

# 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:**

- 1 **What** species is it?
- 2 **How** was it caught or farmed?
- 3 **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](http://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](http://sassiapp.co.za)



## WWF-SASSI Website

Visit [wwfsassi.co.za](http://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](http://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:

[asc-aqua.org](http://asc-aqua.org)



SCAN THE QR  
CODE TO GET OUR  
LATEST APP



## 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 sustainable**

**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](http://wwfsassi.co.za)

**NOTE:** This pocket card is date: December 2025  
and is updated annually. Please contact WWF-SASSI at  
[sassi@wwf.org.za](mailto:sassi@wwf.org.za) to get an updated pocket card.



**YOU HAVE  
A CHOICE  
MAKE IT  
GREEN**

**CONSUMER SEAFOOD GUIDE**

# TAKE ACTION

The WWF - Southern African Sustainable Seafood Initiative (WWF-SASSI) is a 'traffic light' quick reference guide 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 well-managed 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

## BEST CHOICE

- + Albacore tuna (SA pole caught - Atlantic Ocean)
- + Anchovy (Spain purse seine)
- Angelfish (SA offshore trawl)
- Cape bream (SA linefishing)
- + Cape rock oyster (KZN, hand collected)
- + Calamari/Squid (Patagonian jigging)
- Catface rockcod (SA linefishing)
- + Carpenter (SA linefishing)
- + Dorado (SA linefishing)
- + Giant tiger prawn (Vietnam farmed using extensive production)

## SYMBOLS

- + Species appears on **multiple lists\***
- ⌚ Species under **improvement\***
- ✳ Specially **protected** species that are not allowed to be taken out of the ocean at all

\* See website or app for details.

## ORANGE

## THINK TWICE

- + Anchovy (SA purse seine)
- + Kingklip (SA demersal longline)
- Prawns (Vietnam & Ecuador ASC certified)
- Mussels (SA farmed)
- Oysters (SA farmed)
- Queen mackerel (SA linefishing)
- Rainbow trout (SA and Lesotho farmed)
- + Slinger (SA linefishing)
- Snoek (SA linefishing & trawled, NZ trawled)
- White mussel (SA hand collected)
- + Yellowfin tuna (SA pelagic longline - Indian Ocean & pole & line - Atlantic Ocean)
- + Yellowtail (SA linefishing)

## NO SALE - ILLEGAL TO SELL IN SA

- Baardman/Belman
- Blacktail/Dassie
- ✳ Brindle bass
- Bronze bream
- Cape & Natal knife jaw

## RED

## DON'T BUY

- Abalone (wild-caught)
- + Bluefin tuna (SA pelagic longline)
- Blue swimming crab (Indian ocean trawl)
- + Cape dory (SA inshore trawl)
- Dageraad (SA)
- Dusky kob (SA wild-caught)
- Langoustine (Mozambique trawl)
- + Prawns (various)
- Red stumpnose/ Miss Lucy (SA wild-caught)



## EITHER SPECIALLY PROTECTED OR RECREATIONAL 'NO SALE' SPECIES

- ✳ Natal wrasse
- ✳ Potato bass
- Red steenbras
- River snapper
- ✳ Seventy-four
- Spotted grunter
- West Coast steenbras
- West Coast rock lobster
- White musselcracker
- White steenbras