

Name: Rebecca Hoge

I support the mandatory labeling of palm oil for the following reasons...

1. Health Concerns

Throughout my life, I have experienced sensitivities to a range of different foods. In addition, I believe strongly in the importance of eating a healthy diet. Therefore, I am very particular about the foods that I choose to consume. When shopping, I always read labels to determine whether a product contains any ingredients that I do not include in my diet. For several reasons (health-related and environmental), palm oil is a product that I do not want to consume. Because labeling of palm oil is not currently mandatory, I have to exclude all products with general ingredient listings such as 'vegetable oil'. This makes my diet unnecessarily restrictive.

I believe I should have the right to make informed choices about what food items I include in my diet. Allowing general labels such as 'vegetable oil' denies consumers of this basic right.

2. Environmental and Ethical Concerns

In addition to my health-related reasons for not wanting to consume palm oil, I also feel very strongly about not supporting an industry that is contributing to such vast devastation of rainforests and the extinction of orangutans. I try very hard to make conscientious choices when I am shopping, but due to the lack of labeling of palm oil, I am being denied the basic right to make choices that I feel good about. I always buy free-range eggs, free-range chicken, dolphin-friendly tuna, organically grown fruit and vegetables etc. because I believe these are the healthiest and most responsible choices for the health of myself, my family and the planet. I am able to make informed choices about products like this because of labeling. I would like to have the same ability to make responsible, healthy choices by buying products that do not contain unsustainable palm oil.

Warm Regards,

Rebecca Hoge.