WHAT SHOULD I ASK?

Our oceans are in trouble due to unsustainable fishing and irresponsible farming practices. You can make a difference by making an informed seafood choice

The next time you are ordering or buying seafood, have a conversation with the waitron or fishmonger and ask these three simple questions:



How was it caught or farmed?

Where is it from?

Only the most popular seafood species have been included on this pocket card. For a more complete

list, visit wwfsassi.co.za







YOU CAN MAKE A DIFFERENCE

WWF-SASSI provides this quick access pocket guide as well as digital tools to check the status of the seafood you are eating to ensure sustainable seafood now and into the future



WWF-SASSI app

Download the free app for Android and iOS. Find out the status of the fish you are buying or ordering: sassiapp.co.za



WWF-SASSI Website

Visit wwfsassi co. za for the full interactive list. Here you can also find out what WWF-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**

Look out for the MSC eco-label on wild-caught seafood products, e.g. SA trawled hake.



See the MSC website for more details:

msc.org

Look out for the ASC eco-label on **farmed** seafood products. e.g. certified Norwegian salmon.

See the ASC website for more details:





SCAN THE OR CODE TO GET OUR LATEST APP



FARMED RESPONSIBLY

asc

CERTIFIED

KNOW YOUR **WWF-SASSI** FACTS

SASSI does not equal SASSI accredited/endorsed

SASSI does not equal SASSI compliant/approved

SASSI logo does not mean "Everything is sustainable"



Responsibly caught does not equal ecologically

Traceable does not equal sustainable

Not all red listed species are illegal

Seafood can have more than one colour depending on where it is caught, or the fishing/farming method used to catch it.

For more info on WWF-SASSI facts visit wwfsassi co za

NOTE: This pocket card is date: October 2023 and is updated annually. Please contact WWF-SASSI at sassi@wwf.org.za to get an undated pocket card.





YOU HAVE **A CHOICE GREEN**

CONSUMER SEAFOOD GUIDE



The WWF - Southern African Sustainable Seafood Initiative (WWF-SASSI) is a 'traffic light' quick reference quide to help you make environmentally responsible seafood choices.

To use the WWF-SASSI list you need to know:

- WHAT species you are eating the health of fish stocks and the vulnerability of the species to fishing pressure
- HOW it was caught/ farmed the environmental effects of the fishing method used to capture the fish
- WHERE it comes from the effectiveness of the management of the fishery

GREEN - BEST CHOICE

These are the most sustainable seafood choices, from the healthiest and most wellmanaged fish populations. These species can handle current fishing pressure or are farmed in a way that does not harm the environment.

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 South Africa. '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

Albacore tuna

(SA pole caught -

& Spain purse seine)

(SA offshore trawl)

Cane bream

(SA linefishing)

+ Cape rock oyster

+ Calamari/Squid

(SA linefishing)

(SA linefishing)

+ Dorado (SA linefishin

+ Giant tiger prawn

(Vietnam farmed using

extensive production

+ Carpenter

(KZN, hand collected)

(Patagonian jigging)

Catface rockcod

Atlantic Ocean)

Anchovy (SA

Angelfish

BEST CHOICE







- + Hake (SA & Namibia MSC)
- + Kinaklin (SA demersal longline)
- Prawns (Vietnam & Foundar ASC certified)
- Mussels (SA farmed)
- Ovsters (SA farmed) Oueen mackerel (SA linefishing)
- Rainhow trout (SA and Lesotho farmed)
- + Slinger (SA linefishing) Snoek (SA linefishing & trawled, NZ trawled)
- White mussel (SA hand collected)
- + Yellowfin tuna (SA pole & line. Atlantic ocean
- + Yellowtail (SA linefishing)

- * See website or app for details.
- → Species appears on multiple lists*
- ◆ Species under improvement*
- Specially protected species that are not allowed to be taken out of the ocean at all

Atlantic salmon

Black musselcracker

(Norway farmed)

(SA linefishina)

+ Calamari/Squid

+ Cape dory

(Patagonian trawled)

(SA offshore trawl)

+ Cape rock oyster



RED





(Indian ocean trawl)

(SA inshore trawl)

Dageraad (SA)

Dusky kob

- + Cape dory
- (SA linefishing) + Prawns (various) Red roman (SA)
- Cape Salmon/Geelbek

NO SALE - ILLEGAL TO SELL IN SA

+ Carpenter (SA inshore trawl) + Dorado

Baardman/Belman

Cape & Natal knife jaw

Blacktail/Dassie

Bronze bream

* Brindle bass

(SA pelagic longline) Englishman (SA linefishing)

- European pilchard/ sardine (European purse
- + Jacopever
- + Kingklip (SA offshore trawl)

- + Santer (SA) Sardines (SA)
 - Shad/Elf (excl. KZN) Sole (East Coast)
- + Yellowfin tuna (SA pelagic longline)
- + Yellowtail amberiack (Japan purse seine & pound nets)

Cape stumpnose

Natal stumpnose

Galioen

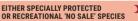
Garrick

Kina fish

- (SA offshore trawl)
- + King mackerel
 - (SA wild-caught) Langoustine (Mozambique trawl)
 - + Prawns (various) Red stumpnose/ Miss Lucy (SA wild-caught)
- Shortfin make shark (SA) Silver koh (SA) Squaretail kob (SA) Soupfin shark (SA longline & trawl) West Coast rock lobster (SA pots, hoops, traps & ring nets) White stumpnose (SA)

Yellowtail amberiack

(Japan & China cage farmed)



- * Natal wrasse
- * Potato bass Red steenbras River snapper
- * Seventy-four

Spotted grunter West Coast steenbras West Coast rock lobster White musselcracker

White steenhras