

# Sustainable Seafood

*The guide should be used:*

- *when buying seafood for catering and retail*
- *as a basis for menu setting*
- *when engaging external contractors and new lettings for food outlets*
- *as a basis for new letting agreements to food businesses and external caterers.*

## Key points

- That many seafood species are at risk of overexploitation. In line with its sustainability principles the UEA should confine its menu of seafoods to the most responsibly managed stocks.
- This guide recommends the best seafoods to choose in respect of sustainability of supply, environmental impact on marine habitats and other species and avoidance of unnecessary or inefficient transportation.
- The UEA is guided by the Marine Conservation Society and the Marine Stewardship Council regarding seafood sustainability issues and we are working with our national suppliers to ensure a range of sustainable seafood choices are available from the [recommended fish](#) supply list.
- To help consumers recognise the most sustainable seafoods on offer, all seafood available from UEA outlets should ideally be clearly labelled with common names of species used as well as the area of origin and the method of fishing or harvesting used.
- Clear messages regarding sustainable seafood should be made available via the website and at points of sale where appropriate.
- Guidance will be issued and updated as necessary, and the UEA will be continually working with suppliers to source the most sustainable seafood available.
- Catering staff will be updated with guidance and training concerning sustainable seafood. Training & development
- Chefs will encourage the use of recommended seafoods in menus.

## **1.0 Background**

Seafood (fish and shellfish) plays a relatively minor but highly visible part of the overall food procurement of the outlets.

### **1.1 General principles**

This note is designed to provide clear guidance regarding the sustainability of different seafoods based on species, origin of stock and method of capture / aquaculture.

The Marine Conservation Society (MCS) manages an up to date list of 'fish to avoid' and 'fish to eat' based on these issues. More detail is available on <http://www.fishonline.org/information/>.

Some species that appear on the MCS 'list to eat' do not feature on the recommended list due to other factors such as distance from the UK (unnecessary food miles). There is a presumption against air-freighted seafood such as fresh tuna due to the unnecessary fuel costs associated with air transport.

The recommended list currently includes 30 types of fish and shellfish and includes five Marine Stewardship Council certified species. It is possible that more seafoods will be able to be recommended in future. The guidance will be reviewed as new information is gathered or new sustainable fish stocks become available.

The attached prohibited list is based on the Marine Conservation Society's 'fish to avoid'. UEA outlets should not purchase species on the prohibited list. It is recognised that external functions may request seafoods from the prohibited list. In that event, efforts should be made to recommend alternatives and explain why the UEA is following a sustainable seafood sourcing policy.

### **1.2 Top five seafoods**

The majority of fish consumption in the UEA has to date been canned tuna, North Atlantic prawns, haddock and mackerel. There is no need to stop using these products, but we may try and source the most sustainable supplies

#### **Tuna**

Canned tuna is a staple component of sandwiches and salads. All canned tuna procured by the UEA centrally is skipjack or yellowfin tuna and is labelled as dolphin safe. This tuna is caught by a combination of pole and line methods (which have little impact on other species) and long-lines and purse seine nets which can lead to bycatch.

The UEA will be working with M&J Seafoods to establish product lines of only pole and line caught tuna possibly from the Maldives. As these become available, they will become dedicated product lines and tuna caught by long-lines and purse seine fisheries will be de-listed.

#### **Tuna alternatives?**

Instead of tuna, canned Pacific red or pink salmon from Alaska is available and is certified as a sustainable fishery by the [Marine Stewardship Council's](#) environmental standard for well-managed and sustainable fisheries. Canned Alaskan salmon has nearly 10 times more omega-3 than canned tuna.

## **Farmed Atlantic salmon**

Conventional farmed salmon has environmental problems including dependence on wild caught fish to provide feed, pollution and escapes to the wild affecting wild populations. For these reasons, procurement should switch to the most environmentally responsible farmed salmon, specifically, **Freedom Food** assured or **organic certified**. Salmon farmed under these standards are kept at lower stocking rates than conventional farms causing less health and pollution problems. Organic farming ensures that all of the fish meal must come from more sustainable sources, with 50% of fish protein derived from fish processing waste for human consumption. The Freedom Foods supplier to M&J seafoods – 'Natural Choice' uses organic certified fish meal.

## **Prawns**

The recommended prawns are coldwater Atlantic prawns. Although these do result in a limited bycatch of bottom dwelling animals, this fishery is considered far less damaging and less energy intensive than tropical farmed prawns that rely on intensive production in areas of high environmental importance, particularly natural mangrove swamps.

Frozen prawns are marketed by volume of ice glaze added. The best value for sandwiches (to avoid buying water) for sandwich making is coded D111. This will be the default North Atlantic prawn available from M&J.

The most environmentally sustainable prawns are probably pot-caught in the UK with little or no bycatch and no damage to the sea floor.

## **Tiger prawns, King Prawns, Crevettes**

All the above are similar species of warm water prawns from the tropics. Where tiger prawns are demanded, an acceptable alternative would be shell on North Atlantic Prawns or langoustine tails.

## **Crayfish**

Freshwater crayfish supplied to the catering trade as 'crayfish tails in brine' are mainly sourced from China. An acceptable alternative for Chinese crayfish would be shell on North Atlantic Prawns.

## **Haddock**

Haddock from specific fisheries is now on the recommended list. Although stocks are generally healthy, some of the capture methods can lead to bycatch and there are some locally depleted stocks. Recently, the Marine Stewardship Council has approved some Haddock fisheries which are now available.

## **Mackerel**

South West (Devon & Cornwall) handline caught fish are available and are Marine Stewardship Council certified.

## RECOMMENDED Fish list

	Species	Origin	Method of capture	Comments
1	Bib or Pouting	NE Atlantic	Any	
2	Black Bream or Porgy or Sea Bream	Cornwall, NW England, NW Wales	Any	
3	Brown or Edible Crab	South Devon, Cromer, Llyn Peninsula	Pot or creel only	
4	Clam	NE Atlantic	Hand gathered	
5	Cockle	MSC certified Burry Inlet, SW Wales	Hand gathered	
6	Cod, Atlantic	Scotland	Organically farmed only	
7	Coley or Saithe	NE Arctic and North Sea	Any	
8	Dab	NE Atlantic	Any	
9	Dover Sole	MSC certified Hastings, SE Channel	Demersal trawl and gill net, trammel net	
11	Gurnard, Grey and Red	NE Atlantic	Any	
12	Haddock	MSC certified / North East Arctic	Preferably line caught	Avoid haddock from Faroe and West of Scotland as stocks currently over fished.
13	Herring or Sild	MSC certified / Thames / North Sea / E English Channel	Any	
14	Lemon Sole	Cornwall	Otter trawled	
15	Lythe or Pollack	Cornwall	Line caught	
16	Mackerel	MSC certified Cornwall	Line caught	
17	Mussel	NE Atlantic	Hand harvested or farmed	
18	Oyster, Pacific or Atlantic	NE Atlantic	Hand harvested or farmed	
19	Pilchard or Sardine	Cornwall	Any	
20	Prawn, Common	Llyn Peninsula, North Wales, UK	Creel caught	Available via Aberdaron Seafood Co.
21	Prawn, Canadian northern	MSC certified Canada	Otter trawled	
22	Salmon, Atlantic	Shetland, NW Scotland	Organically farmed or Freedom Food certified	
23	Salmon, Pacific	MSC certified Alaska		Canned / frozen product sea freight
24	Scallop	NE Atlantic	Dive harvested only	Not dredged
25	Scampi or Langoustine	W Scotland	Pot caught	Pot caught best option
26	Sea bass	Cornwall, Dorset	Line caught and tagged	Hand line best option
27	Sea bass	MSC certified, NE Sea fisheries, North Sea	Intertidal fixed gill nets	
28	Spider Crab	N.E. Atlantic	Pot caught only	
29	Trout, Brown / Rainbow	Freshwater, UK	Organically farmed	
30	Tuna, Skipjack	Pacific Western & Central and Maldives	Pole & line, handline or troll-caught	Canned tuna only (frozen or fresh tuna not appropriate for menus)
31	Tuna, Yellowfin	Pacific Western & Central and Maldives, Atlantic	Pole & line, handline or troll-caught only	(as above)
32	Tuna, Skipjack / Yellowfin	Ghana, CE Atlantic Ocean, Pacific, Thailand, Seychelles, Indian Ocean, Indonesia	Dolphin Friendly, Pole & Line,	Long line and purse seine permitted until Pole & line becomes fully available
33	Whiting	English Channel	Any	
34	Winkle	N.E. Atlantic	Hand gathered	

# National Trust: FISH TO AVOID list

updated August 2010

	Species	Origin	Method of capture	Alternatives
1	Alfonsinos / Golden Eye Perch	Any	Any	none
2	American Plaice	North West Atlantic	Any	none
3	Anchovy	Bay of Biscay	Any	
4	Argentine or Silver Smelt	Any	Any	none
5	Black Scabbardfish	Northern Stocks	Any	none
6	Blue Ling	NE Atlantic	Any	coley, pollack
7	Brill	North Sea	Any	Line caught sea bass
8	Chilean sea bass / Patagonian Tooth fish	Southern hemisphere	Any	none
9	Cod, Atlantic	Atlantic	Any (unless organically farmed*)	coley, Pollack, Whiting
10	Dogfish / Spurdog	Any	Any	none
11	Dover Sole	From depleted stocks	Any	MSC certified Dover Sole, Lemon sole
12	Eel, European	Any	Any	none
13	Greater Forkbeard	Any	Any	none
14	Grouper	Any	Any	none
15	Hake, European	Southern Stocks	Any	none
16	Halibut, Atlantic	Any	Any	none
17	Halibut, Greenland	Any	Any	none
18	Ling	From deepwater Stocks	Any	none
19	Marlin, Blue / Marlin, IndoPacific / Marlin, White	Any	Any	none
20	Monkfish (Anglerfish)	Any	Any	none
21	Nursehound	Any	Any	none
22	Orange Roughy	Any	Any	none
23	Plaice	Any	Any	MSC certified Dover Sole, Lemon sole
24	Rat or Rabbit fish	Any	Any	none
25	Ray	Any	Any	none
26	Red / Blackspot Bream	Any	Any	none
27	Redfish or Ocean Perch	Any	Any	none
28	Roundnose Grenadier	Any	Any	none
29	Salmon, Atlantic, Wild	Atlantic	Wild caught	Organically farmed or Freedom Food farmed salmon
30	Scampi or Langoustine	Atlantic	Trawl caught from Portugal	Pot or creel caught, or trawl caught from Northern Europe
31	Sea bass	Atlantic	Trawl caught	Handline caught
32	Shark	Any	Any	none
33	Skate	Any	Any	none
34	Snapper (Mutton, Cubera, Northern Red)	Tropics	Any	none
35	Sturgeon	Any	Any	Avruga (herring eggs)
36	Swordfish	Any	Any	
37	Tiger Prawn	Tropical	Any	North Atlantic Prawn, pot caught langoustine
38	Tuna, Albacore, Skipjack, Yellowfin	Any	Long-line and purse seine caught	Canned Pacific Salmon, Freedom Food or organic Atlantic Salmon
39	Tuna, Bluefin, Bigeye	Any	Any	Canned Pacific Salmon, Freedom Food or organic Atlantic Salmon
40	Turbot	Any	Any wild caught	Organically farmed turbot
41	Tusk (Torsk)	Any	Any	none
42	Wolf fish	Any	Any	none

More detail is available on <http://www.fishonline.org/information/>.