

# A Guide to Sustainable Seafood





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With 15 years experience, and 750 partners totalling 3000 locations across Canada, it's easy to ensure that you are making smart choices for our oceans when you choose Ocean Wise recommended seafood.

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The Ocean Wise symbol next to a seafood item is your assurance of an ocean-friendly choice.

# SUSTAINABLE FISHING + AQUACULTURE

PRACTICES INCLUDE:

-  **HARVESTING THAT ENSURES HEALTHY AND RESILIENT STOCKS**
-  **EFFECTIVE AND ADAPTIVE MANAGEMENT**
-  **LIMITED NEGATIVE IMPACTS ON HABITATS AND OTHER SPECIES**

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There are many forms of sustainable fishing and aquaculture (farming). Ocean Wise uses tried and tested criteria for our scientific process and have produced over 850 seafood recommendations for you to enjoy.

**TO LEARN MORE, VISIT**

**OCEAN.ORG/SEAFOOD ➔ SEAFOOD SEARCH**

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Seafood is the primary daily source of protein for  
**OVER ONE BILLION PEOPLE**

**91%**

of Canadians  
want their seafood  
to be sustainable.

**BUT ONLY**

**11%**

buy sustainable  
seafood every time  
they shop.



of the world's fish stocks are  
**OVERFISHED**



**4** OF **EVERY 10** FISH  
caught are bycatch



**AQUACULTURE**  
now accounts for over  
**52% of all seafood**  
we consume globally

**Overfishing**

is the greatest threat  
facing our oceans





If you choose to eat seafood, consume responsibly by purchasing Ocean Wise recommended products. This way you will know that you are contributing to healthy oceans for generations to come.

You have the power to make a positive impact on the oceans EVERY TIME you choose sustainable seafood.

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## Join the Movement

TO LEARN MORE ABOUT BECOMING AN OCEAN WISE SEAFOOD PARTNER VISIT [OCEAN.ORG/SEAFOOD](https://ocean.org/seafood)



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