

# Sustainable Seafood

## Marine Recreation Community Workshop

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## NOTES

Introductions

# What is Sustainable Seafood?



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How do our seafood choices impact our oceans? What is sustainable seafood?



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Unfortunately, decades of overfishing and habitat destruction have left many of the world's fish and shellfish stocks struggling to naturally replenish.

# 82% of Fisheries Impacted



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## NOTES

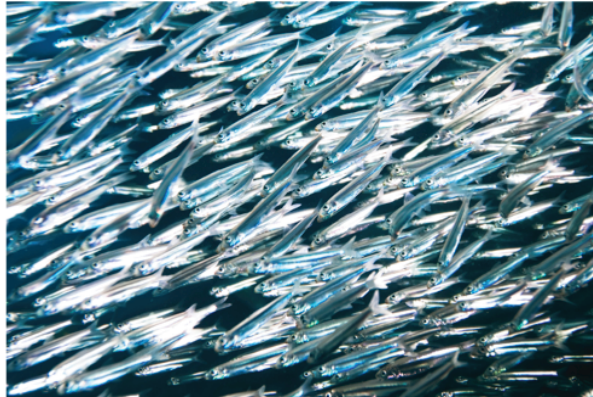
Ultra-efficient fishing fleets and our ever-growing demand for seafood have pushed many of the world's fisheries to the brink. A shocking 82 percent are exploited, overexploited, or have already suffered collapse.

Sustainable seafood represents an opportunity to secure the long-term health of ocean ecosystems as well as our ability to continue experiencing, far into the future, the same delicious, healthful, and diverse seafood we enjoy today.



## Sustainable

- Can it naturally replenish each season?
- Is it lower on the food chain?



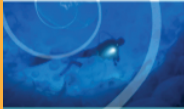
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Several criteria are used to determine whether a fishery is sustainable. First and foremost, the fish population cannot be overharvested. That is, there must be enough fish left in the sea at the end of each season to naturally replenish what's been caught. For this reason, many sustainable fisheries include species that are smaller and lower on the food chain because they can reproduce quickly to sustain their populations.

# Monitor and Manage Large Species



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For wild-caught species that aren't low on the food chain, sustainability requires that the fishery is well managed, with accurate population monitoring and regulations that set the total allowable harvest.

# Reduce Bycatch



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Sustainability also involves environmental safeguards, like curbing bycatch—the unintentional harvest of untargeted species, including dolphins, sharks, and sea turtles—and reducing the ecosystem impacts of certain types of fishing gear. Ideally, all of this information would be tracked from the fishing boat to the dinner table so that consumers could know exactly what they are buying. But wild fish don't meet the entirety of global seafood demand.

## Fish farms produce half of seafood consumed worldwide



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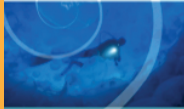


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Aquaculture is a big part of the picture. In fact, fish farms produce half of the seafood consumed worldwide—but not all fish farms are created equal.

## Aquaculture

- Must reduce pollution
- Prevent spread of disease
- Minimize damage to ecosystems



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To be sustainable, an aquaculture operation must actively reduce pollution, prevent the spread of disease, and minimize other damage to coastal ecosystems on which wild species depend. Truly sustainable fish farms use feed that's free of fish meal, alleviating another source of stress on wild fish stocks.



# What Can You Do?



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So what can you do to support the sustainable seafood industry? Better yet, how can you play a role in the restoration of damaged ocean ecosystems?

## Choose Your Meal Wisely



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First, each one of us can contribute to ocean restoration simply by making an informed choice about what to eat for dinner.

## Look for Labels and Ask Questions

- Fresh or Farmed?
- Certified by Marine Stewardship Council?
- Best Choice on Seafood Watch Guide?



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When you visit your local fishmonger or favorite seafood restaurant, ask about the types of fish available. What's the species? Is it farmed or wild? Where was it harvested? What kind of fishing gear was used? If possible, choose a product certified by the Marine Stewardship Council, or one that's listed as a Best Choice by Monterey Bay Aquarium's Seafood Watch program.

# NatGeoSeafoodGuide.com



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National Geographic has an online guide that rates dozens of fish and shellfish on sustainability, toxicity, and omega-3 content, promoting both your health and the oceans'. [NatGeoSeafoodGuide.com]

## Before You Go...Know the Regulations and Tell Others



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Second, when you want to go fishing—pole or spear—take a moment to brush up on the laws and guidelines regulating the local species. The rules are meant to ensure the health and longevity of the fish, their habitat, and our recreational fishing opportunities.



# We All Make a Difference



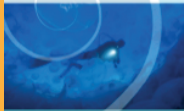
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Finally, spread the word! As you learn more and make better choices, encourage your friends and family to do the same. We all have a role to play, and we can all make a difference.

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Questions