


NOT ON THE LIST?

Only the most popular seafood species have been included on this pocket card. Species are also regularly being added to our database. For a more complete list, check our FishMS, mobi site and website.

ALWAYS ASK THE FOLLOWING QUESTIONS

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

Research has shown that the consumer who asks questions drives positive change more rapidly than those who make eco-friendly choices, but don't inform the restaurant or retailer.

FishMS brought to you by 

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



Improvement Projects underway



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 a consumer awareness programme which provides general advice. It is not an eco-label or an endorsement of specific products. Look for the MSC eco-label for independent assurance of sustainability in wild-capture fisheries. Products displaying the MSC eco-label are traceable back to the sustainable fishery that caught it. For more info, visit www.msc.org

Because SASSI supports the MSC as the leading marine eco-label, MSC-labelled products available in SA are automatically placed on the SASSI green list.



GREEN - BEST CHOICE

- | | |
|---|--|
| Alaskan Salmon  | Oysters |
| Anchovy  | Panga (line caught)* |
| Angelfish | Portuguese |
| Atlantic Mackerel  | Sardines  |
| Calamari (Squid) | Queen Mackerel |
| Dorado | Rainbow |
| Gurnard (offshore trawl)* | Trout (farmed in SA)* |
| Hake  | Santer |
| Herring  | South African Sardines  |
| Horse Mackerel/
Maasbanker | South African Snoek |
| Kob (farmed on land)* | Tuna (pole caught only)* |
| Mussels | West Coast Rock Lobster |
| | Yellowtail |

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



ORANGE - THINK TWICE

- | | |
|--|---|
| Abalone (farmed)* | Monk  |
| Atlantic/Norwegian Salmon (farmed)* | New Zealand Kingklip/
Ling |
| Cape Dory | Pangasius/Basa (farmed)* |
| Carpenter (line caught)* | Prawns |
| Catface Rockcod | Red Roman |
| African Sharptooth Catfish (farmed)* | Sharks (line caught)* |
| Englishman | Skates and Rays* |
| Geelbek/Cape Salmon (line caught)* | Slinger |
| Hake (longline)* | Sole (East Coast)  |
| Hottentot | Swordfish |
| Jacopever (offshore trawl)* | Tuna (local longline)* |
| King Mackerel | White Stumpnose (line caught)* |
| Kingklip  | Yellowtail (locally farmed)* |
| Kob (farmed at sea or line caught)* | |

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



RED - DON'T BUY

- | | |
|---|--|
| Black Musselcracker/
Poenskop | NO SALE SPECIES |
| Dageraad | Baardman/Belman |
| Kob (trawl caught)*  | Blacktail/Dassie |
| Red Steenbras | Brindle Bass  |
| Red Stumpnose/
Miss Lucy | Bronze Bream |
| Scotsman | Cape Stumpnose |
| Sharks (trawl caught)* | Galjoen |
| Tuna (imported longline)* | Garrick |
| White-edge Rockcod | King Fish |
| Yellowbelly Rockcod | Knife Jaw |
| | Natal Stumpnose |
| | Natal Wrasse  |
| | Potato Bass  |
| | River Snapper |
| | Seventy-four  |
| | Spotted Grunter |
| | West Coast Steenbras |
| | White Musselcracker |
| | White Steenbras |

*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. The species included on the list 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.

Some fishing and farming methods pose less harm to the environment than others. Visit our website for more details on which farming and fishing methods are the most environmentally friendly.

Those **procuring** seafood are especially encouraged to consult our website for a comprehensive list of all species assessed.

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

SASSI mobi site brought to you by  **pinpoint**
only the info you want

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 does not endorse participating restaurants and retailers, but is working closely with a number of key partners. To find participating restaurants visit our website or www.dining-out.co.za



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