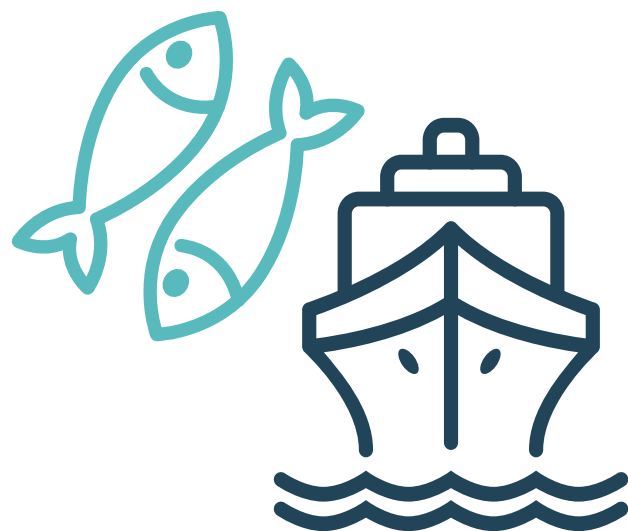


SUSTAINABILITY CORNER

DIVE INTO SEAFOOD SUSTAINABILITY



Seafood sustainability means that seafood is farmed or caught in a way that does not cause environmental damage.

As more people were eating more seafood, overfishing wiped out the viability of many species. Some scientists have estimated that seafood will not have catchable quantities left in about 30 years or less.

IS FARMED FISH OR WILD FISH BETTER?

Farmed seafood is generally more sustainable because it is not taking wild seafood out of its natural home. However, land maybe have been cleared to make the farm, or the farm might be polluting local water sources.

Line catching in the wild is considered better than net fishing. Bycatch, such as sea turtles and unwanted fish species are caught and often die in the nets. Ghost nets are nets that have been lost or abandoned by fisheries that continue to catch marine life that die in these unattended nets. Nets often damage the ocean floor, known as bottom trawling.

WHAT CAN I DO?

- Get acquainted with your seafood vendors. Tell them that you and your establishment are concerned about seafood sustainability. Work with them to get the best options for sustainable seafood.
- Get familiar with the National Oceanic and Atmospheric Administration web on fisheries. Visit <https://www.fisheries.noaa.gov/>.
- Look at the Monterey Bay Aquarium Seafood Watch at and down load their guides and other information at <https://www.seafoodwatch.org/recommendations/download-consumer-guides>.
- Use your new sustainable practices to your benefit to make more income for your establishment. Have your website, menus, specials of the day, and social media pages emphasize the sustainability of your seafood.