

FACT SHEET 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.¹



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 US 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.



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



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



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



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.



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



KEY WEBSITES

Future of Fish
www.futureoffish.org

Seafood Watch
www.seafoodwatch.org/cr/seafoodwatch.aspx

David Suzuki Foundation
Eat for Healthy Oceans
www.davidsuzuki.org/what-you-can-do/eat-for-healthy-oceans

National Geographic:
Sustainable Seafood
www.ocean.nationalgeographic.com/ocean/take-action/sustainable-seafood

Seven things you need to know about the sustainable seafood movement,
Mary Mazzone
www.triplepundit.com/2014/05/3p-weekend-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



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6. Jacquet, J. L., and Pauly, D. 2008. Trade secrets: renaming and mislabeling of seafood. *Marine Policy*, 32(3), 309-318.
7. Siny, J., N. Lavoie, and J. A. Caswell. 2009. Partial Implementation of COOL: Economic Effects in the U.S. Seafood Industry. Working Papers 2009-7. University of Massachusetts Amherst, Department of Resource Economics.



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