

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?

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

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



GREEN - BEST CHOICE

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

*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 site you need

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