

ALWAYS ASK THE FOLLOWING QUESTIONS

What is it? Where is it from? How was it caught or farmed?

You have the right to know what you are eating. Remember – You have a choice. Make it Green!

Free SASSI app!

Scan here to download the free SASSI app.



FishMS brought to you by Veri

Simply text the name of the fish to the number **079 499 8795** and you will immediately get a message telling you whether to tuck in, think twice or avoid completely! Normal network rates apply.

KEY TO SYMBOLS

- Specially protected species
- Local improvement projects underway (only applicable in SA)
- Species in the **RED** list with a black background are illegal to sell in South Africa. Either specially protected or recreational “no sale” species. Never buy these.

LOOK OUT FOR THE MSC LOGO

SASSI is not an eco-label or an endorsement of specific products.



SASSI supports the MSC as the leading eco-label for wild capture fisheries products. For more info and a comprehensive list of MSC certified products, visit www.msc.org.

NOT ON THE LIST?

Only the most popular seafood species have been included on this pocket card. For a more complete list, check our website.



GREEN - BEST CHOICE



Always look for MSC eco-labelled products, such as the South African offshore trawled Hake, for the best choice in wild capture products.

- | | |
|-----------------------------|--------------------------|
| Anchovy | Oysters |
| Calamari (Squid) | Rainbow Trout |
| Horse Mackerel/ | (farmed in SA)* |
| Maasbanker (midwater | Sardines |
| trawl)* | (South African) |
| Hottentot (line caught)* | Snoek (South African) |
| Kob (farmed in SA on land)* | Tuna (pole caught ONLY)* |
| Monk | Yellowtail |
| Mussels | |

*See www.wwf.org.za/sassi for details



ORANGE - THINK TWICE

- | | |
|--------------------------|------------------------------|
| Abalone (farmed)* | Red Roman |
| African Sharptooth | Sole (East Coast) |
| Catfish (farmed)* | Tuna (local longline)* |
| Carpenter (line caught)* | West Coast Rock Lobster |
| East Coast | White Stumpnose |
| Spiny Lobster | (line caught)* |
| Geelbek/Cape Salmon | Yellowtail (locally farmed)* |
| (line caught)* | |
| Hake (SA longline)* | |
| Kingklip | |
| Kob (farmed at sea or | |
| line caught)* | |
| Ling | |
| (New Zealand Kingklip) | |
| Panga (line caught)* | |
| Pangasius/Basa (farmed)* | |
| Prawns | |

*See www.wwf.org.za/sassi for details



RED - DON'T BUY

- | | |
|----------------------------------|--------------------------|
| Black Musselcracker/
Poenskop | Cape Stumpnose |
| Dageraad | Galjoen |
| Kob (trawl caught)* | Garrick |
| Red Stumpnose/
Miss Lucy | King Fish |
| Sharks (trawl caught)* | Knife Jaw |
| Skates and Rays* | Natal Stumpnose |
| Tuna (imported | Natal Wrasse |
| longline)* | Potato Bass |
| | Red Steenbras |
| | River Snapper |
| | Seventy-four |
| | Spotted Grunter |
| | West Coast |
| | Steenbras |
| | White Mussel-
cracker |
| | White Steenbras |

NO SALE SPECIES

- Baardman/Belman
- Blacktail/Dassie
- Brindle Bass
- Bronze Bream

*See www.wwf.org.za/sassi for details

CONSUMER SPECIES LIST

This list tells you about which seafood species are legal and more sustainable choices. These species have been assessed by considering the stock status, the environmental effects of fishing and the management in place to reduce these effects or maintain the stock at healthy levels.

Visit our website for more details on which farming and fishing methods are the most environmentally friendly.

For more information, visit www.wwf.org.za/sassi

or visit our mobi site at wwfsassi.mobi or send an email to sassi@wwf.org.za

Join our conversation! Visit our Facebook page at www.facebook.com/WWFSASSI or find us on Twitter [@WWFSASSI](https://twitter.com/WWFSASSI)



EACH COLOUR HAS A DIFFERENT MEANING:



GREEN - BEST CHOICE

The **most sustainable choices** from the healthiest and most well managed populations. These species can handle current fishing pressure, or are farmed in a manner that does not harm the environment.



ORANGE - THINK TWICE

Exercise caution when choosing these as 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



Don't buy these species because they are either from **unsustainable populations**, which are collapsed and/or have extreme environmental concerns and/or lack appropriate management, or are **illegal to buy or sell** in South Africa (No sale species). Dealing in illegal species will result in prosecution. No sale species are reserved for recreational fishers, who need a valid fishing permit, may not sell their catch and must adhere to specific regulations.

Find out more about recreational fishing regulations and Marine Protected Areas on our SASSI mobi site at wwfsassi.mobi

SASSI participating restaurants and retailers

SASSI works closely with a number of key partners. Visit our website (www.wwf.org.za/sassi) to find participating retailers and supporting restaurants.



Pick n Pay

Inspired by you

CHARL VAN DER MERWE TRUST

Southern African Sustainable Seafood Initiative (**SASSI**) is a collaborative initiative by **WWF-SA** and others that aims to improve the conservation status of over-exploited seafood.



To check the status of any fish, text its name to **079 499 8795**

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Consumer Seafood
POCKET GUIDE

For the love of our oceans