

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.wwf.org.za/sassi



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 SA. '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

Anchovy
Cape rock oyster ⊕
(KZN, hand collected)
Calamari/Squid ⊕
Carpenter ⊕ *(SA line caught)*
Dorado ⊕ *(SA line caught)*
Dusky kob ⊕ *(SA farmed)*
East coast rock lobster ⊕
(EC, hand collected)
Hake ⊕ *(SA demersal longline)*
Hake ⊕  *(SA trawl)*
Hottentot
King mackerel ⊕ *(SA)*
Kingklip ⊕
(SA demersal longline)

Mussels *(SA farmed)*
Monk ⚡
(SA offshore trawl)
Oysters *(SA farmed)*
Queen mackerel
Red-eye round herring *(SA)*
Rainbow trout *(SA and Lesotho farmed)*
Slinger ⊕ *(SA)*
Snoek
White mussel
(SA hand collected)
Yellowfin tuna ⊕
(SA pole caught)
Yellowtail



ORANGE – THINK TWICE

Atlantic salmon
(Norway/Scotland farmed)
Bigeye tuna ⊕
(SA pelagic longline)
Calamari/Squid ⊕
Cape dory ⚡
(SA offshore trawl)
Cape horse mackerel
(SA mid-water trawl)
Cape rock oyster ⊕
(SC hand collected)
Catface rockcod
Carpenter ⊕
(SA inshore trawl)

Dorado ⊕
(SA pelagic longline)
Englishman
Gurnard ⚡
(SA offshore trawl)
Hake ⊕ *(Namibia)*
Kingklip ⊕ ⚡
(SA offshore trawl)
Prawns ⊕
Red roman
Santer ⊕ *(SA)*
Sardines *(SA)*
Sole *(East Coast)*
Yellowfin tuna ⊕
(SA pelagic longline)



RED – DON'T BUY

Abalone *(wild-caught)*
Bluefin tuna
Biscuit skate
(SA inshore trawl)
Black musselcracker/
Poenskop
Dageraad
Geelbek
Prawns ⊕
Red stumpnose/Miss Lucy
Scotsman
Shortfin Mako shark
Silver kob
West Coast rock lobster
White stumpnose

NO SALE

Baardman/Belman
Blacktail/Dassie
Brindle bass ⚡
Bronze bream
Cape stumpnose
East coast rock lobster (KZN)
Galjoen
Garrick
King fish
Natal knife jaw
Natal stumpnose
Natal wrasse ⚡
Potato bass ⚡
Red steenbras
River snapper
Seventy-four ⚡
Spotted grunter
West Coast steenbras
White musselcracker
White steenbras

SYMBOLS

⊕ Species appears on multiple lists (e.g. Orange and Red), depending on species, fishing method & location. See website/app for details.

⚡ Improvement project underway

⚡ Specially protected species that are not allowed to be taken out of the ocean at all

These **NO SALE RED LIST** species are illegal to sell in SA – either specially protected or recreational 'no sale' species.



What questions to 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 for sustainable seafood by joining the conversation:



Facebook.com/WWFSASSI
@WWFSASSI #WWFSASSI

What tools to 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.



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. FishMS brought to you by iVeri.



SASSI app

Download the free app for Android, Blackberry and iPhone. Find out the status of the fish you are buying or ordering.

For a detailed list and an assessment summary of each species, visit www.wwf.org.za/sassi 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.



Always look for **MSC eco-labelled products**, e.g. the South African trawled Hake, for the best choice in sustainable and traceable seafood. See www.msc.org for more info.



Always look for **ASC eco-labelled products** for the best choice in responsible and traceable farmed seafood. See www.asc-aqua.org for more info.



Scan the QR code above to get our latest app



Always Choose Green



Version: Nov 2017 – See website for details

SASSI – the **Southern African Sustainable Seafood Initiative** – is a collaborative initiative founded by **WWF-SA** that aims to improve the conservation status of over-exploited seafood and empower consumers to make better seafood choices.



This pocket card is printed on FSC approved paper.



Consumer Seafood
POCKET GUIDE

