

FACTSHEET SUSTAINABLE SEAFOOD



WHAT IS SUSTAINABLE SEAFOOD?

Catching or farming seafood while maintaining the long-term health of the environment, species, and people's livelihoods.



NUTRITION

Main source of protein for 1 billion people.



LIVELIHOODS

Provides jobs to 780 million people, directly and indirectly.



TRADE

Seafood is among the world's most traded food, ~\$130 billion in exports annually.



FOOD SECURITY

Reduces poverty and provides socioeconomic safety net.



THREATS TO SUSTAINABILITY

OVERFISHING Fish are being caught faster than they can reproduce. Global catch peaked in 1996, and has declined since. About 29% of the world's fisheries are overfished.

ILLEGAL FISHING 13-31% of global catch is illegal, unreported, or unregulated (IUU).

BYCATCH ~40% of global catch is discarded.

DESTRUCTIVE PRACTICES Fishing by bottom trawling, blast fishing, poisons, driftnets, and gillnets damage habitats and create bycatch.

FRAUD Roughly 1/3 of seafood is mislabeled.

POOR TRACEABILITY Most seafood origin is unknown.

WHAT YOU CAN DO:



EAT LOWER ON FOOD WEB These species are more abundant, reproduce faster, less endangered, and have fewer toxins. Farmed shellfish, sardines, and anchovies are great choices.



EAT LOCAL When you can, buy fish from local fishermen who follow sustainable practices. Join a community supported fishery: www.localcatch.org



AVOID WARM WATER SHRIMP Wild shrimp are typically caught with bottom trawling, a destructive technique. Farmed shrimp are typically grown in ways that damage coastal ecosystems.



USE SEAFOOD GUIDES Make informed decisions with phone app or pocket guides.

1. Monterey Bay Aquarium Seafood Watch.
2. WWF Sustainable Seafood Guides.
3. Environmental Defense Fund, Seafood Selector.



KNOW YOUR SEAFOOD Ask questions. What type of fish is it? Where did it come from? How was it caught?



SUPPORT SOUND POLICIES Stay informed and tell your elected officials that you support sustainable seafood.



We need to shift our perception of seafood away from a commodity to an opportunity to restore our ecosystem."

Chef Barton Seaver



KEY WEBSITES

Future of Fish

www.futureoffish.org

Seafood Watch

www.seafoodwatch.org

David Suzuki Foundation | *Eat for Healthy Oceans*

davidsuzuki.org/what-you-can-do/eat-for-healthy-oceans/

National Geographic | *Sustainable Seafood*

ocean.nationalgeographic.com/ocean/ocean/take-action/sustainable-seafood

Mary Mazzoni | *Seven Things You Need to Know About the Sustainable Seafood Movement*

www.triplepundit.com/2014/05/3p-week-end-7-things-need-know-sustainable-seafood-movement



VIDEO

Seafood Watch | *Fishing and Farming Methods*

www.seafoodwatch.org/ocean-issues/fishing-and-farming-methods

Barton Seaver | *Sustainable seafood? Let's get smart*

www.ted.com/talks/barton_seaver_sustainable_seafood_let_s_get_smart

U.S. Department of State | *Sustainable Fisheries*

www.youtube.com/watch?v=9F93RsDZUhc

Dan Barber | *How I fell in love with a fish*

www.ted.com/talks/dan_barber_how_i_fell_in_love_with_a_fish



EXPERTS

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