What is the SASSI list?

The South African Sustainable Seafood Initiative (SASSI) is a 'traffic light' quick reference guide to help you make environmentally responsible seafood choices. It is not an eco-label, nor an endorsement of specific products

To use the SASSI list you need to know what species you are eating, how it was caught/farmed and where it comes 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 pocket card. For a more complete list. visit www.wwf.org.za/sassi





These are the most sustainable seafood choices. from the healthiest and most well-managed fish populations. These species can handle current fishing pressure or are farmed in a way that does not harm the ocean.



ORANGE – THINK TWICE

There are reasons for concern either because the species is depleted as a result of overfishing and cannot sustain current fishing pressure or because the fishing or farming method poses harm to the environment and/or the biology of the species

makes it vulnerable to high fishing pressure.



RED - DON'T BUY Red list species are from unsustainable populations, have extreme environmental concerns, lack appropriate management or are illegal to buy or sell in SA. 'No sale' species are illegal to sell and are reserved for recreational fishers who require a valid fishing permit and must adhere to specific regulations.



Anchovy

Angelfish (2)

Calamari/Squid

(various species)

Cape rock ovster (+)

(KZN, hand collected)

(EC. hand collected)

(SA offshore trawl)

Hake (+) SA trawl)

Gurnard (+)

Hottentot

King mackerel

Carpenter (+) (SA line caught)

Dorado (+) (SA line caught)

East coast rock lobster (+)

Hake (+) (SA demersal longline

GREEN – BEST CHOICE

Kingklip (+)

Monk (2)

(SA demersal longline)

Kob (+) (SA farmed)

Mussels (SA farmed)

Oysters (SA farmed)

Rainbow trout (SA farmed)

Slinger (SA line caught)

(SA hand collected)

Yellowfin tuna (+)

(SA pole caught)

Queen mackerel

Sardines (SA)

Snoek (SA)

White mussel

Yellowtail

project underway

Atlantic salmon

Bigeye tuna (+)

Cape dory (7)

(Norway farmed)

(SA pelagic longline)

Cape horse mackerel

(SA mid-water trawl)

Cape rock ovster (+)

(SA pelagic longline)

or recreational 'no sale' species.

(Southern Cape

hand collected)

Catface rockcod

Dorado (+)

 Specially protected species that are not. allowed to be taken out of the ocean at all



RED - DON'T BUY

Bluefin tuna

Panga (+) (SA line caught) Prawns (various species)

Red roman

Sole (a) (East Coast) Swordfish

Santer

are illegal to sell in SA – either specially protected

Englishman

Kingklip (+)

Octopus (🗷

Hake (+) (Namibia)

(SA offshore trawl)

ORANGE – THINK TWICE

(SA pelagic longline)

West Coast rock lobster

These RED LIST species (on the dark background)

Abalone

Biscuit skate (**) (SA inshore trawl)

Black musselcracker/ Poenskop

Kina fish

Natal knife iaw

Dageraad Geelhek

Jacopever (7) (SA offshore trawl) Scotsman Shortfin Mako shark Silver kob (+) (SA inshore trawl)

Silver kob (SA line caught)

Panga (SA inshore trawl)

Red stumpnose/Miss Lucv

White stumpnose

NO SALE

Baardman/Belman Blacktail/Dassie Brindle bass @ Bronze bream Cape stumpnose East coast rock lobster (KZN Galjoen Garrick West Coast steenbras

Natal stumpnose Natal wrasse 🍪 Potato bass @ Red steenbras River snapper Seventy-four @ Spotted arunter

White musselcracker

White steenhras



 Species appears on more than one list as it is caught by multiple fishing sectors

Improvement

What questions to ask?

Seafood can appear on more than one list depending on its origin or the way it was removed from the sea.

This is why we must always **ask questions** about what we're eating:

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

The next time you are ordering or buying seafood, have a conversation with the waiter or fishmonger and ask these three simple questions!

Speak up for our oceans and show your commitment for sustainable seafood by joining the conversation:



Facebook.com/WWFSASSI
@WWFSASSI #SASSIstories

What tools to use?

You have a right to know what you are eating. SASSI provides this quick access pocket guide as well as digital tools to check the status of your seafood.



FishMS 079 499 8795

To check the status of any fish, text its name to the number above and you will receive an instant response! Standard SMS rates apply. FishMS brought to you by iVeri.



SASSI app
Download the free app for Android,
Blackberry and iPhone. Find out the status
of the fish you are buving or ordering.

For a detailed list and an assessment summary of each species, visit www.wwf.org.za/sassi for the full interactive list. Here you can also find out what SASSI is doing across the seafood supply chain as well as recipes from top chefs and so much more!





Always look for MSC eco-labelled products, e.g. the South African trawled Hake, for the best choice in sustainable and traceable seafood. See www.msc.org for more info.



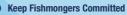
Always look for ASC eco-labelled products for the best choice in responsible and traceable farmed seafood. See www.asc-aqua.org for more info.

You can supporthis work by making your voice heard by sharing your story and challenging others at:



www.sassistories.co.za







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SASSI – the Southern African Sustainable Seafood Initiative – is a collaborative initiative founded by WWF-SA that aims to improve the conservation status of over-exploited seafood and empower consumers to make hetter seafood choices















