

What is the SASSI list?

The **South African Sustainable Seafood Initiative (SASSI)** is a 'traffic light' quick reference guide to help you make environmentally responsible seafood choices. It is not an eco-label, nor an endorsement of specific products.

To use the SASSI list you need to know **what** species you are eating, **how** it was caught/farmed and **where** it comes from.

- The health of fish stocks and the vulnerability of the species to fishing pressure (**what**)
- The environmental effects of the fishing method used to capture the fish (**how**)
- The effectiveness of the management of the fishery (**where**)

Only the most popular seafood species have been included on this pocket card. For a more complete list, visit www.wwf.org.za/sassi



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 ocean.



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 either from **unsustainable populations**, have extreme **environmental concerns**, lack appropriate management or are **illegal** to buy or sell in SA. '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

Anchovy
Angelfish
Calamari/Squid (*various species*)
Dorado (*SA line caught*) +
Gurnard (*SA offshore trawl*) +
Hake (*SA trawl*) +
Hottentot
Kob (*farmed in SA*) +
King mackerel

Queen mackerel
Monk
Mussels
Oysters
Rainbow trout (*farmed in SA*)
Sardines (*SA*)
Snoek (*SA*)
Yellowfin tuna (*SA pole caught*) +
Yellowtail (*SA*)



Always look for **MSC eco-labelled products**, e.g. the South African trawled Hake, for the best choice in sustainable and traceable seafood. See www.msc.org for more info.



Always look for **ASC eco-labelled products** for the best choice in responsible and traceable farmed seafood. See www.asc-aqua.org for more info.



ORANGE – THINK TWICE

Cape dory
Carpenter (*SA line caught*) +
Dorado (*SA pelagic longline*) +
East Coast spiny lobster
Englishman
Geelbek/Cape salmon (*SA line caught*) +
Hake (*Namibia*)
Hake (*SA demersal longline*) +
Kingklip +
Octopus
Panga (*SA line caught*) +
Pangasius/Basa (*farmed in Vietnam*)
Prawns (*various species*)



ORANGE – THINK TWICE

Catface rockcod
White-edge rockcod
Yellowbelly rockcod
Red roman
Atlantic salmon (*farmed in Norway*)
Santer
Sole (*East Coast*) +
Swordfish (*SA pelagic longline*)
Bigeye tuna (*SA pelagic longline*) +
West Coast rock lobster

Species on the red list with a dark background are illegal to sell in SA – either specially protected or recreational 'no sale' species.



RED – DON'T BUY

Black musselcracker/
Poenskop
Dageraad
Jacopever
Kob (*SA inshore trawl*) +
Red stumpnose/Miss Lucy

Scotsman
Shortfin Mako shark (*SA pelagic longline*)
Biscuit skate +
White stumpnose
Bluefin tuna



Baardman/Belman
Blacktail/Dassie
Brindle bass *
Bronze bream
Cape stumpnose
Galjoen
Garrick
King fish
Natal knife jaw
Natal stumpnose

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



KEY TO SYMBOLS



Species appears on more than one list as it is caught by multiple fishing sectors



Improvement project underway



Specially protected species that are not allowed to be taken out of the ocean at all

What questions to ask?

Seafood can appear on more than one list depending on its origin or the way it was removed from the sea.

This is why we must always **ask questions** about what we're eating:

1. What species is it?
2. How was it caught or farmed?
3. Where is it from?

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

Speak up for our oceans and show your commitment for sustainable seafood by joining the conversation:



Facebook.com/WWFSASSI
@WWFSASSI #SASSIstories

What tools to use?

You have a right to know what you are eating. SASSI provides this quick access pocket guide as well as digital tools to check the status of your seafood.



FishMS 079 499 8795

To check the status of any fish, text its name to the number above and you will receive an instant response! Standard SMS rates apply. FishMS brought to you by iVeri.



SASSI app

Download the free app for Android, Blackberry and iPhone. Find out the status of the fish you are buying or ordering. SASSI app brought to you by the Lateral Alternative.

For a detailed list and an assessment summary of each species, visit www.wwf.org.za/sassi for the full interactive list. Here you can also find out what 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.



You can support this work by making your voice heard by sharing your story and challenging others at: www.sassistories.co.za

- Share Your Story
- Keep Fishmongers Committed
- Always Choose Green



Version: July 2015 – See website for details

SASSI – the **Southern African Sustainable Seafood Initiative** – is a collaborative initiative founded by **WWF-SA** that aims to improve the conservation status of over-exploited seafood and empower consumers to make better seafood choices.



This pocket card is printed on FSC approved paper.



Consumer Seafood
POCKET GUIDE