

## What is the SASSI list?

The **South 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](http://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

Angelfish

Calamari/Squid

(various species)

Cape rock oyster

(KZN, hand collected)

Carpenter (SA line caught)

Dorado (SA line caught)

East coast rock lobster

(EC, hand collected)

Gurnard

(SA offshore trawl)

Hake (SA demersal longline)

Hake (SA trawl)

Hottentot

King mackerel

Kingklip

(SA demersal longline)

Kob (SA farmed)

Mussels (SA farmed)

Monk

Oysters (SA farmed)

Queen mackerel

Rainbow trout (SA farmed)

Sardines (SA)

Slinger (SA line caught)

Snoek (SA)

White mussel

(SA hand collected)

Yellowfin tuna

(SA pole caught)

Yellowtail



## ORANGE – THINK TWICE

Atlantic salmon

(Norway farmed)

Bigeye tuna

(SA pelagic longline)

Cape dory

Cape horse mackerel

(SA mid-water trawl)

Cape rock oyster

(Southern Cape

hand collected)

Catface rockcod

Dorado

(SA pelagic longline)

Englishman

Hake (Namibia)

Kingklip

(SA offshore trawl)

Octopus

Panga (SA line caught)

Prawns (various species)

Red roman

Santer

Sole (East Coast)

Swordfish

(SA pelagic longline)

West Coast rock lobster

These RED LIST species (on the dark background) are illegal to sell in SA – either specially protected or recreational 'no sale' species.



## RED – DON'T BUY

Abalone

Bluefin tuna

Biscuit skate

(SA inshore trawl)

Black musselcracker/

Poenskop

Dageraad

Geelbek

Jacopever

(SA offshore trawl)

Panga (SA inshore trawl)

Red stumpnose/Miss Lucy

Scotsman

Shortfin Mako shark

Silver kob

(SA inshore trawl)

Silver kob (SA line caught)

White stumpnose

White stumpnose

Natal wrasse

Potato bass

Red steenbras

River snapper

Seventy-four

Spotted grunter

West Coast steenbras

White musselcracker

White steenbras

## SYMBOLS

Species appears on more than one list as it is caught by multiple fishing sectors

Improvement project underway

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

## 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

## 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 #SASSIstories

## 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](http://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](http://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](http://www.asc-aqua.org) for more info.

You can support this work by making your voice heard by sharing your story and challenging others at:



[www.sassistories.co.za](http://www.sassistories.co.za)

- Share Your Story
- Keep Fishmongers Committed
- Always Choose Green



**Version: May 2016** – 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.



**SANBI** Biodiversity for Life

This pocket card is printed on FSC approved paper.



Consumer Seafood **POCKET GUIDE**