Your café is passionate about sourcing sustainable seafood. Our number one priority is to offer delicious seafood that is safe and sustainable, while preserving the health of our oceans. We adhere to the standards set by the Seafood Watch Program, only serving ‘Best Choice’ (Green) and ‘Good Alternative’ (Yellow) rated seafood that are considered sustainable under our seafood policy.

We also want to help our guests purchase fresh, high quality and sustainable seafood outside the café. Buying sustainable fish is easier when you know where it came from and how it was caught or farmed. This guide offers tips for responsible shopping.

**GET TO KNOW YOUR SEAFOOD**

**CATCH METHOD**
Catch method refers to how wild seafood was caught. Try to avoid anything that’s caught using a Fish Aggregating Device (FAD) as this is an unsustainable fishing method that results in a high level of by catch.

- **Bycatch**
  Unwanted fish or marine creatures caught during commercial fishing for different species.

- **Overfishing**
  Catching fish faster than they can reproduce.

- **Aquaculture**
  The term for farming of fish and other seafood commercially.

**PREVIOUSLY FROZEN**
Frozen fish can be just as high quality as fresh fish. Typically fish is either frozen at sea or immediately after landing at port. If you don’t have access to fresh fish, frozen can be a great option.

**USDA-CERTIFIED ORGANIC**
This certification only applies to farm-raised fish and should be met with caution. The U.S. Department of Agriculture (USDA) hasn’t finalized organic standards for farmed fish, but there are organic products available from abroad.

**LOCAL**
Buying local seafood from a trusted source makes it easy to know how and where your fish was caught. Small-scale, local fishermen often use sustainable catch methods and fish in season. Buying local means you’re supporting your local economy.
**SHOPPING FOR YOUR SEAFOOD**

**STURDY FISH**

**Salmon**
How to Buy: Prioritize wild caught Salmon from Alaska as a first choice. There some great farmed options and wild caught fish from other areas. Just be sure to verify your choices through Seafood Watch.

**Arctic Char**
How to Buy: Substitute Salmon or Trout with Arctic Char because of its delicate texture and clean flavor. Nearly all of the U.S. supply is farmed in an environmentally friendly manner.

**Fresh Tuna**
How to Buy: Look for Skipjack, a fast-growing and plentiful species. Sustainable options for Yellowfin and Albacore are also available. Steer clear of Bluefin, a critically endangered species.

**DELICATE FISH**

**Cod**
How to Buy: Shop for Pacific Cod caught in Alaska or California. Avoid Atlantic Cod unless certified by the Marine Stewardship Council- otherwise it is caught using hand lines.

**Sole**
How to Buy: Purchase Sole, a mild fish with delicate texture. Sole caught in the US is a great sustainable option, European Sole is milder in taste.

**Rockfish**
How to Buy: Look for U.S. caught Rockfish. With a firm texture and mild flavor, Rockfish is a versatile and sustainable fish.

**SHELLFISH**

**Oysters, Mussels & Clams**
How to Buy: Bivalves should smell fresh like the ocean. The shells should be tightly closed with no cracks or chips. Farmed and wild caught bivalves are great sustainable options.

**Shrimp**
How to Buy: Look for shrimp that smells fresh and has a firm flesh. Black spots are a sign of age. Purchase domestic shrimp when available, however most shrimp in the U.S. is imported.

**Crab**
How to Buy: Buy both live crab or cooked and processed crab, like picked crab meat. Look for crab from the U.S., Australia or Norway and steer clear of other imported shrimp.

**Lobster**
How to Buy: Purchase live or freshly killed lobsters. Spiny lobsters from Mexico are a sustainable option. Some lobster from the American Northeast and imported ones can have environmental issues so look for sustainable options.

**CANNED FISH**

**Tuna**
How to Buy: Look for tuna fished without the use of Fish Aggregating Devices (FADs). FADS are an unsustainable method to catch a large amount of tuna that results in bycatch.