

Northwest Atlantic Marine Alliance



The Northwest Atlantic Marine Alliance's mission is to restore and enhance an enduring marine system supporting a healthy diversity and an abundance of marine life and human uses through a self-organizing and self-governing organization. For the past decade, we have set the standard for effective collaboration in the pursuit of one question: if we truly care about the health of our oceans does it matter how, where and when we fish; and, who catches the fish that end up on our dinner plates?



Green Seafood?

Everyone wants to know what seafood is green enough to eat. One's taste for seafood is often dictated by culture, geography, religion, tradition, income, and, of course, taste. Whatever your reason for wanting seafood, we at NAMA are not a big fan of declaring any specific seafood "green."

Too often many factors that can help determine the "green-ness" of seafood are ignored in the attempt to make it easier for us to make purchasing decisions at the cost of the oceans and

those who catch the seafood we eat. In fact, most of the current standards do not recognize the ecological value of locally caught seafood. We believe when it comes to who should catch our seafood, connection to coastal communities creates a much stronger sense of conservation and stewardship than a connection to Wall Street.

Without addressing all the different factors that go into bringing seafood to our plates fish considered "green enough" to eat by various labels,

standards and certifications could easily end up on the list of over-fished species or create other environmental or economic ripple effects. That's already happened.

Through a grassroots movement of fishermen, fishing community organizations and those who eat their catch we can transform today's fisheries policies towards ones that recognize the oceans are complex ecosystems and not bodies of water that magically produce single species of fish that pop onto our plates.

For more information please visit www.namanet.org

NAMA's Green Seafood Guidelines

Instead of telling you what specific seafood is "green enough" to eat, we are offering some general points to keep in mind when and if you choose or have to eat seafood:

- Buy from a local fisherman when possible.
- Get involved in a Community Supported Fishery (CSF).
- If you don't live near a coast, look at the rest of our suggestions and stick with what has had to travel the shortest distance to get to your table.
- Eat fish that looks like fish!
- Avoid fake or imitation seafood products.
- Eat wild seafood whenever possible.
- Ask how, where, and when your fish was caught.



We wouldn't have to think this hard about what we eat from the seas if policies and regulations were ecosystem and community based. NAMA believes that through a grassroots movement of fishermen, fishing community organizations and those who eat their catch we can transform today's fisheries policies towards ones that recognize the oceans are complex ecosystems and not bodies of water that magically produce single species of fish that pop onto our plates.

And, who catches what does pop onto our plates matters.



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