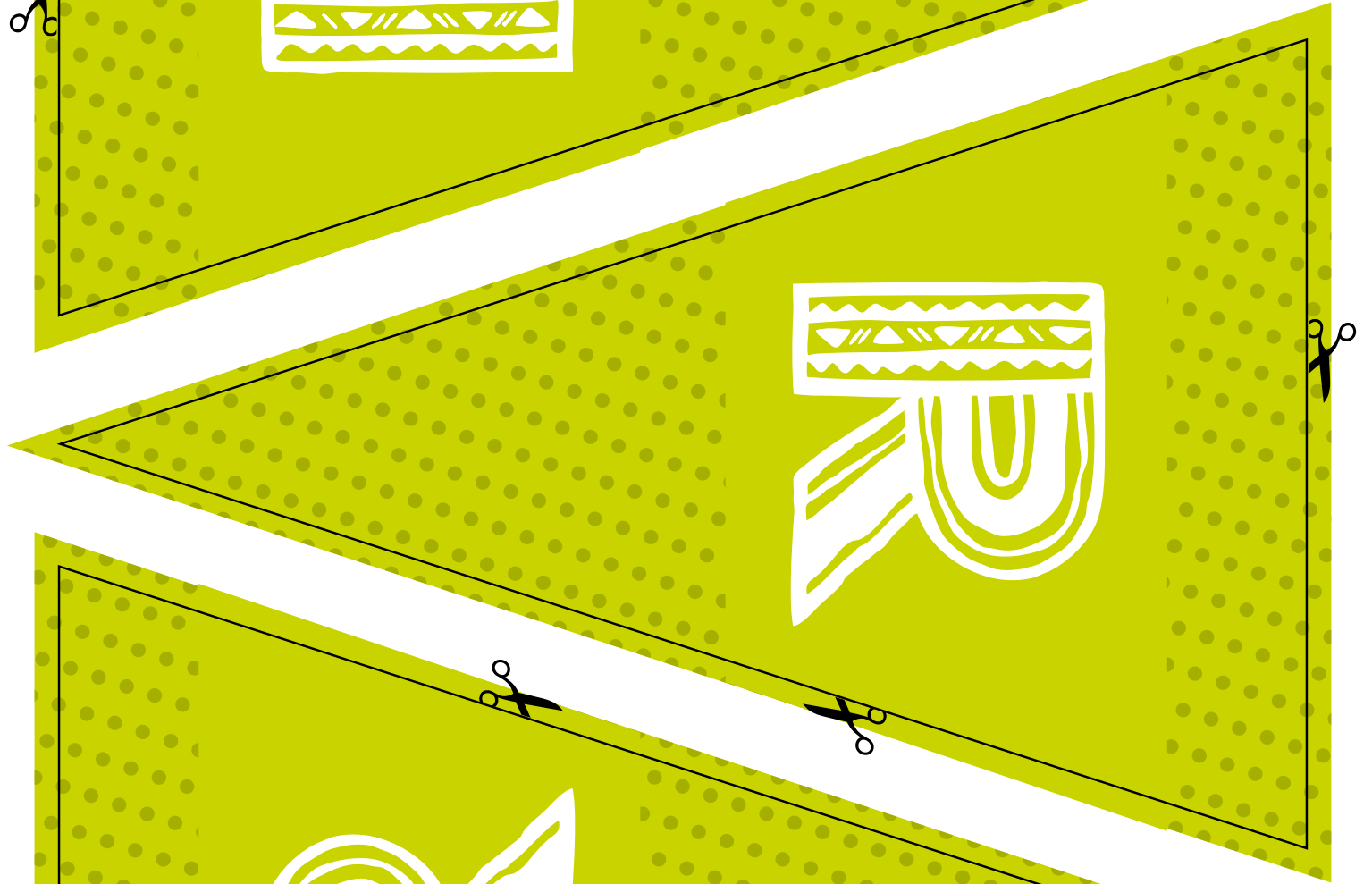
CASTER SUGAR 4 TBSP

Charity No.1138287

DIRECTIONS

- Preheat the oven to 180°C/350°F/gas mark four.
- Spread the nuts evenly on a roasting tray and bake for 10-15 minutes until the skins are dark brown.
- Remove the skins (the easiest way to do this is to wrap the nuts in a tea towel and rub the tea towel package on a work surface).
- Now put the hazelnuts into a food processor with one teaspoon of the groundnut oil for a couple of minutes until the nuts break down into a butter. Add the remaining oil and salt, and process until you have nut butter.
- Add the cocoa, vanilla and sugar and process for 30 seconds to combine.
- Store in a clean jar, with a lid, in the fridge. This will keep well for over a month or enjoy it with your friends at your palm-oil free event in support of RFUK!





**LET'S SAVE
THE RAINFOREST**



**LET'S SAVE
THE RAINFOREST**



**LET'S SAVE
THE RAINFOREST**




HOW TO MAKE YOUR CHATTERBOX

1. CUT ALONG DOTTED LINE.
2. FOLD IT IN HALF, FOLD OUT. THEN FOLD IN HALF THE OTHER WAY, AND FOLD OUT.
3. WITH THE BLANK SIDE UP, FOLD EACH CORNER INTO THE MIDDLE.
4. TURN THE CHATTERBOX OVER AND REPEAT (AGAIN FOLDING EACH CORNER INTO THE MIDDLE).
5. PLACE THE CHATTERBOX WITH THE NUMBERS SIDE UP AND FOLD IN HALF (INTO A RECTANGLE SHAPE).
6. SLIDE YOUR THUMB AND POINTER FINGER OF BOTH HANDS BEHIND THE CORNERS AND PRESS TOGETHER SO THAT THE CHATTERBOX BENDS AND FORMS A POINT IN THE MIDDLE.
7. THE WORDS LET'S SAVE THE RAINFOREST SHOULD NOW BE FACING UP.
8. REPEAT WITH OTHER CHATTERBOXES OR MAKE YOUR OWN CHATTERBOX.
9. YOU CAN NOW LEARN MORE ABOUT PALM OIL AND RAINFORESTS WITH YOUR FRIENDS DURING YOUR EVENT.
10. DON'T LOSE THE ANSWERS BELOW.

- ### ANSWERS
1. The World Commission on Forest and Sustainable Development has estimated that 350 million of the world's poorest people depend almost entirely on forests for subsistence and survival. 50 million of these people live in the Congo Basin.
 2. Over 50% of terrestrial species are found in rainforests.
 3. Mining, infrastructure development, agro-industrial expansion and industrial logging are key threats to forests and forest communities. These activities are huge drivers of deforestation, and rainforest communities are often displaced from their territories, while rarely reaping the benefits.
 4. Indigenous people face a variety of threats to their rights including: discrimination due to indigenous peoples' differing cultures and priorities; lack of legal protection or weak implementation of laws; lack of respect for Free, Prior and Informed Consent (FPIC) – a key right to decide their own priorities for the use of their land; lack of secure rights to lands and resources as state ownership of land means indigenous peoples can be removed from their land with no consultation.
 5. True. Indigenous and forest communities are increasingly being recognised as key to rainforest conservation due to their local knowledge and traditional practices developed over many generations.
 6. Community mapping enables forest communities themselves to prove their presence in the forest by doing so, logging companies have to take account of this presence, and local and international authorities can help to protect these communities' rights.
 7. True. A recent study by the World Bank's Independent Evaluation Group (IEG) shows that, globally, forest reserves that allow for sustainable use by local populations are more effective than strictly protected areas focused exclusively on conservation.
 8. Indigenous territories contain 20-1% of the carbon stored aboveground in Earth's tropical forests, which is essential to produce oxygen.

LET'S



1

HOW MANY PEOPLE ON THE PLANET DEPEND ON FORESTS FOR SUBSISTENCE AND SURVIVAL?

2

WHAT PERCENTAGE OF THE WORLD'S TERRESTRIAL SPECIES IS FOUND IN RAINFORESTS?

3

WHAT ARE THE MAIN THREATS TO FORESTS AND FOREST COMMUNITIES?

4

WHAT CHALLENGES DO INDIGENOUS PEOPLE FACE TO THEIR RIGHTS?

5

INDIGENOUS COMMUNITIES ARE KEY TO SUCCESSFUL RAINFOREST CONSERVATION. TRUE OR FALSE?

6

HOW DOES COMMUNITY MAPPING HELP INDIGENOUS AND FOREST COMMUNITIES?


7

FOREST RESERVES THAT ALLOW SUSTAINABLE USE BY LOCAL POPULATIONS ARE MORE EFFECTIVE THAN STRICTLY PROTECTED AREAS. TRUE OR FALSE?


8

WHAT PERCENTAGE OF THE CARBON STORED ABOVE GROUND IN TROPICAL FORESTS IS FOUND IN INDIGENOUS TERRITORIES?

THE



SAVE




9

WHAT PERCENTAGE OF THE CARBON STORED ABOVE GROUND IN TROPICAL FORESTS IS FOUND IN INDIGENOUS TERRITORIES?

10

YOU CAN NOW LEARN MORE ABOUT PALM OIL AND RAINFORESTS WITH YOUR FRIENDS DURING YOUR EVENT.

RAINFOREST



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- ### ANSWERS
1. Approximately 50% of supermarket products contain palm oil. This includes cosmetics, shampoos and soaps, chocolate, biscuits, ice cream, instant noodles and many other processed foods.
 2. False. Demand for palm oil is expected to more than double by 2050.
 3. According to the Roundtable on Sustainable Palm Oil (RSPO), 20% of palm produced is certified sustainable.
 4. True. 63 million tonnes of palm oil were consumed in 2015, having risen from 55 million tonnes in 2013 and the European Union are currently the third largest consumer.
 5. Palm oil production causes destruction of indigenous lands and loss of rights to indigenous territories. It also causes water pollution and lack of access to forest products, which lead to food insecurity and loss of natural forest medicines.
 6. True. That's equivalent to 1 football pitch of rainforest cut down every two minutes!
 7. 10% of carbon dioxide emissions are caused by tropical deforestation. That is an average of 3 billion tonnes of carbon dioxide a year equivalent to the emissions of 600 million cars.
 8. Gorillas, Chimpanzees, Elephants, Buffalo and Mantatees. Four subspecies of gorilla are threatened: the Western Lowland Gorilla, the Eastern Lowland Gorilla, Mountain Gorilla and Africa's rarest ape the Cross River Gorilla. Chimpanzees and their smaller cousins, the Bonobos, are also threatened along with Forest Elephants, Water Buffalo and West African Mantatees. Other species that may be threatened by palm oil development include the Okapi, a relative of the Giraffe, and the Congolese Peacock.

LET'S

1

WHAT PERCENTAGE OF SUPERMARKET PRODUCTS CONTAIN PALM OIL?

2

DEMAND FOR PALM OIL IS SET TO DECREASE BY 2050. TRUE OR FALSE?

SAVE

8

NAME 5 ANIMAL SPECIES THREATENED BY PALM OIL DEVELOPMENT IN THE CONGO BASIN.

3

WHAT PERCENTAGE OF PALM OIL IS CERTIFIED SUSTAINABLE?

7

WHAT PERCENTAGE OF CARBON DIOXIDE EMISSIONS ARE CAUSED BY TROPICAL DEFORESTATION?

4

THE WORLD CONSUMED 63 MILLION TONNES OF PALM OIL IN 2015. TRUE OR FALSE?

6

BETWEEN 1990 AND 2010 PALM OIL EXPANSION CAUSED 3.5M HECTARES OF RAIN-FOREST LOSS IN INDONESIA, MALAYSIA AND PAPUA NEW GUINEA. TRUE OR FALSE?

5


HOW DOES PALM OIL PRODUCTION THREATEN RAINFOREST PEOPLE?


THE

RAINFOREST

THANK YOU!

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Charity Number: 1138287



**LET'S PROTECT
THE HOME
OF FOREST
COMMUNITIES
AND
ENDANGERED
WILDLIFE!**



LET'S PROTECT RAINFORESTS!

WHERE?

.....

WHEN?

.....

WHAT'S HAPPENING?

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.....

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CONTACT

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LET'S SAVE THE RAINFOREST!

**JOIN US TO PROTECT THE HOME OF FOREST
COMMUNITIES AND ENDANGERED WILDLIFE**

WHERE?

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WHEN?

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WHAT'S HAPPENING?

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CONTACT

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HELP INDIGENOUS COMMUNITIES TO SAVE THE RAINFOREST.

BY DEFENDING INDIGENOUS AND FOREST PEOPLES'
RIGHTS WE CAN SAVE HOMES, HABITATS AND
SPECIES FOR FUTURE GENERATIONS.