

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

Albacore tuna *(SA pole caught – Atlantic Ocean)*

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 / Cape bream

King mackerel ⊕ *(SA)*

Kingklip ⊕
(SA demersal longline)

Mussels *(SA farmed)*

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 – Atlantic Ocean)*

Yellowtail *(SA)*



ORANGE – THINK TWICE

Atlantic salmon
(Norway/Scotland farmed)

Bigeye tuna ⊕
(SA pelagic longline – Indian Ocean)

Blue shark

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)

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 ⊕

Black musselcracker/
Poenskop

Dageraad

Dusky kob *(Wild-caught)*

Geelbek

Prawns ⊕

Red stumpnose / Miss Lucy
Scotsman

Shortfin mako shark

Silver kob

West Coast rock lobster

White stumpnose

Yellowtail amberjack
(farmed from China)

NO SALE

Baardman/Belman

Bigeye tuna (SA pelagic
longline – Atlantic Ocean)

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: Sept 2018 — See website for details



This pocket card is printed on FSC approved paper.



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POCKET GUIDE

