

Who Fishes Matters.

Local Fishermen. Local Seafood. Local Control. Local Communities.

7
Principles
for Choosing
Seafood

A photograph of four people on a fishing boat. In the foreground, a woman in a dark blue hoodie smiles at the camera. Behind her, three men are working with a large pile of oysters. One man in bright orange overalls and a cap is leaning over the pile. Another man in a dark jacket and red overalls is also working with the oysters. A third man in a camouflage jacket and a beanie is on the right, looking towards the oyster pile. The boat's rigging is visible, and the background shows a body of water under a cloudy sky.

7 Principles for Choosing Seafood

- Buy from local fishermen whenever possible
- Choose seafood that has traveled the least distance
- Choose wild seafood whenever possible
- Avoid farmed finfish and shrimp
- Avoid fake or imitation seafood products
- Get involved in a Community Supported Fishery (CSF)
- Ask how, where, and when your seafood was caught

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