


## NOT ON THE LIST?

Species are regularly being added to our database, which is available through FishMS, our mobi site and website.

## ALWAYS ASK THE FOLLOWING QUESTIONS

**What is it? Where is it from? How was it caught?**

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



Fishery 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

The MSC eco-label indicates that a product is certified to be from a well-managed and sustainable fishery. For more information, visit: [www.msc.org](http://www.msc.org)

Remember the product must carry the MSC logo to be sure it comes from a MSC certified fishery.



## GREEN - BEST CHOICE

Alaskan Salmon 	Kob (land based farms)*
Albacore Tuna (pole caught)*	Mussels (farmed & wild)*
Albacore Tuna 	Oysters (farmed & wild)*
Anchovy 	Panga (line caught)*
Angelfish	Portuguese
Atlantic Mackerel 	Sardines 
Calamari (Squid)	Queen Mackerel
Canned Tuna (selected sources)*	Santer
Dorado	South African Sardines 
Gurnard (offshore trawl)*	South African Snoek
Hake 	West Coast Rock Lobster
Herring 	Yellowfin Tuna (pole caught)*
Horse Mackerel/ Maasbanker	Yellowtail

\*See [www.wwf.org.za/sassi](http://www.wwf.org.za/sassi) for details



## ORANGE - THINK TWICE

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

\*See [www.wwf.org.za/sassi](http://www.wwf.org.za/sassi) for details



## RED - DON'T BUY

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

\*See [www.wwf.org.za/sassi](http://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.

Note that some fishing and farming methods pose less harm to the environment than others. For instance, line or pole caught methods are relatively selective and don't kill unintended species such as albatrosses. Although some forms of seafood farming can reduce pressure on over-exploited wild stocks this is only the case if wild fish don't need to be fed to the farmed fish or if the production method doesn't further degrade the environment.

For more information, visit  
[www.wwf.org.za/sassi](http://www.wwf.org.za/sassi)

or visit our mobi site at [wwfsassi.mobi](http://wwfsassi.mobi)  
or send an email to [sassi@wwf.org.za](mailto: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.



## 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 the fishery that catches them may cause particularly severe environmental damage and/or has high bycatch, or the life-style (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](http://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](http://www.dining-out.co.za)



**Pick n Pay**  
Inspired by you

SASSI is a collaborative initiative by WWF-SA and others that aims to improve the conservation status of overexploited 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