

**NO SALE SPECIES**

Black Musselcracker/  
Poenskop  
Baardman/Belman  
Blacktail/Dasse  
Bridle Bass  
Dageraad  
Indian Ocean  
Atlantic Ocean  
Bigeye Tuna  
Yellowfin Tuna  
Garriek  
King Fish  
Knife Jaw  
Red Steenbras  
Natal Stumpnose  
Natal Wrasse  
Potato Bass  
River Snapper  
Seventy-four  
Spotted Grouper  
West Coast Steenbras  
White Musselcracker  
White Steenbras

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

**ORANGE - THINK TWICE**

Kob (farmed at sea or  
line caught)  
Atlantic Bigeye Tuna  
Atlantic Yellowfin Tuna  
Monk  
New Zealand Kingklip/  
Ling  
Pangasius/Basa (farmed)  
Cape Dory  
Carpentier (line caught)  
Prawns  
Red Raman  
African Sharptooth Catfish  
Sharks (line caught)  
Skates and Rays  
Englishman  
Singer  
Geebeek/Cape Salmon  
Sole (East Coast)  
Swortfish  
White Stumpnose  
Hake (longline/  
line caught)  
Hottentot  
Jacopever (offshore trawl)  
Yellowtail (locally farmed)  
King Mackerel  
Kingklip

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**GREEN - BEST CHOICE**

Alaskan Salmon  
Mussels (farmed & wild)  
Albacore Tuna (pole caught)  
Oysters (farmed & wild)  
Panga (line caught)  
Portuguese  
Sardines  
Queen Mackerel  
Canned Tuna (selected)  
Santere  
South African Sardines  
Dorado  
Gurnard (offshore trawl)  
West Coast Rock Lobster  
Yellowfin Tuna (pole caught)  
Herring  
Horse Mackerel/  
Masbanker  
Albacore Tuna (pole caught)  
Atlantic Mackerel  
Anchovy  
Angelfish  
Atlantic Mackerel  
Calamari (Squid)  
Never buy these.

Species in the **RED** list with a black background are illegal to sell in South Africa. Either specially protected or recreational "no sale" species.

fish

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 makes positive change more rapidly than those who make eco-friendly choices, but don't inform the restaurant or retailer.

**FISHMS** brought to you by **Yeni**

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.

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

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)

**LOOK OUT FOR THE MSC LOGO**

MSC CERTIFIED SUSTAINABLE SEAFOOD

**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)

**KEY TO SYMBOLS**

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fish

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MSC CERTIFIED SUSTAINABLE SEAFOOD

WWF GREEN TRUST

Made possible by NEDBANK Green Affinity

**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.

**SASSI**

national biodiversity institute S A N B I

To check the status of any fish, text its name to **079 499 8795**

September 2010

**NOT ON THE LIST?**

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WWF

**SASSI**

Consumer Seafood POCKET GUIDE

For the love of our oceans

Cut along the dashed line. Fold once lengthwise along the dotted midline of the pocket card. With the inside (top of this page) towards you, fold the panels inward on the vertical white lines from right to left. You should end up with a folded card that can easily fit into your pocket!