



FLOURISHING OCEANS

CONSUMER SEAFOOD GUIDE

WHAT'S IN A LABEL?

Usually, not a whole lot.

For a nation *girt by sea*, that loves to *throw a shrimp on the barbie*, poor labeling makes it difficult to know what we're eating.

4 STEPS FOR SUPPORTING SUSTAINABLE FISHERIES

Ask the following questions
when buying seafood:

1. What is it?

The first step in ensuring you are choosing sustainably produced seafood is to find out exactly which species you are buying. Options such as 'white fish' and 'flake' are generic terms that can refer to a range of species, including protected or endangered species.

2. Where is it from?

Despite having a wealth of fisheries resources, approximately 65% of seafood sold in Australia is imported – particularly species like prawns, squid, octopus, tuna (canned) and fresh or frozen fish such as hoki, salmon and shark. While some of these products are produced in a sustainable manner, others may have significant negative environmental and/or social impacts.

Weak 'country of origin' labelling laws in Australia also make it difficult to clearly determine where our seafood comes from. For example, seafood that is caught overseas but processed in Australia can still be labelled as 'Made in Australia'. Similarly, restaurants are currently exempt from country of origin labelling requirements (*except in the NT).



It could have been caught illegally, or in waters where fish stocks are on the verge of collapse. It may have been caught, processed or packaged by people living in modern slavery. It may not even be the species you think it is.

As a consumer, you have the ability to drive better fishing and seafood production practices by making an informed choice about the fish you purchase and eat.

3. How was it caught or produced?

All fishing and fish farming (aquaculture) has an impact on the environment, but some are worse than others. For example, methods like bottom trawling or dredging can significantly damage marine habitats and ecosystems if not properly managed. Instead, choose 'hook and line' or trap-caught species when you can.

Aquaculture can also have undesirable impacts due to their dependence on wild-capture fisheries for fish feed and habitat impacts from land clearing and pollution. Oysters and mussels are some of the better aquaculture options, as they do not require feed and often, help improve water quality.

4. If you cannot find answers to these questions OR are unhappy with the responses, your best bet is to look for a label.

Choosing products that have been independently verified as 'sustainably produced' can provide peace of mind that you are supporting well-managed and sustainable fisheries.

Check the answers using Australia's Sustainable Seafood

Guide: Good Fish
goodfish.org.au



Guide: FRDC
frdc.com.au



Scan QR code with your mobile device camera



Find out more about the sustainability of Australia's fish stocks at fish.gov.au

●
Universal
certifications
to look out for:

Logo



Certification

Marine
Stewardship
Council
msc.org

Focus

Environmental
sustainability
(+ labour practices)

QR Code



Fair Trade
fairtradecertified.org

Environmental and
social sustainability



Aquaculture
Stewardship
Council
asc-aqua.org

Environmental and
social sustainability



Best
Aquaculture
Practices
bapcertification.org

Environmental and
social sustainability



GLOBAL GAP
globalgap.org

Environmental and
social sustainability

