

## Next time you visit your supermarket:

- ✓ take the opportunity to quiz the seafood clerk about where and how the seafood was caught or farmed.
- ✓ don't buy Redlist species and tell your supermarket why you aren't.
- ✓ demand better labelling on your seafood products.
- ✓ want to take more action?  
Go to [greenpeace.ca/fish](http://greenpeace.ca/fish)

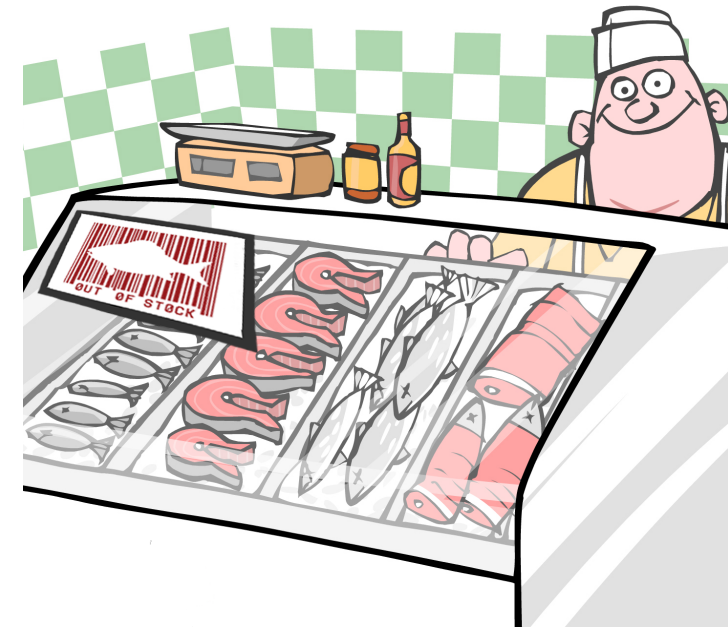
## REDLIST

- \* Bluefin, yellowfin & bigeye tuna
- \* Farmed Atlantic salmon
- \* Chilean seabass
- \* Atlantic cod
- \* Haddock
- \* Atlantic halibut
- \* Atlantic sea scallops
- \* New Zealand hoki
- \* Tropical shrimp & prawns
- \* Greenland halibut (Turbot)
- \* Orange roughy
- \* Sharks
- \* Arctic surf clams
- \* Skates & rays
- \* Swordfish



**BEHIND THE  
COUNTER**

**Avoiding Fishy  
Seafood Choices**



**Greenpeace is calling** on Canada's eight largest supermarket chains to adopt sustainable seafood policies, remove Redlist species from their shelves and provide better information to their customers.

While these greener shopping tips and action points apply to any store that sells seafood, we encourage you to contact the following chains at [www.greenpeace.ca/fish](http://www.greenpeace.ca/fish) to ask them to take the lead in saving the oceans:

Loblaw. Metro. Sobeys. Safeway. Costco. Wal-mart. Federated Cooperatives. Overwaitea.

Some supermarkets, like IGA, Superstore and Save On Foods, belong to one of the major parent companies listed above. Check our website for more info.

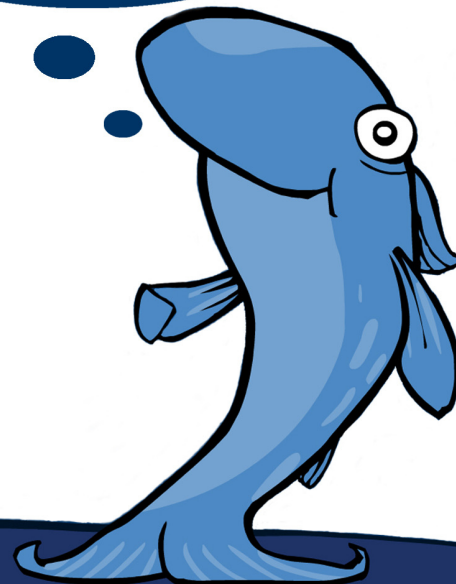


Each year, millions of tonnes of seafood are tossed back into the ocean dead or dying.



More than 200,00 endangered sea turtles are caught every year on longlines set for swordfish, tuna and other fish you eat. Most are killed and thrown back.

Remember, salvaging fish stocks today means savouring seafood in the future!



## GREENER SEAFOOD

Tear this off, tuck it in your wallet and take it with you the next time you shop. The oceans will thank you!

**When shopping for seafood, remember:**

- ✓ choosing **alternate protein sources** takes pressure off the oceans.
- ✓ **buying locally** often means better information about how fish were farmed or caught and helps reduce its carbon footprint.
- ✓ **farmed shellfish** that comes from **suspension culture** that is **native** to the region is a better choice— greener options include farmed mussels and scallops.
- ✓ **more selective fishing gear** is friendlier for marine life— B.C. **trap-caught** prawns, **hand-picked** scallops, or Nova Scotia **harpoon-caught** swordfish are better options.
- ✓ **farmed fish raised in closed containment** is a much greener choice.
- ✓ farmed fish like North American raised tilapia are also better options because they can be **raised without being fed wild fish**.
- ✓ eating species that are **lower down on the food chain** like clams, oysters, anchovies and sardines gives our larger, more popular species a chance to recover.
- ✓ opting for **minimally packaged seafood** decreases your carbon footprint.