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 6795
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 Vet.

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!

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.


You can support this work by making your voice heard by sharing your story and challenging others at:
www.sassistories.co.za

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.

You have a choice. Make it green.
**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. SASSI provides a risk label, or 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 overfishing (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.

- Anchovy
- Angelfish
- Calamari/Squid
- Cape rock oyster
- Carpenter
- Dorado
- East coast rock lobster
- Gurnard
- Hake
- Hotwater
- King mackerel
- Kingklip
- Lawnfish
- Atlantic salmon
- Bigeye tuna
- Mussel
- Monk
- Oysters
- Queen mackerel
- Rainbow trout
- Sardine
- Slinger
- Sooek
- White mussel
- Yellowfin tuna
- Yellowtail

**ORANGE – THINK TWICE**

There are reasons for concern either because the species is depleting as a result of overfishing and cannot sustain current fishing pressure or because the fishing or farming methods pose harm to the environment and/or the biology of the species makes it vulnerable to high fishing pressure.

- Anchoovy
- Angelfish
- Calamari/Squid
- Cape rock oyster
- Carpenter
- Dorado
- East coast rock lobster
- Gurnard
- Hake
- Hotwater
- King mackerel
- Kingklip
- Lawnfish
- Atlantic salmon
- Bigeye tuna
- Mussel
- Monk
- Oysters
- Queen mackerel
- Rainbow trout
- Sardine
- Slinger
- Sooek
- White mussel
- Yellowfin tuna
- Yellowtail

**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.

- Abalone
- Bluefin tuna
- Biscuit skate
- Black mackerel
- Panga
- English Hake
- Kingklip
- Lawnfish
- Atlantic salmon
- Bigeye tuna
- Mussel
- Monk
- Oysters
- Queen mackerel
- Rainbow trout
- Sardine
- Slinger
- Sooek
- White mussel
- Yellowfin tuna
- Yellowtail

**SYMBOLS**

- **Species appears on more than one list as it is caught by multiple fishing sectors**
- **Specialty protected species that are not allowed to be taken out of the ocean at all**
- **Improvement project underway**
- **Specially protected species that are not allowed to be taken out of the ocean at all**

**NO SALE**

- Boardman/Belenka
- Blacktail/Dassie
- Brindie bass
- Bronze bream
- Cape mummichog
- East coast rock lobster
- Galjoen
- Garlick
- King fish
- Natal knife jaw
- Natal sturgeon
- Natal wrasse
- Potato bass
- Red steenbras
- River snapper
- Seventy-four
- Spotted gurnard
- West Coast steenbras
- White mummichog
- White steenbras