

WHAT SHOULD I ASK?

Seafood can appear on more than one list depending on its origin or the way it was removed from the sea.

This is why we must always **ask questions** about what we're eating:

1. What species is it?
2. How was it caught or farmed?
3. Where is it from?

The next time you are ordering or buying seafood, have a conversation with the waiter or fishmonger and ask these three simple questions!

Speak up for our oceans and show your commitment to sustainable seafood by joining the conversation:

 **FOLLOW US**
@WWFSASSI 

WHAT TOOLS CAN I USE?

You have a right to know what you are eating. SASSI provides this quick access pocket guide as well as digital tools to check the status of your seafood.



SASSI app

Download the free app for Android and iOS. Find out the status of the fish you are buying or ordering: www.sassiapp.co.za



FishMS 079 499 8795

To check the status of any fish, text its name to the number above and you will receive an instant response! Standard SMS rates apply. **Brought to you by iVeri.**

For a detailed list and an assessment summary of each species, visit www.wwfsassi.co.za for the full interactive list. Here you can also find out what **SASSI** is doing across the seafood supply chain, as well as recipes from top chefs and so much more!

YOU HAVE A CHOICE.
MAKE IT GREEN.



Look out for the **MSC eco-label** on wild-caught seafood products, e.g. SA trawled hake. See the **SASSI** and **MSC** websites for more details:
wwfsassi.co.za | www.msc.org



Look out for the **ASC eco-label** on farmed seafood products. See the **SASSI** and **ASC** websites for more details:
wwfsassi.co.za | www.asc-aqua.org



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ALWAYS CHOOSE GREEN. 



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MAKE IT
GREEN. 

Consumer Seafood
POCKET GUIDE 

WHAT IS THE SASSI LIST?

The **Southern African Sustainable Seafood Initiative (SASSI)** is a 'traffic light' quick reference guide to help you make environmentally responsible seafood choices. It is not an eco-label, nor an endorsement of specific products.

To use the SASSI list you need to know **WHAT** species you are eating, **HOW** it was caught/farmed and **WHERE** it comes from.

- The health of fish stocks and the vulnerability of the species to fishing pressure (**WHAT**)
- The environmental effects of the fishing method used to capture the fish (**HOW**)
- The effectiveness of the management of the fishery (**WHERE**)

Only the most popular seafood species have been included on this pocket card. For a more complete list, visit www.wafsassi.co.za



GREEN – BEST CHOICE

These are the **most sustainable** seafood choices, from the healthiest and most well-managed fish populations. These species can handle current fishing pressure or are farmed in a way that does not harm the ocean.



ORANGE – THINK TWICE

There are **reasons for concern** either because the species is depleted as a result of overfishing and cannot sustain current fishing pressure or because the fishing or farming method poses harm to the environment and/or the biology of the species makes it vulnerable to high fishing pressure.



RED – DON'T BUY

Red list species are from **unsustainable populations**, have extreme **environmental concerns**, lack appropriate management or are **illegal** to buy or sell in South Africa. 'No sale' species are illegal to sell and are reserved for recreational fishers who require a valid fishing permit and must adhere to specific regulations.



GREEN – BEST CHOICE

Albacore tuna (*SA pole caught – Atlantic Ocean*)
Anchovy
Angelfish (*SA offshore trawl*)
Cape rock oyster ⊕
(*KZN, hand collected*)
Calamari/Squid ⊕
Carpenter ⊕ (*SA line caught*)
Dorado ⊕ (*SA line caught*)
East coast rock lobster ⊕
(*excl. KZN*)
Hake ⊕
Hottentot / Cape bream
Kingklip ⊕
(*SA demersal longline*)

Mussels (*SA farmed*)
Oysters (*SA farmed*)
Queen mackerel
Rainbow trout
(*SA and Lesotho farmed*)
Slinger ⊕ (*SA*)
Snoek
White mussel
(*SA hand collected*)
Yellowfin tuna ⊕ (*SA pole caught – Atlantic Ocean*)
Yellowtail (*SA*)



ORANGE – THINK TWICE

Atlantic salmon
(*Norway farmed*)
Black musselcracker/
Poenskop
Blue shark
Calamari/Squid ⊕
Cape dory ⊕
(*SA offshore trawl*)
Cape rock oyster ⊕
(*SC hand collected*)
Catface rockcod
Carpenter ⊕
(*SA inshore trawl*)
Dorado ⊕
(*SA pelagic longline*)
Englishman

European pilchard/sardine
Jacopever ⊕
(*SA offshore trawl*)
Kingklip ⊕
(*SA offshore trawl*)
King mackerel ⊕ (*SA*)
Prawns ⊕ (*various*)
Red roman
Santer ⊕ (*SA*)
Sardines (*SA*)
Shad/Elf (*excl. KZN*)
Sole (*East Coast*)
Yellowfin tuna ⊕
(*SA pelagic longline*)



RED – DON'T BUY

Abalone (*wild-caught*)
Bluefin tuna ⊕
Blue swimming crab
Cape dory ⊕
(*SA inshore trawl*)
Dageraad
Dusky kob (*wild-caught*)
Geelbek
Langoustine
(*Mozambique*)
Prawns ⊕ (*various*)
Red stumpnose/Miss Lucy
Scotsman
Shortfin mako shark
Silver kob
Squairetail kob
West Coast rock lobster
White stumpnose
Yellowtail amberjack
(*farmed in Japan*)

SYMBOLS

*See website/app for details.

- ⊕ Species appears on multiple lists*
- ⊗ Species under improvement*

- ⊗ Specially protected species that are not allowed to be taken out of the ocean at all
- ⊗ Illegal to sell in SA – either specially protected or recreational 'no sale' species



NO SALE

Baardman/Belman ⊗
Blacktail/Dassie ⊗
Brindle bass ⊗ ⊗
Bronze bream ⊗
Cape & Natal knife jaw ⊗
Cape stumpnose ⊗
Galjoen ⊗
Garrick ⊗
King fish ⊗
Natal stumpnose ⊗
Natal wrasse ⊗ ⊗
Potato bass ⊗ ⊗
Red steenbras ⊗
River snapper ⊗
Seventy-four ⊗ ⊗
Spotted grunter ⊗
West Coast steenbras ⊗
White musselcracker ⊗
White steenbras ⊗