



YOU HAVE A CHOICE MAKE IT GREEN

@SASSI @WWFSASSI

MAKING A DIFFERENCE

To make a smart seafood choice, you need to ask what species is it, how was it caught/farmed and where it is from.

- The health of fish stocks and the vulnerability of the species to fishing pressure (**WHAT**)
- The environmental effects of the fishing method used to capture the fish (**HOW**)
- The effectiveness of the management of the fishery (**WHERE**)

Only the most popular seafood species have been included on this poster. For a more complete list and more SASSI facts, visit wwfsassi.co.za



NOTE: This poster is the date: October 2023 and is updated annually. Please contact WWF-SASSI at sassi@wwf.org.za to get an updated poster.

SCAN THE QR CODE TO GET OUR LATEST APP

WWF - SASSI FACTS

- SASSI does not equal SASSI accredited/endorsed
- SASSI does not equal SASSI compliant/approved
- SASSI logo does not mean "Everything is sustainable"
- Responsibly caught does not equal ecologically sustainable
- Traceable does not equal ecologically sustainable
- Not all red listed species are illegal

TAKE ACTION ALWAYS ASK

- 1 What species is it?
- 2 How was it caught or farmed?
- 3 Where is it from?

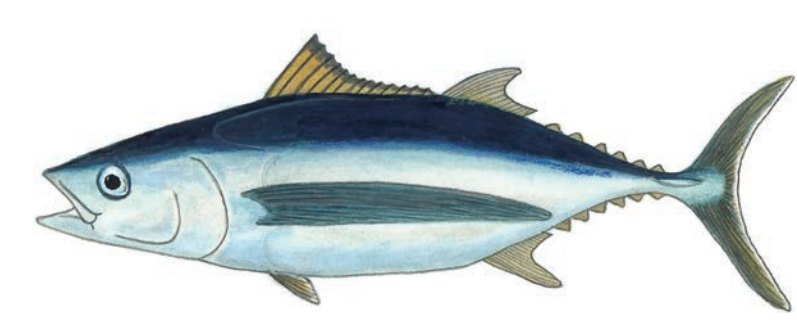
SYMBOLS

- + Species appears on **multiple lists***
- ↻ Species under **improvement***
- * Specially **protected** species that are not allowed to be taken out of the ocean at all

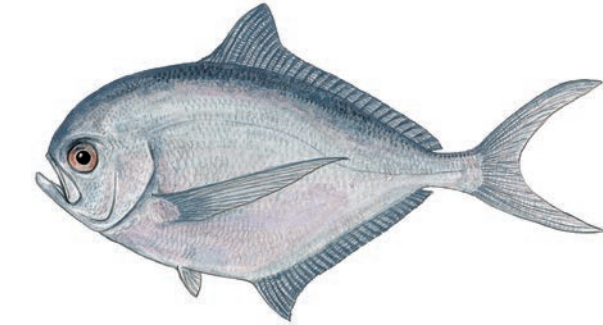
* See wwfsassi.co.za for details

GREEN BEST CHOICE

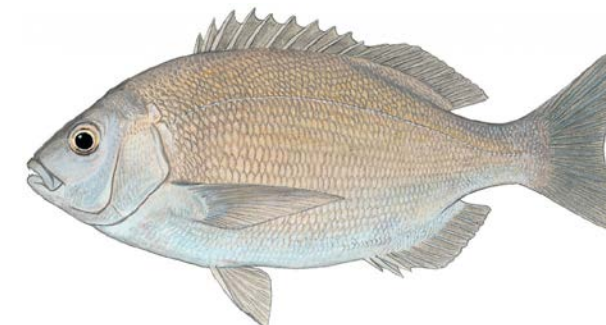
The best choices from the healthiest and most well-managed populations.



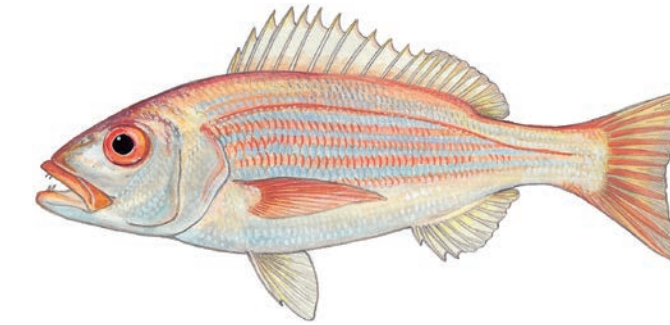
+ Albacore tuna (SA pole caught – Atlantic Ocean)
Thunnus alalunga



Angelfish (SA offshore trawl)
Brama brama



Cape bream (SA)
Pachymetopon blochii



+ Carpenter (SA linefishing)
Argyrosoma argyrosoma



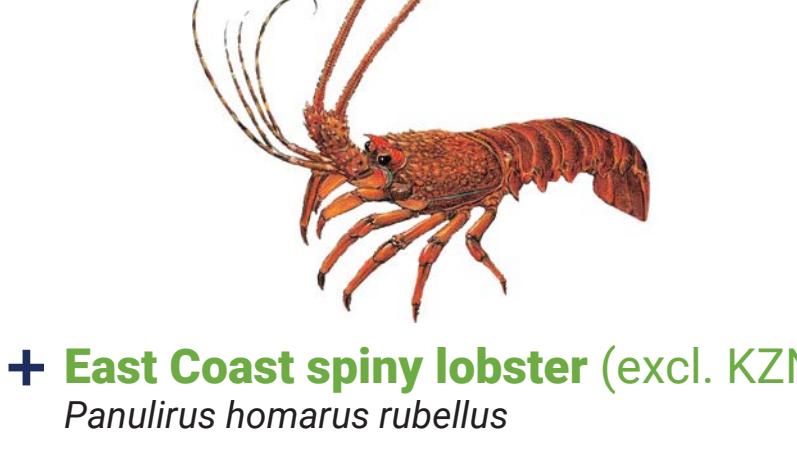
Catface rockcod (SA linefishing)
(Epinephelus andersoni)



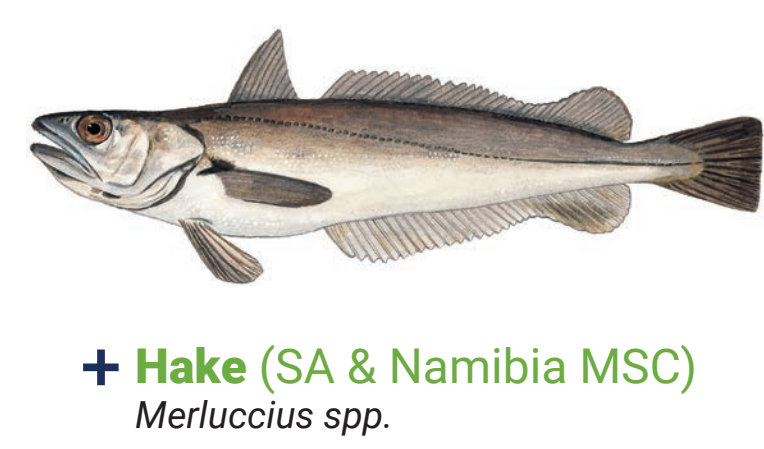
+ Giant tiger prawn (Vietnam farmed using extensive production)
Penaeus monodon



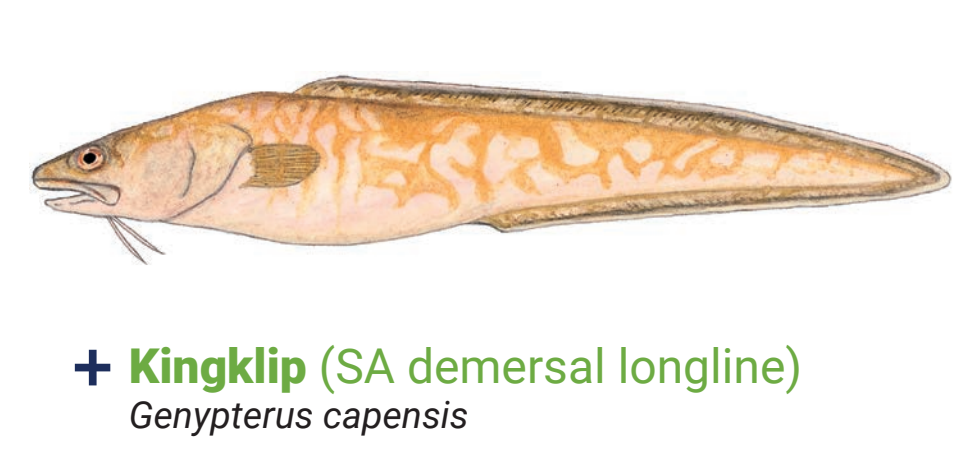
+ Dorado (SA linefishing) *
Coryphaena hippurus



+ East Coast spiny lobster (excl. KZN)
Panulirus homarus rubellus



+ Hake (SA & Namibia MSC)
Merluccius spp.



+ Kingklip (SA demersal longline)
Genypterus capensis



Mussels (various)



Oysters
Striostrea margaritacea (KZN only),
Crassostrea gigas



Prawns / Shrimp (Vietnam & Ecuador ASC certified)
Litopenaeus vannamei



Queen mackerel (SA linefishing)
Scomberomorus plurilineatus



Rainbow trout (farmed in Lesotho & SA) *
Oncorhynchus mykiss



+ Slinger (SA linefishing)
Chrysoblephus puniceus



Snoek (SA linefishing & trawled, NZ trawled)
Thyrsites atun



+ Yellowfin tuna (SA pole & line – Atlantic Ocean) *
Thunnus albacares



+ Yellowtail (SA linefishing)
Seriola lalandi



+ Calamari / Squid (Patagonian jigging) *

Calamari/Squid (various species) can be found on the Green and Orange lists, depending on species, fishing method & where it is caught. See website/app for details.

ORANGE THINK TWICE

There are reasons for concern because of depleted populations, high fishing pressure, biological vulnerability and/or severe impacts of the fishery or farm on the environment.



Atlantic / Norwegian salmon (farmed)
Salmo salar



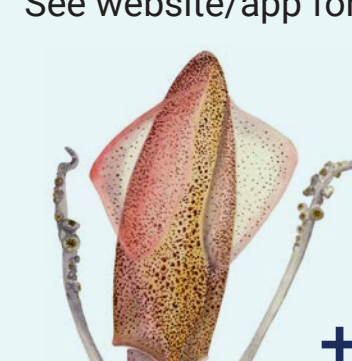
Baby clam (handcollected in Vietnam)
Paphia undulata



Black musselcracker (SA linefishing)
Cymatoceps nasutus



Blue shark (SA pelagic longline)
Prionace glauca



+ Calamari / Squid (Patagonian trawled) *



+ Bigeye tuna (SA pelagic longline – Indian Ocean) *
Thunnus obesus



+ Dorado (SA pelagic longline) *
Coryphaena hippurus



East Coast sole (SA inshore demersal trawl)
Austroglossus pectoralis



Englishman (SA linefishing)
Chrysoblephus anglicus



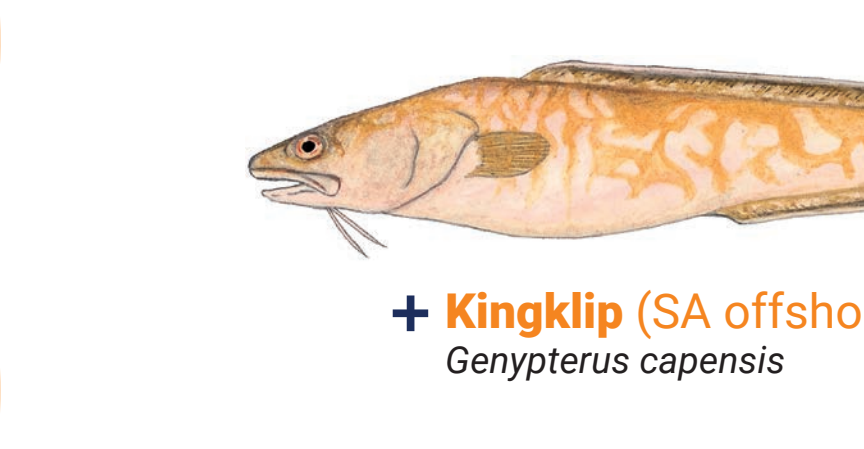
European pilchard/sardine
Sardina pilchardus



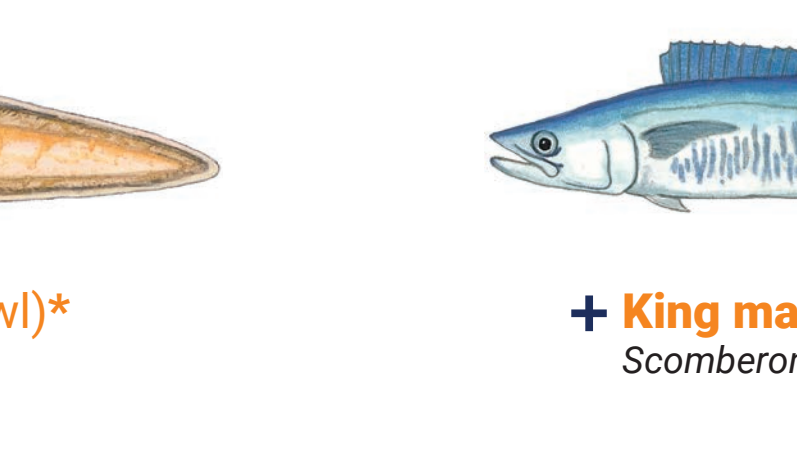
Geelbek / Cape salmon (SA linefishing)
Atractoscion aequidens



+ Jacopever (SA offshore trawl & demersal longline)
Helicolenus dactylopterus



+ Kingklip (SA offshore trawl) *
Genypterus capensis



+ King mackerel (SA linefishing)
Scomberomorus commerson



Red roman (SA linefishing)
Chrysoblephus laticeps



Sardine / Pilchard (SA purse seine)
Sardinops sagax

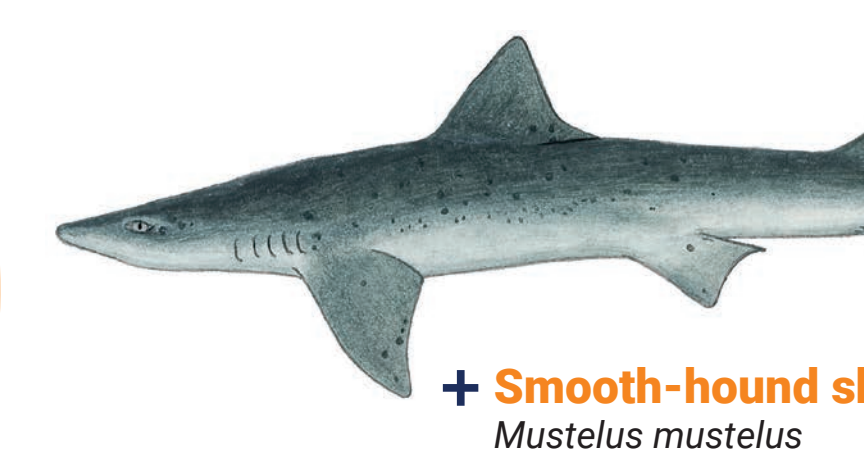


Shad/Elf (linefishing excl. KZN)
Pomatomus saltatrix

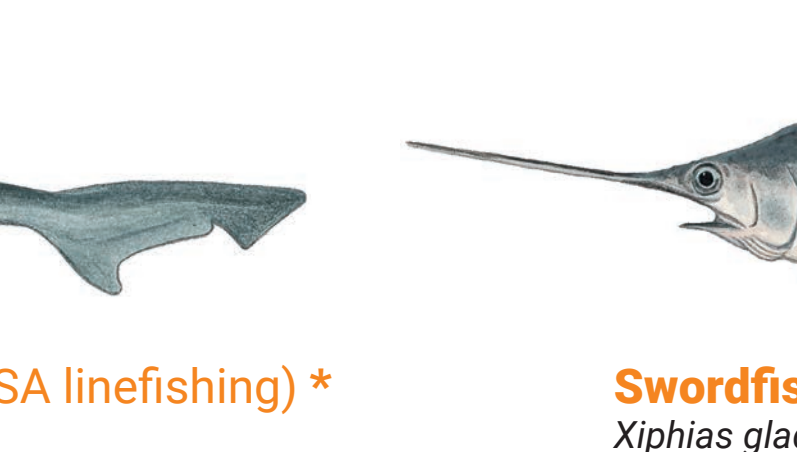


+ Prawns (various) *

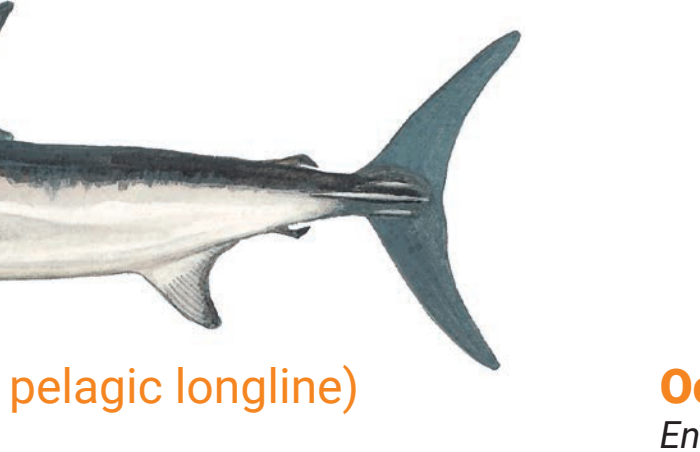
Prawns (various species) can be found on the Green, Orange and Red lists, depending on species, fishing method & where it is caught. See website/app for details. ASC-certified prawns are available in South Africa at selected retailers and restaurants.



+ Smooth-hound shark (SA linefishing) *
Mustelus mustelus



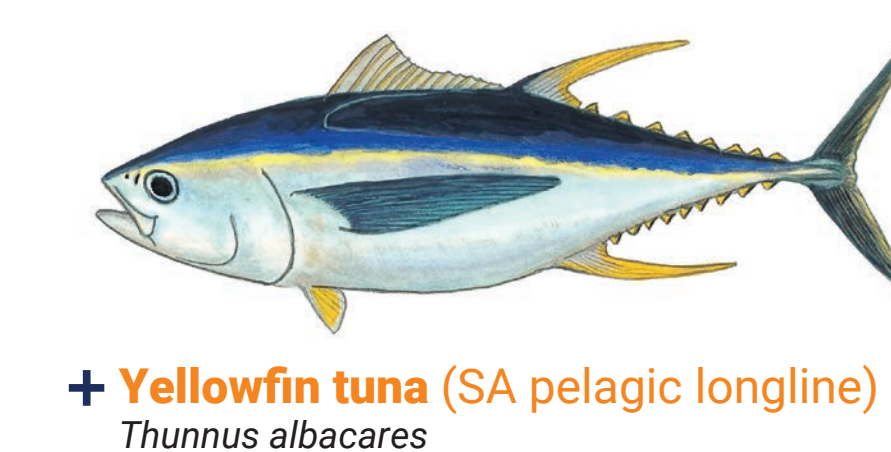
Swordfish (SA pelagic longline)
Xiphias gladius



Octopus (SA offshore trawl)
Enteroctopus magnificus



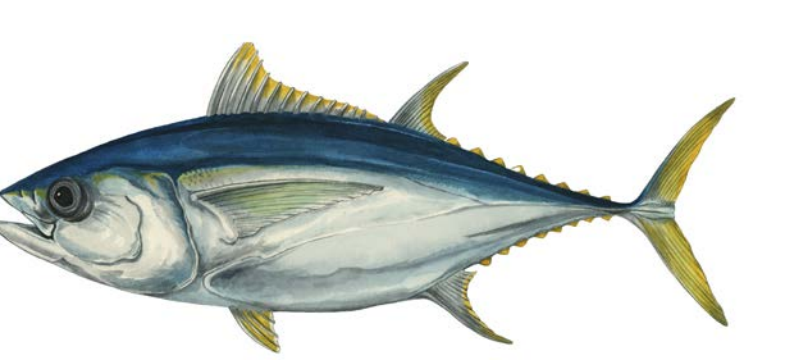
+ Yellowtail amberjack (Japan purse seine or uncovered pound nets)
Seriola quinqueradiata



+ Yellowfin tuna (SA pelagic longline) *
Thunnus albacares

RED DON'T BUY

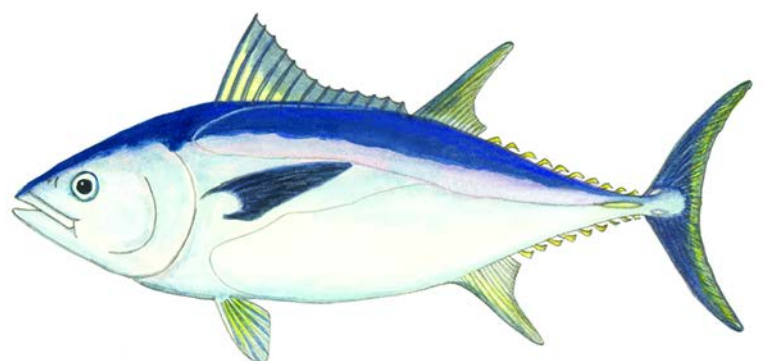
Either from unsustainable populations that have extreme environmental concerns or lack of management, OR are illegal to sell in South Africa (specially protected or recreational "no-sale" species). **Don't buy these!**



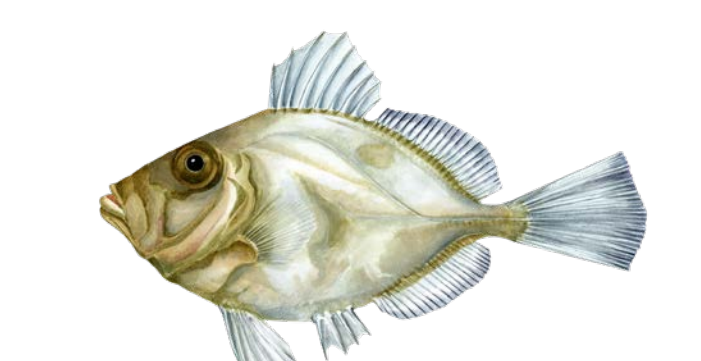
+ Bigeye tuna (SA pelagic longline – Atlantic Ocean) *
Thunnus obesus



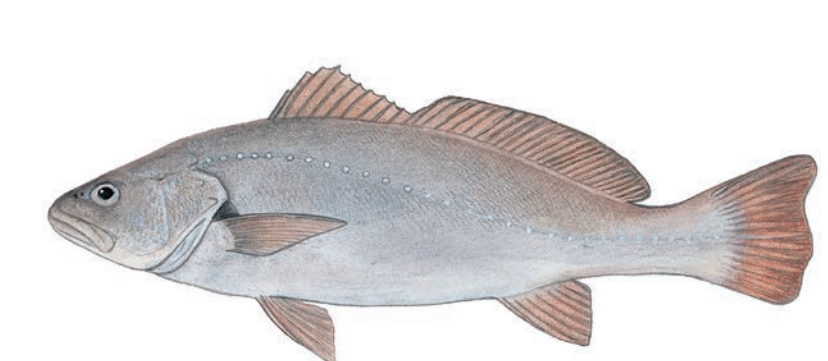
Blue swimming crab (Indian Ocean demersal trawl)
Portunus pelagicus & Portunus trituberculatus



Bluefin tuna (all catch types) *
Thunnus maccoyii



+ Cape dory (SA inshore trawl) *
Zeus capensis



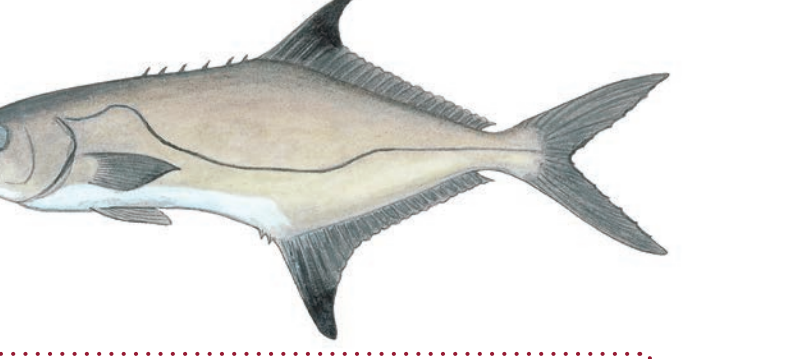
Dusky kob (SA linefishing & inshore demersal draw)
Argyrosoma japonicus



+ Prawns (various) *



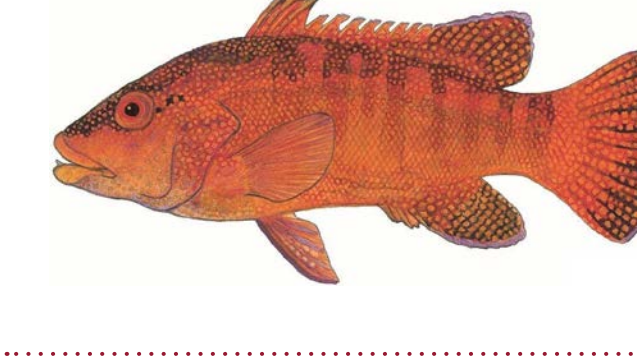
Galjoen (SA)
Dichistius capensis



Garrick (SA)
Lichia amia



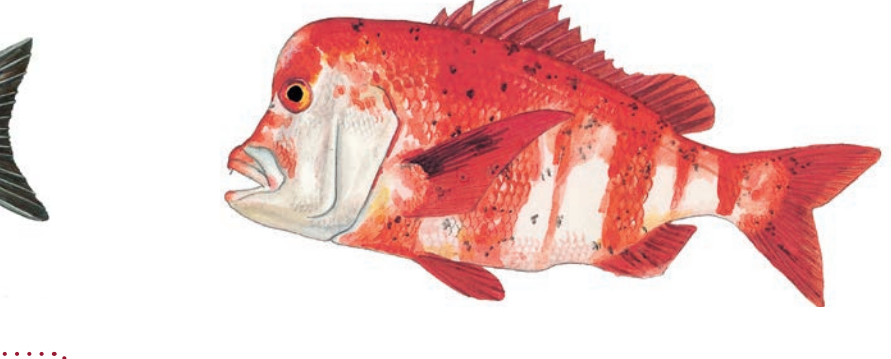
+ Hake (Argentina, Peru & Chile bottom trawl) *
Merluccius hubbsi, M.gayi gayi & M.gayi peruanus



Natal wrasse
Anchichoerops natalensis



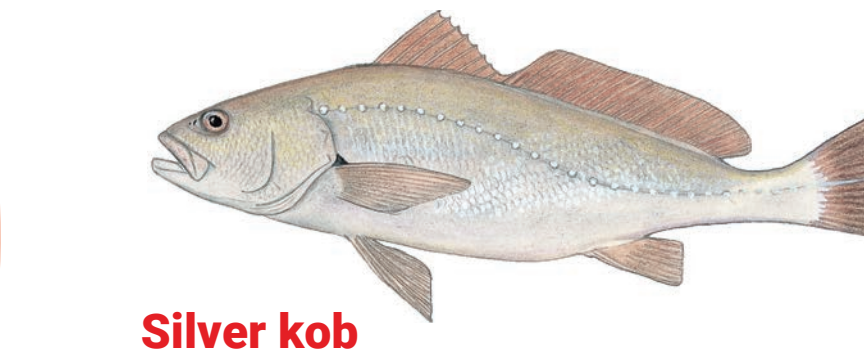
Red steenbras (SA)
Petrus rupestris



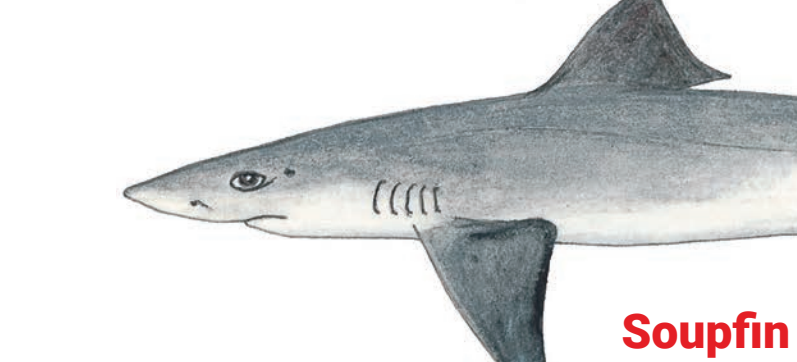
Red stumpnose / Miss Lucy (SA linefishing & inshore trawl)
Chrysoblephus gibbiceps



Seventy-four (SA)
Polysteganus undulosus



Silver kob (SA linefishing & inshore trawl)
Argyrosoma inodorus



Soupfin shark (SA longline & inshore trawl)
Galeorhinus galeus



Shortfin mako shark (SA pelagic longline)
Isurus oxyrinchus



Squairetail kob (SA linefishing)
Argyromus thorpei



St Joseph shark (SA inshore trawl) *
Callorhynchus capensis



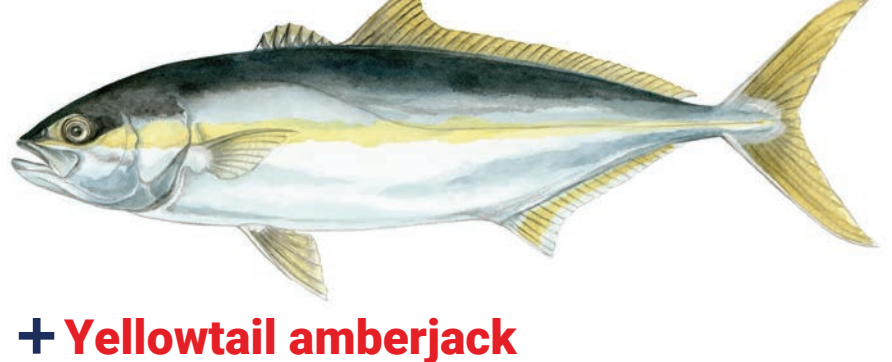
West Coast rock lobster (SA pots, hoops, traps & ring nets)
 Jasus lalandii



White musselcracker (SA)
Sparodon durbanensis



White steenbras (SA)
Lithognathus lithognathus



+ Yellowtail amberjack (Japan & China caged farmed)
Seriola quinqueradiata

NO SALE ILLEGAL TO SELL IN SA Species on the red list with a dark background are illegal to sell in SA – either specially protected or recreational 'no sale' species.

WWF-SASSI is a collaborative initiative between the Department of Environment, Forestry and Fisheries, Ezemvelo KwaZulu-Natal Wildlife, Two Oceans Aquarium, TRAFFIC, Sea World at uShaka, the South African Institute for Aquatic Biodiversity (SAIAB), South African National Biodiversity Institute (SANBI), Johannesburg Zoo, SANCCOB, National Zoological Garden Pretoria, South African Environmental Observation Network (SAEON), Save Our Seas, City of Cape Town and BirdLife SA. It aims to improve the conservation status of overexploited fish and other seafood species through education, awareness and behaviour change. Only the most popular seafood species have been included on this poster. Visit our website (wwfsassi.co.za) for the complete list, download the SASSI app at sassiapp.co.za.



Fish artwork by Elain Heenstra "SAIAB, also appears in the book Coastal Fishes of Southern Africa published by NISC | saiab.ac.za | coastalfishes.nisc.co.za
Artwork of the octopus, bigeye tuna and Cape dory by Susan Abraham. Invertebrate artwork from Coastcare poster series, "Coastcare" | Alaskan Salmon illustration by David Ehler, provided by the University of Washington | Layout & design by The Ethical Agency | Poster design and content copyright to SASSI & SAIAB