

How to use this guide

This guide has been developed to help you shop irradiation free. In mid 2005, Food Irradiation Watch surveyed over one thousand food producers, growers, processors, and outlets.

Our rating system:

The ratings in this book correspond to the company's policy regarding irradiation, not simply their current practice. This is to ensure that companies we rate as Green are those committed to avoiding irradiation in their long term production practices. The ratings do not reflect compliance or non-compliance to national food regulations, they reflect the company's attitude and practice regarding irradiation.

We ensured that all our respondents were notified of the rating system to be published in this Guide. The guide will be regularly updated in line with changing company policy at our online Irradiation Free Food Guide www.foodirradiationinfo.org/iffg

The ratings rely on information provided to us by companies, they do not guarantee irradiation-free status, except in the case of certified organic products. Australian organic guidelines do not permit irradiation, all certified organic products should be treated as Green (non-irradiated) regardless of the overall rating of their company/brand. The ratings are not an endorsement or comment on any individual company, beyond their irradiation policy. FI Watch has not conducted any independent testing of these products.

While the Guide does not cover all companies/brands, every effort was made to survey and include all major brands available in supermarkets and health food shops.

Food Irradiation campaigners have been reviewing companies attitudes to irradiation for the last decade. Accordingly, we have also included information on respondents to our earlier 2003 survey.

Some industry bodies, such as The Australian Food and Grocery Council (AFGC), have policy which supports irradiation. While not all members of the AFGC may agree with that policy, we have identified companies who are members of the AFGC for your information. (as per www.afgc.org.au)

Nukes and our food?

Australia's irradiation industry

Australia's three operating nuclear irradiation facilities are located just outside our three largest cities: in Wetherill Park (Sydney), Dandenong (Melbourne) and Deception Bay/Narangba (Brisbane). They are all operated by Steritech Pty. Ltd. A fourth irradiation plant which would use X-ray beams has been proposed for the Cairns region in North Queensland.



RED

Companies with no policy or a policy in favour of irradiation. They may not be currently irradiating products, but have no policy or commitment to avoiding irradiated ingredients.



ORANGE

Companies committed to removing or avoiding irradiation in their production chain



GREEN

Companies with policy against irradiation and certified organic products. Certified organic and biodynamic products

for our first edition we have been generous in listing as orange those companies who say they have policy on food irradiation, or are formulating it, although we have not, at the time of printing, received it.



all certified organic products are irradiation free.



Sonia Fletcher,
Herbalist & certified
organic processor.

Abundance Herbs:
Inspired by nature,
honouring divine
wisdom.

"I highly recommend there be a ban on all products in the global food chain that are treated with irradiation or any other nuclear food processing (especially herbs) . The current plethora of scientific and medical evidence that warns of the potential risks greatly outweighs any positive applications regarding food irradiation practices. One's commitment to invest in certified organic food products, with its highest possible level of standards, ethical, economic, and social welfare protocols, creates promotion of agricultural sustainability, environmental and wildlife biodiversity, and protection of mother earth.

We label our products as free from irradiation, pesticides, herbicides, GM (Genetically Modified) ingredients or artificial fertilizers because it is necessary for people to be aware of those potentially harmful processes and be assured that our products are pure and do not use them." - **Sonia Fletcher**

www.abundanceherbs.com

Baby Food



Non-respondents:

Members of the AFGC:

Golden Circle

Nestle Australia

Heinz-Wattie's Australasia



Abundant Earth

Hepworths Organic

Planet Organic

Food irradiation became a big issue in Japan in 1978 when it was discovered that a major babyfood manufacturer had been illegally irradiating baby food ingredients. The vegetables were labelled as "animal feedstuff, because there is no law regulating the irradiation of animal feedstuff. And these irradiated vegetables were then re-labelled and supplied to babyfood manufacturers such as Wakodo, Meiji, and Snow Brand. The subcontractor and irradiator, Radiye Kogyo, were found guilty in June 1984 and the presidents of these companies were sentenced to eight months imprisonment." (source: Food Irradiation Network Japan, Risks and Problems Regarding Food Irradiation, 1999)

Breakfast Foods



Non-respondents:

Members of AFGC:

Goodman Fielder (Uncle Toby's), Kellogg's, Sanitarium, Specialty Cereals (brands include Vogel's and Cerevite)

Other non-respondents

Coles (Bi-Lo) , Franklins, Woolworths



Dick Smith Foods

Freedom Foods



Abundant Earth

Carman's

Planet Organic

Pureharvest

Bee Products



Non-respondents:

Capilano Honey

Spring Gully Pickles

(Leabrook Honey)



Tasmanian Honey Company,
Wescobee



Pure Harvest

Dairy Products & Substitutes



Non-respondents:

Members of AFGC: Bonland (Bega, Bodalla, Perfect Italiano, Mainland, Western Star), Bulla Dairy Foods, Cadbury Schweppes, Kraft, Nestle', Parmalat Aust (Pauls, Trim, Soy Life, Vaalia), Sanitarium (So Good), Unilever (Streets), Yakult

Other non-respondants:

Attiki, Coles (Bi-Lo), Dairy Farmers, Franklins, Go Natural, Jalna, National Foods (King Island Dairy, Pura, Yoplait, Vitasoy) Norco Co-operative, So Natural Foods (Australia's Own, Vitalife), Woolworths



Dick Smith Foods



B-D Farm Paris Creek Yoghurt & Quark
Blue Lotus Tofu & To-fetta
Deliciosa
Harvey Fresh Milk Products
Mungalli Creek Dairy
Murray Goulburn
(Devondale, Organic Valley Milk)
Organic Valley Milk
Pureharvest
Pureland
Soy Products

Drinks



Non-respondents:

Members of AFGC: Cadbury-Schweppes, Coca-cola Amatil (Crusta, Deep Spring, Mount Franklin, Fruitopia), Golden Circle (Original Juice Co) Parmalat, Sanitarium

Other non-respondents: Coles (Bi-Lo), Mildura Fruit Company, Franklins, National Foods (Daily Juice, Just Juice, Mr Juicy, Pura, Squeeze), Woolworths



Berri
Nippy's
Freedom Foods



Kalangdoo Organic
Nudie Fruit Juices
Pureharvest
Red Dragon Inn
Sunzest

Oils and Spreads



Non-respondents:

Members of AFGC:

Bonland (Western Star),
Goodman Fielder Ltd (Meadow
Lea, Mrs. McGregor's), Sanitar-
ium, Unilever (Flora),

Other non-respondents:

Coles (Bi-Lo), Green's, Frank-
lins, Norganic, Woolworths

Note: Oils and fatty foods have
been known to have a particu-
larly bad reaction to irradiation.



Diana Olive Oil
Dick Smith Foods
Freedom Foods
Masterfoods (Promite)
South Australian Olive Oil Co



Brookfarm Macadamia Oils
Olive Health Foods
Nuttelex
Pureharvest
Sawyers Brook Estate
Wodonga Park Avocado and
Macadamia oils

Breads



Non-respondents:

Members of AFGC:

Goodman Fielder
(brands including: Buttercup,
Helgas, Molenberg, Wonder
White)

Other non-respondents:

Bakers Delight, Franklins, Coles,
Woolworths



George Weston Foods
(brands including: Bazaar,
Borgen, Golden, Kitchen Collec-
tion, Noble Rise, Ryvita,
Speedibake, Tip Top, Top
Taste)
Gold Coast Bakery Bread
La Famiglia Fine Foods



Golden Hearth
Laucke Bread Pre-mixes
Pureharvest
Real Foods (all Corn Thins and
Rice Thins)
Vogels

Fresh Fruit & Veg



Note:

Organisations that supported the application for approval to irradiate tropical fruit in Australia include business groups and the International Consultative Group on Food Irradiation, (ICGFI) an organisation formed by the World Health Organisation and the International Atomic Energy Agency.



Drover's Rest Berries (WA)
Eco Farms (NSW)

Mango Hill Farm
United Organics (QLD)
Wodonga Park

This label appeared on irradiated mangoes exported from Australia to New Zealand in late 2005. Consumers are concerned that the words "Irradiated Fruit" are not visible enough.



Meat / Eggs



Non-respondents: Baiada Poultry, Bartter Steggles, Franklins, Hans Continental Smallgoods, Inghams, Pace Farm Eggs, Ridders



Austrimi Seafoods
George Weston (Chapman's, Don Smallgoods, Hutton's, Melosi, Watsonia)
Roma Food Products
Valcorp (Sirena)



Buronga Organics
Cleaver's Organic Meats
Clancy's Eggs
Lenard's

NB: Some eggs are irradiated in the US in an attempt to reduce salmonella bacteria common in egg farms. Irradiation reduces their nutritional value and eating quality. Where meat irradiation has been used consumers are concerned that hygiene standards may have been compromised.

◀ label has been enlarged

Tea, Coffee & Herbal Teas or Infusions



Non-respondents who irradiate:

Hilde Hemmes Herbals

Non-respondents who have supported irradiation of some products: Christie Tea, Tetley Australia, and Unilever Australasia (2000 Public Consultation - FAR A413)

Other non-respondents:

Madura Tea Estates, Nerada Tea, AB Food and Beverages (Twinings)



Cerebos
(Riva, Mocopan, Robert Harris)
Dilmah Teas
Koala Tea
Onno Behrends Tea
Red Seal



Abundance Herbs
Abundant Earth
Australerba
Byron Chai
Formosan Tea*
Happy High Herbs
Montville Coffee
Planet Organic

Therapeutic Goods & Body Care



Non-respondents who irradiate:

Hilde Hemmes'Herbals

Note: Some herbal teas or infusions are classified as "therapeutic goods" although in appearance and use there may be little difference between them and teas regulated as "food". Therapeutic goods do not have to be labelled as irradiated. Tampons and feminine hygiene products may be irradiated. No labelling requirements exist for this.



Kardwi Pharmaceuticals
Red Seal



Melrose Health Supplies*
Roseneath Organics

* means information about these companies is derived from our 2003 survey

STOP PRESS!

February 1st, 2006

UK Food Standards Agency investigation reveals half the food supplements tested were either irradiated or had an irradiated ingredient. None were labelled.

www.food.gov.uk/news/newsarchive/2006/feb/irradexercise

Dry Goods: flour, dried fruits, nuts, and grains



Non-respondents:

Members of AFGC: Arnotts, SunRice, Nestle Australia, Sugar Australia,

Other non-respondents:

Barilla, Bundaberg Sugar, Coles, Go Natural, Franklins, Green's, Meriram, Riviana Foods, Woolworths



Dick Smith Foods
Freedom Foods
NSM Falafel Mix
Solarfruits
Sunbeam Foods



Abundant Earth
Angas Park organic certified
Blue Lake Milling
Brookfarm Gourmet
Burunga Organics
Byron Organic Pasta
Laucke Flour
Orgran
Planet Organic
Pureharvest
San Remo
Wodonga Park

Frozen, Tinned or Preserved foods:



Non-respondents:

Members of AFGC: Campbell - Arnotts, Coca-cola Amatil (SPC Ardmona, IXL), Golden Circle, Kraft, Nestle', Sara Lee, Simplot (Big Sister, Birdseye, Chiko, Edgell, Four n Twenty, Herbert Adams, Nana's, John West)

Other non-respondents:

Barilla Australia, Coles (Bi-Lo), Franklins, Heinz Wattie's, Norganic, McCain Foods, Riviana Foods (Always Fresh, Admiral, Sharwoods), Woolworths



Dick Smith Foods
Fowlers Vacola
George Weston
Masterfoods



Sawyers Brook Estate



Spices, Sauces, & Condiments



Non-respondents:

Members of AFGC: Heinz.
Goodman Fielder (ETA), Hoyt,
Spicemasters,

Other non-respondents:

Coles (Bi-Lo), Franklins,
Jensen's, Massel, Queen Fine
Foods, Spring Gully Pickles,
Woolworths.



A.Clouet (Ayam)
Freedom Foods
Cerebos
(Fountain, Gravox, Saxa,)
Kikkoman*
Lee Kum Kee
Masterfoods
McCormick*
Ward McKenzie*



Abundance Herbs
Abundant Earth
Happy Healthy Herbs
Old Cathay Soy Sauce
Planet Organic
San Remo
Pureharvest
Three Threes Condiments

*rating is based on response to our
2003 survey

Snack Foods & Biscuits



Non-respondents:

Members of AFGC: Arnotts
(Kettle Chips, Samboy Chips,
Thins Chips), Goodman Fielder
(Uncle Toby's), Nestle Australia,
Berri Ltd, Kraft, Sanitarium

Other non-respondents:

Coles (Bi-Lo), Darrell Lea, Frank-
lins, Go Natural, Musashi
Snacks, Sakata Rice Snacks,
Smiths (Burger Rings, Cheetos,
Doritos, Twisties, Lays, Nobbys,
Parkers, Burger Rings), Wool-
worths



George Weston Foods
(Top Taste Cakes)
Humble Pie Co
La Famiglia
Wrigley



Abundant Earth
Poseidon Tamara (Black Swan,
Poseidon, Gourmet Fresh)
Carman's
Energy Products
Naturally Good Crispbread
Pureharvest
Real Foods Corn Thins & Rice
Thins

Prepared Meals & Desserts:



Non-respondents:

Members of AFGC: Campbell - Arnotts, Sara Lee, Simplot (Big Sister, Birdseye, Chiko, Edgell, Four n Twenty, Herbert Adams, Nana's, John West)

Other non-respondents: Coles (Bi-Lo), Mrs Crocket's Kitchen, Franklins, Woolworths



Humble Pie Co.
New Zealand Natural Ice cream



Blue Lotus Foods
Delisoy Desserts
Gigi's Icecream
San Remo "La Pasta"
Pommes Plus Organic Farms

Pet Foods



Non-respondents:

Members of AFGC: Proctor and Gamble (Iams, Eukanuba)

Non-respondents:

Bush's Pet Foods (Bush's, GoCat), Green's (Supercoat), Hill's Pet Nutrition (Science Diet), Safcol (Snappy Tom)



Master Foods

(Chum, Kitekat, My Dog , Pedigree Pal, Pedigree Meaty-bites, My Dog, Trill, Whiskas)



Nature's Gift
Veganpet

Food Outlets & Retailers



Non-respondents:

Aldi Stores, Dominos Pizza, Donut King, Red Rooster, Starbucks, Yum! Restaurants (Pizza Hut, Kentucky Fried Chicken)



Olive Health Foods



Pancake Parlour

Santos Trading bulk health foods