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OCTOBER MONTHLY CHALLENGE

SUSTAINABLE SEAFOOD

Assess your personal seafood consumption, or that of a family member. Which species do you eat? Where and how are they obtained? Start by researching these details by investigating online. List possible impacts to the oceans from your seafood consumption, and identify choices you might make to reduce them.

- Create a list of the species you or your family members eat regularly.
- WWF's seafood sustainability portal:
<https://seafoodsustainability.org/resources>
- To find sustainable seafood wherever you live or travel—go to:
http://wwf.panda.org/get_involved/live_green/out_shopping/seafood_guides/
- <https://www.asc-aqua.org/>
- <https://www.msc.org/>

List possible impacts: depleted, threatened, or endangered species, damaged seafloor habitats, decline in tangential catches of species such as sea turtles, sharks, and seabirds, escaped waste and diseases, and destruction of coastal habitat.

List better choices to reduce negative impacts:(1) choose species that are harvested sustainably and without negatively impacting other species or habitat, (2) provide seafood retailers and restaurants with information you collected through your research and ask that they choose species that are harvested sustainably and without negatively impacting other species or habitats.

For vegans/vegetarians: even if you don't eat seafood, you can still encourage grocers and restaurateurs to source sustainable seafood and advocate for improvements in human/ labor rights in fisheries, which is closely connected to conservation outcomes. Seaweed is also seafood! So if you eat that—or if it is found in natural medicines, beauty products, etc, you can do some research to make sure what you're using is sustainably sourced.

SHARE WHAT YOU FOUND WITH THE GROUP!

Thanks to Jill Rolph for leading this month's challenge!



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**Panda Ambassador
Monthly Challenge**