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:



- 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:

WHAT TOOLS CAN I USE?

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



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



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!



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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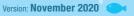






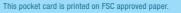
YOU HAVE A CHOICE. MAKE IT GREEN.











WHAT IS THE SASSI LIST?

The Southern African Sustainable Seafood Initiative (SASSI) is a 'traffic light' quick reference guide to help vou 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.wwfsassi.co.za







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.



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 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.





ORANGE – THINK TWICE



Abalone (wild-caught)

Bluefin tuna (+)

Geelbek

RED - DON'T BUY

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

(SA demersal longline)

Kinaklip (+)

Mussels (SA farmed) Oysters (SA farmed) Queen mackerel Rainbow trout

(SA and Lesotho farmed) Slinger (+) (SA) Snoek

White mussel

Cape rock oyster (+) (SA hand collected) (SC hand collected) Yellowfin tuna (+) (SA pole Catface rockcod caught - Atlantic Ocean) Yellowtail (SA)

> (SA inshore trawl) Dorado (+) (SA pelagic longline) Englishman

Cape dory (+)

Atlantic salmon (Norway farmed)

Black musselcracker/ Poenskop Blue shark

Calamari/Squid (+) (SA offshore trawl) Red roman

Carpenter (+)

Sole (East Coast)

(SA pelagic longline)

European pilchard/sardine Jacopever (+)

(SA offshore trawl) Kingklip (+)

(SA offshore trawl) King mackerel (+) (SA) Prawns (+) (various)

Santer (+) (SA) Langoustine Sardines (SA) (Mozambique) Shad/Elf (excl. KZN)

Yellowfin tuna (+)

Blue swimming crab Cape dory (+) (SA inshore trawl) Dageraad Dusky kob (wild-caught)

Prawns (+) (various) Red stumpnose/Miss Lucv Scotsman Shortfin make shark Silver koh Squaretail kob West Coast rock lobster White stumpnose Yellowtail amberiack

(farmed in Japan)

N**⊗** S∆LE

Baardman/Belman 🥸 Natal wrasse 88 88 Blacktail/Dassie 😣 Potato bass 😵 🤫 Brindle bass 🚳 🛞 Red steenbras 86 Bronze bream 89 River snapper 🥙 Cape & Natal knife jaw 😵 Seventy-four 🍪 🥹 Cape stumpnose 89 Spotted grunter 8 Galjoen 🥸 West Coast steenbras 🥸 Garrick 8 White musselcracker 89 King fish 🥙 White steenbras 🥙 Natal stumpnose 88

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