Who Fishes Matters.
Local Fishermen. Local Seafood. Local Control. Local Communities.

7 Principles for Choosing Seafood
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- Buy from local fishermen whenever possible
- Choose seafood that has traveled the least distance
- Choose wild seafood whenever possible
- Avoid farmed finfish and shrimp
- Avoid fake or imitation seafood products
- Get involved in a Community Supported Fishery (CSF)
- Ask how, where, and when your seafood was caught

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