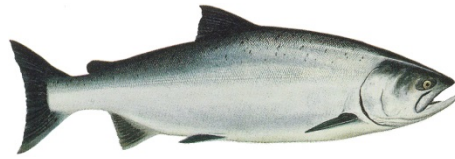


Ocean Wise Salmon Recommendations for the Canadian Market



Salmon	Wild/Farmed	Location	Harvest Method	Eco-Certification	Ranking
Pink	Wild	British Columbia	All gears	MSC	Ocean Wise
Sockeye	Wild	British Columbia	All gears	MSC	Ocean Wise
Chum	Wild	British Columbia	All gears	MSC	Ocean Wise
Chinook	Wild	British Columbia: North Coast, Central Coast, Transboundary, Area D	Drift gillnet		Ocean Wise
Chinook	Wild	British Columbia: North Coast, West Coast Vancouver Island	Troll/Pole		Ocean Wise
Coho	Wild	British Columbia Central Coast, Transboundary Canada, Area D	Drift gillnet		Ocean Wise
Coho	Wild	British Columbia: North Coast, West Coast Vancouver Island	Troll/Pole		Ocean Wise
Coho	Wild	British Columbia: North Coast	Unassociated purse seine		Ocean Wise
All	Wild	Alaska (except Annette Islands)	All gears	MSC	Ocean Wise
Atlantic (Blue Circle Brand)	Farmed	Norway- Kvaroy and Selsoyvik farms only	Open net pen		Ocean Wise
Chinook	Farmed	New Zealand	Open net pen		Ocean Wise
Chinook	Wild	British Columbia: South Coast	Drift gillnet, Unassociated purse seine		Not Recommended
Coho	Wild	British Columbia: South Coast	Drift gillnet, Unassociated purse seine		Not Recommended
Sockeye	Wild	Russia: VA-Delta Kamchatka	Coastal traps, beach seines	MSC	Ocean Wise
All	Farmed	Worldwide	Recirculating aquaculture system (RAS)		Ocean Wise

Note- for a full list of Salmon recommendations, please go to <http://seafood.ocean.org/seafood/search?keywords=salmon>

Atlantic	Farmed	Worldwide	Open net pen		Not Recommended
Atlantic	Farmed	Worldwide	Open net pen	ASC	Not Recommended

Summary

There have been a number of changes to salmon ratings and certifications as well as media stories around salmon this year. This document is meant to summarize the most common salmon species found in the Canadian market (retailers and restaurants), broken down by fishing or farming method and area of harvest.

British Columbia

All wild BC salmon is Ocean Wise recommended with the exception of South Coast Chinook and Coho. Most Chinook populations in southern BC have decreased substantially between 1997 and 2003 and are thought to have very high conservation concerns. The substantial hatchery contribution to the populations also complicates the evaluation of wild stock status. Coho salmon abundance in southern BC has also declined over the past 20 years and many populations cannot support directed fisheries. The interior Fraser River Coho population is thought to be endangered.

Alaska

All salmon fisheries in Alaska are MSC-certified and most are Ocean Wise recommended with the exception of Annette Island Reserve fishery. Due to the lack of sufficient evidence to measure impacts on endangered and threatened species, this fishery is not Ocean Wise recommended.

Russia

There is ongoing concern about illegal fishing of Russian salmon. Only MSC-certified salmon fisheries in Russia are Ocean Wise recommended. These fisheries operate via coastal trap nets and beach seines. There are no clear measurable improvements in fishing practices from other areas.

Farmed Salmon

Although Ocean Wise recognizes the recent industry improvements to salmon aquaculture practices, most farmed salmon, including BC farmed salmon, remain not recommended. There are concerns around chemical use and disease outbreaks to wild populations. Currently the only Ocean Wise farmed salmon options are Chinook from New Zealand, Atlantic salmon (Blue Circle Brand only) from Kvarøy and Selsoyvik farms in Norway, and all salmon farmed in land-

based, closed containment systems worldwide. Effective management practices adopted by these farms have kept most environmental impacts to a low level.

Salmon FAQs

Are there any health concerns around mercury levels in salmon?

The Monterey Bay Aquarium has identified a list of Super Green Seafood that is caught or farmed sustainably and is also excellent for human health. This list includes wild caught salmon as well as salmon farmed in closed containment (RAS) as having mercury levels of less than 216 parts per billion. For more information please see:

<http://www.seafoodwatch.org/consumers/seafood-and-your-health>

What about radioactivity?

The radioactivity risk for seafood items is very low and has steadily decreased since the tsunami- stricken nuclear reactor meltdowns in 2011. For more information, please see the following videos:

https://www.youtube.com/watch?v=Ptqsr_x7zMo

<https://www.youtube.com/watch?v=zaXKLz3X9aU>

I am hearing about Genetically Modified (GM) salmon is being sold in Canada. Should I be concerned?

An American company called AquaBounty has genetically engineered Atlantic salmon by combining a gene from an ocean pout and another from Chinook salmon into Atlantic salmon eggs. The company claims their salmon can grow twice as fast as conventionally farmed salmon. These fish are grown in closed containment so the risk of escapes is extremely unlikely. Ocean Wise does not consider human health risk in our recommendations, however Canadian labelling laws are such that GM salmon does not have to be explicitly labeled. In the same way as customers should have a right to know whether they're eating dover sole or flounder when something is labelled "sole", they should also know what kind of salmon they're eating. For more information on Canadian labelling laws, please visit <http://labelmyseafood.ca>

I am hearing that salmon returns in BC are low this year. How can this fishery still be Ocean Wise recommended?

One of the four criteria we use for assessing wild capture fisheries is effectiveness of management. In the case of BC salmon, the Department of Fisheries (DFO) has decided to close some fisheries in specific runs in order to ensure that stock levels continue to be stable, which is a sign that proper management is in place.

I hear that Russian sockeye is commonly found in Canada. How do I know what I am eating is Ocean Wise?

Due to the low returns of BC sockeye in 2017, most sockeye sold in Canada is likely to be imported from Russia or Alaska. All Alaskan sockeye is Ocean Wise recommended, while Russian sockeye is recommended if it is Marine Stewardship Council (MSC) certified. We recommend you ask where your fish comes from so that you are confident you are making ocean-friendly decisions.

Is steelhead a trout or salmon?

Genetically rainbow trout and steelhead are the same species of salmon (*Oncorhynchus mykiss*). However, they have very different life history characteristics; rainbow trout live in freshwater lakes and rivers, while steelhead live in the ocean and return to rivers to spawn. There are no commercial fisheries for either steelhead or rainbow trout in Canada, but they are farmed.

I've read about the recent escapes of Atlantic salmon from a farm in Washington State. What are the concerns for wild populations?

Because Atlantic salmon are not native to the Pacific, there is little evidence of their ability to colonize. However, the impacts of wild Atlantic escapes are largely unknown, and concerns do exist about the species eventually adapting to local conditions and competing with native populations for resources. More immediate concerns are around disease and parasite outbreaks.

For more information on Ocean Wise salmon recommendations, go to the Ocean Wise [website](#) or app or contact the Ocean Wise Team directly: seafood@ocean.org