



**Left**<sup>TM</sup>

**Green Challenge**

**Summer 2018**



**July 30 - August 10:**

**Sustainable Seafood  
& Meat**

**Two parts:**

**Sustainable Seafood**

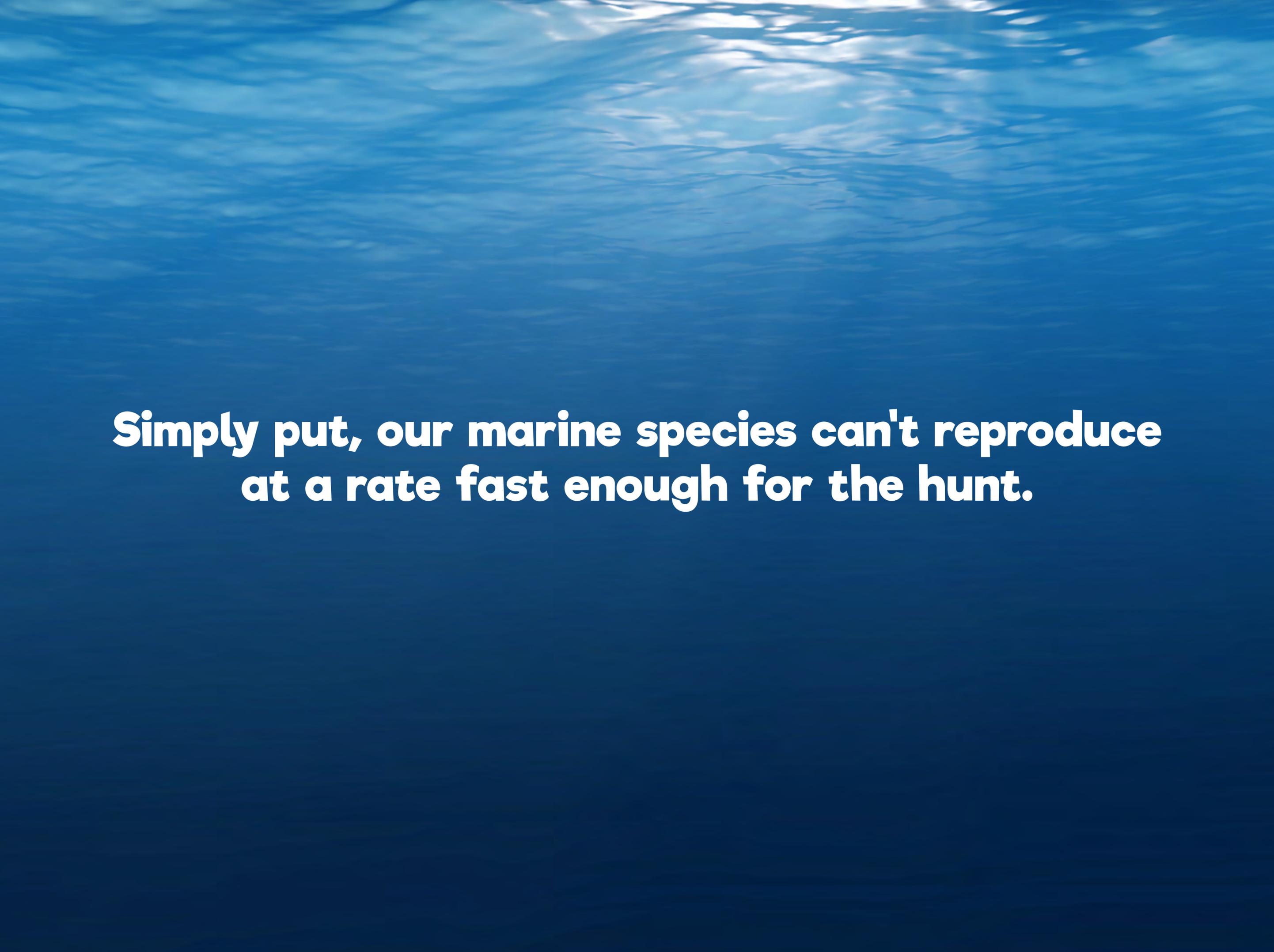
**Animal Product Industry  
& its Impacts**



# Sustainable Seafood

**80%**  
**of fisheries are**  
**overfished or collapsing**

As traditional stocks of seafood become exhausted, new species & areas are being targeted, preventing recovery.



**Simply put, our marine species can't reproduce  
at a rate fast enough for the hunt.**

A large school of fish, likely salmon, swimming in clear blue water. The fish are densely packed and moving in a coordinated pattern, creating a sense of movement and depth. The background is a deep, clear blue, and the fish are silvery with some darker spots on their sides.

**Much of the world relies  
on fish for their diet, so  
loss of fisheries is a huge  
threat to food security.**

**So, which to choose?**

**Wild caught?**

**or...**

**Farmed  
(AKA Aquaculture)?**

**It depends!**

**What is more sustainable  
for fish populations and  
the environment depends  
on the farm itself, or the  
type of wild fishing...**

**... I think?**

**I DUNNO MAN**

**I'M SO CONFUSED**

Salmon (Atlantic)		Ocean Wise	Atlantic salmon	<i>Salmo salar</i>		Farmed	Recirculating aquaculture system (RAS)	Worldwide
		Ocean Wise	Atlantic salmon	<i>Salmo salar</i>		Farmed	Open net pen	Norway - Salten Aqua farms only
		Ocean Wise	Atlantic salmon (Blue Circle Brand only)	<i>Salmo salar</i>		Farmed	Open net pen	Norway - Kvaroy and Selsoyvik farms only
		Not Recommended	Atlantic salmon	<i>Salmo salar</i>		Farmed	Open net pen	British Columbia
		Not Recommended	Atlantic salmon	<i>Salmo salar</i>		Farmed	Open net pen	Norway
		Not Recommended	Atlantic salmon	<i>Salmo salar</i>		Farmed	Open net pen	Chile
		Not Recommended	Atlantic salmon	<i>Salmo salar</i>		Farmed	Open net pen	Scotland
		Not Recommended	Atlantic salmon	<i>Salmo salar</i>		Farmed	Open net pen	Atlantic Canada, Maine, US
	ASC	Not Recommended	Atlantic Salmon	<i>Salmo spp.</i>		Farmed	Open net pen	Worldwide
Salmon (Chinook)		Ocean Wise	Chinook salmon	<i>Oncorhynchus tshawytscha</i>		Wild	Drift Gillnet	BC north coast, BC central coast, Transboundary Canada, Area D
		Ocean Wise	Chinook salmon	<i>Oncorhynchus tshawytscha</i>		Wild	Troll/Pole	BC north coast; West Coast Vancouver Island
		Ocean Wise	Chinook salmon	<i>Oncorhynchus tshawytscha</i>		Wild	Gillnet	Washington North Pacific
		Ocean Wise	Chinook salmon	<i>Oncorhynchus tshawytscha</i>		Farmed	Open net pen	New Zealand
		Not Recommended	Chinook salmon	<i>Oncorhynchus tshawytscha</i>		Wild	Gillnet, Purse seine, Troll	US Washington, Oregon, California ** except WA North Pacific
		Not Recommended	Chinook salmon	<i>Oncorhynchus tshawytscha</i>		Wild	Unassociated purse seine, Drift gillnet	BC south coast
	MSC	Ocean Wise	Chinook salmon	<i>Oncorhynchus tshawytscha</i>	Alaska Salmon - Prince William Sound	Wild	Gillnets, seines driftnets, hook and line, troll,	Prince William Sound, Alaska
	MSC	Ocean Wise	Chinook salmon	<i>Oncorhynchus tshawytscha</i>	Alaska Salmon	Wild	Gillnets, seines driftnets, hook and line, troll,	Alaska **except South East Alaska and Yakutat
	MSC	Ocean Wise	Chinook salmon	<i>Oncorhynchus tshawytscha</i>	Kamchatka River Salmon Fisheries	Wild	Coastal Trap nets, beach seines, (anchored) gillnets, (floating) gillnets	Kamchatcka, Russia
	MSC	Not Recommended	Chinook salmon	<i>Oncorhynchus tshawytscha</i>	Alaska Annette Islands Reserve	Wild	Gillnets, purse seine	AK Annette Islands



**(Canada  
- Vancouver Aquarium)**



**(Canada  
- David Suzuki Fdn)**



**(Worldwide)**



**(USA)**



Sablefish by Hook & Line - British Columbia



Halibut by Hook & Line - Alaska



Sockeye Salmon - British Columbia



Halibut by Hook & Line - British Columbia



Haddock by Hook & Line - Atlantic Canada



Haddock by Bottom Trawl - Atlantic Canada



Lobster by Trap - Atlantic Canada Offshore



Spiny Dogfish by Longline - British Columbia



Shrimp by Bottom Trawl - Atlantic Canada



Scallop by Dredge - Atlantic Canada Offshore



Green circle = MSC Certified  
= Ocean Wise Recommended  
= Seafood Watch Best Choice  
= SeaChoice Best Choice

Yellow triangle = Seafood Watch Good Alternative  
= SeaChoice Some Concerns

Red hexagon = Ocean Wise Not Recommended  
= Seafood Watch Avoid  
= SeaChoice Avoid

# Ocean-friendly seafood to eat:



**ARCTIC CHAR**

*Closed-system farmed*



**ALBACORE TUNA**

*B.C. | Pole or Troll caught*



**COD**

*PACIFIC | Bottom longline or trap caught*



**SHELLFISH**

*CLAMS, MUSSELS, OYSTERS, SCALLOPS  
Beach or suspension farmed*



**HALIBUT**

*PACIFIC  
Bottom longline or handline caught*



**SABLEFISH**

*ALASKA & B.C.  
Bottom longline or trap caught*



**MACKEREL**

*ATLANTIC, PACIFIC, KING, SPANISH  
ATLANTIC & CALIFORNIA  
Purse seine caught*



**LAKE WHITEFISH**

*LAKE HURON, SUPERIOR & MICHIGAN  
Gill net or trap net caught*



**SALMON**

*CHINOOK, CHUM, COHO, PINK, SOCKEYE  
B.C. & ALASKA  
Seine net; gill or troll caught*



**HADDOCK**

*NORTH WEST ATLANTIC  
Handline caught*



**RAINBOW TROUT**

*Closed-system farmed*



**SPOT PRAWNS**

*B.C. | Trap caught*



Download the Ocean Wise™ app to find partner locations and make smart choices for our oceans.  
Scan the code for the free app.

[oceanwise.ca](http://oceanwise.ca) [facebook.com/ocean.wise](https://www.facebook.com/ocean.wise) [twitter.com/ocean\\_wise](https://twitter.com/ocean_wise)



# Seasonality of Ocean-Friendly Seafood

JAN FEB MAR APR MAY JUN JUL AUG SEPT OCT NOV DEC

WEST COAST



**SOCKEYE SALMON\*\***  
B.C. & ALASKA  
Seine net; gill or troll caught



**CHINOOK SALMON\*\***  
B.C. & ALASKA  
Seine net; gill or troll caught



**COHO SALMON\*\***  
B.C. & ALASKA  
Seine net; gill or troll caught



**PINK SALMON\***  
B.C. & ALASKA  
Seine net; gill or troll caught



**CHUM SALMON\***  
B.C. & ALASKA  
Seine net; gill or troll caught

\*\*The sustainability of wild salmon varies from river to river, population to population, and year to year.



**PACIFIC HALIBUT\***  
Trap or bottom longline caught

**SABLEFISH\***  
B.C.  
Trap or bottom longline caught



**BC SPOT PRAWN\***  
Trap caught



Continued from Dec  
**ALBACORE TUNA\***  
SOUTH PACIFIC  
Pole or troll caught

**ALBACORE TUNA\***  
NORTH PACIFIC  
Pole or troll caught



**STRIPED BASS\*\***  
MASSACHUSETTS  
Handline caught  
\*\*Available until quota is reached.



**ROCK CRAB**  
BELLE RIVER, PEI  
Trap caught



**SWORDFISH\***  
Handline or harpoon caught



EAST COAST

Seasonality of these seafood products vary from year to year.

\*Most species are available frozen, year round.

Download the Ocean Wise™ app to find partner locations and for more info on sustainable seafood.  
oceanwise.ca facebook.com/ocean.wise twitter.com/ocean\_wise



# Ocean Wise™ Recommended Sushi Choices



**ALBACORE TUNA - BINCHO**  
PACIFIC  
Pole or troll caught



**MACKEREL - SABA**  
ATLANTIC  
Purse seine caught



**SPOT PRAWNS - AMAEBI**  
B.C.  
Trap caught



**SCALLOPS - HOTATE**  
WORLDWIDE  
Off-bottom farmed



**SALMON - SAKE**  
CHINOOK, CHUM, COHO,  
PINK & SOCKEYE  
B.C. & ALASKA  
Seine net; gill net or troll caught



**DUNGENESS CRAB - KANI**  
PACIFIC U.S. & CANADA  
Trap caught



**SABLEFISH - GINDARA**  
B.C. & ALASKA  
Trap or bottom longline caught



**OYSTERS - KAKI**  
WORLDWIDE  
Off-bottom farmed



**SEA URCHIN - UNI**  
B.C. & ATLANTIC CANADA  
Diver caught



**SALMON ROE - IKURA**  
B.C. & ALASKA  
Seine net; gill net or troll caught



**GIANT PACIFIC OCTOPUS - TAKO**  
B.C.  
Trap or diver caught



**PACIFIC SARDINE - WASHI**  
PACIFIC U.S. & CANADA  
Purse seine caught

Overfishing is the biggest issue facing our oceans today. Look for the Ocean Wise symbol for Vancouver Aquarium's assurance of an ocean-friendly seafood choice.

oceanwise.ca facebook.com/ocean.wise twitter.com/ocean\_wise





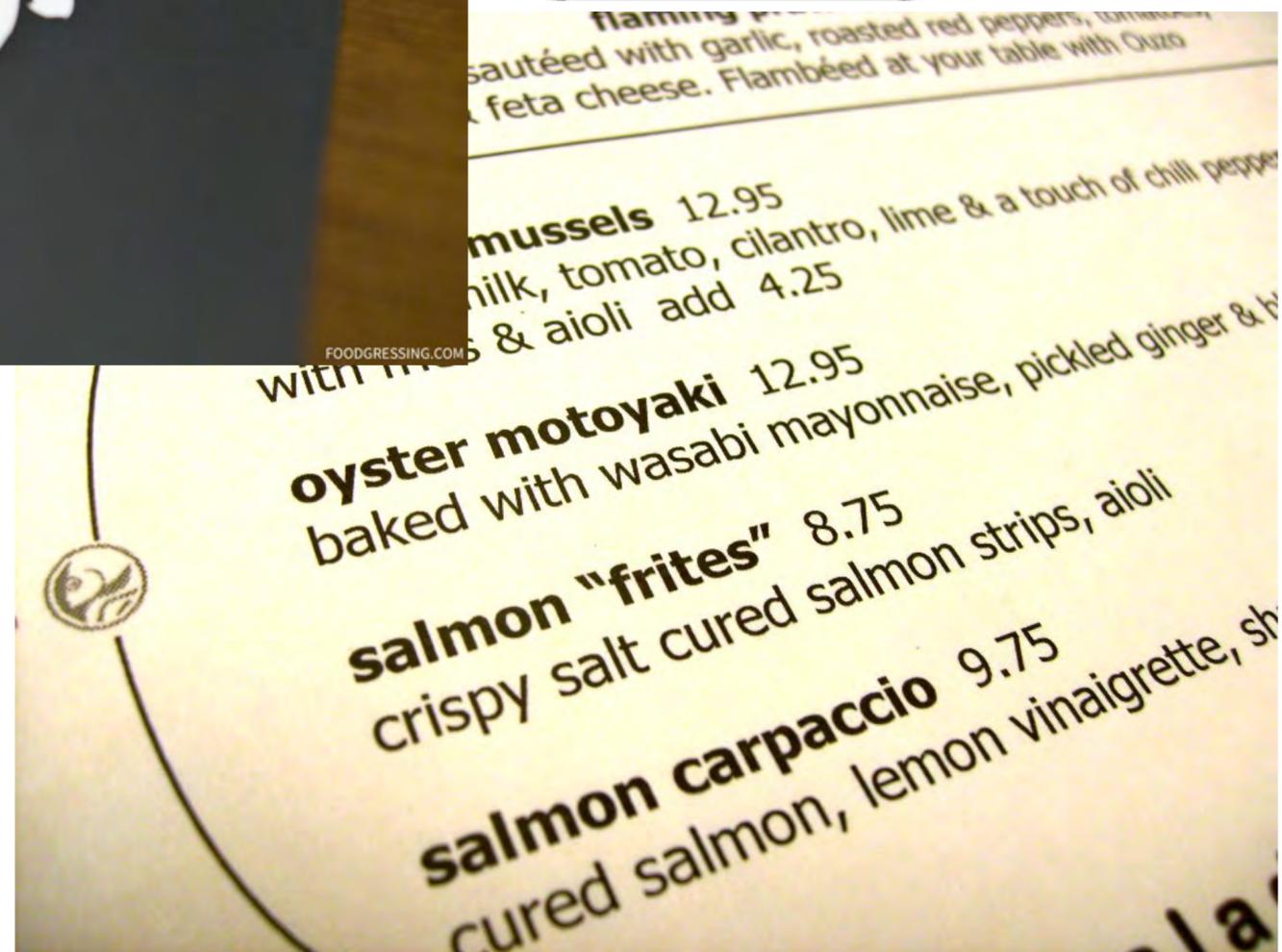
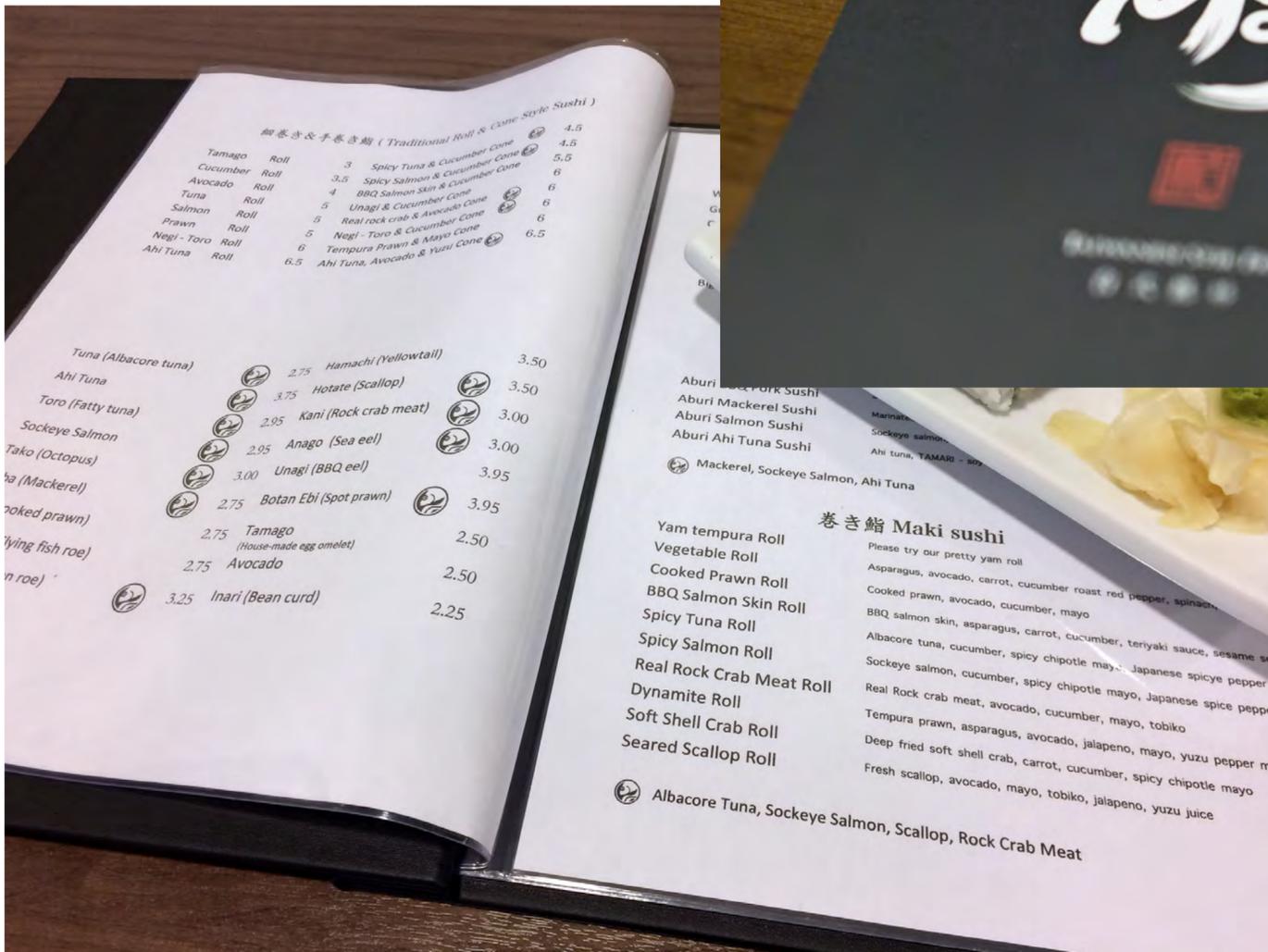
## **Ocean Wise requirements:**

- 1. Abundant and resilient to fishing pressures.**
- 2. Well managed with a comprehensive management plan based on current research.**
- 3. Harvested in a method that ensures limited bycatch on non-target and endangered species.**
- 4. Harvested in ways that limit damage to marine or aquatic habitats and negative interactions with other species.**



## **MSC requirement:**

**"A certified fishery must show it targets fish populations that are healthy and productive. It's a balancing act between how many they catch and how many they leave to breed for another season."**







**Our seafood choices offer a daily opportunity for each of us to contribute to the oceans' restoration.**



# **Educate yourself about sustainable fisheries & ocean issues**

Learn more about the challenges facing our oceans (fisheries and plastics being 2 of many).

Share what you've learned with friends and family and encourage others to make informed choices.



## **Buy Sustainable Seafood**

Learn by doing! Look for and buy only Ocean Wise & SeaChoice labeled seafood in stores & restaurants.

**Earn 1 stamp each DAY you eat sustainable seafood**



## **Dine out at a restaurant that serves Sustainable Seafood**

Ocean Wise lists all of their partners on their website. Find and enjoy seafood at a restaurant that serves Sustainable Seafood

**Worth 1 stamp**