



## **Cabrillo Marine Aquarium**

Virginia Reid Moore Marine Research Library

Library Pathfinder: Sustainable Seafood

The National Oceanic and Atmospheric Administration (NOAA) defines sustainable seafood as “Seafood is sustainable when the population of that species of fish is managed in a way that provides for today’s needs without damaging the ability of the species to reproduce and be available for future generations.” NOAA fisheries is tasked with regulating ocean fishing in the U.S. through implementing the Sustainable Fisheries Act.

All federally governed fisheries are required to have fishery management plans that are designed to result in sustainable fisheries. Consumers who purchase seafood managed under a U.S. fishery management plan can be assured that the seafood meets 10 National Standards [www.nmfs.noaa.gov/sfa](http://www.nmfs.noaa.gov/sfa) that ensure fish stocks are maintained, overfishing is eliminated, and socioeconomic benefits to the U.S. are achieved. Ungoverned fisheries around the world are threatened by collapse due to unsustainable fishing methods and destruction of habitats.

When shopping for or ordering fish, ask your local seafood dealer or restaurant owner about the source and catch methods of your seafood choices. Consumer concern is a major promoter of sustainable fisheries.

### **BOOKS**

#### **Books for Adults**

Fish Forever/Johnson, Paul. Wiley & Sons, 2007. TX747.J63 2007

Fish Tales: stories & recipes from sustainable fisheries around the World/Bart van Olphen & Tom Kime. Kyle Books, 2010. TX747.O444 2010

For Cod and Country/Seaver, Barton. TX747.S376 2011

Four Fish: The Future of the Last Wild Food/Paul Greenberg. Penguin Books, 2010. SH167.S17 G74 2010

Good Fish: Sustainable Seafood recipes from the Pacific Coast/Selengut, Becky. TX747.S3793 2011

Overfishing: What everyone needs to know/Ray Hilborn. Oxford Univ. Press, 2012. SH329.O94 H55 2012

The Perfect Protein / Andy Sharpless & Suzannah Evans. Oceana, 2013. SH136 .S88 S53 2013

## **Periodicals and News Articles**

Public Health Perspectives on Aquaculture. Juan G. Gormaz, et al. *Current Environmental Health Reports*, Sept. 2014, No. 1: 227-238. (This article was published online on July 15, 2014 with open access at Springerlink.com. Google search: springer public health aquaculture.)

Sustainability and Global Seafood. Martin D. Smith, et al. *Science*, Vol. 327, No. 5967, pp. 784-786 (2010).

## **Featured Websites**

Monterey Bay Aquarium - Seafood Watch Program

[www.seafoodwatch.org](http://www.seafoodwatch.org)

The Monterey Bay Aquarium makes recommendations on which seafood to buy and avoid. The program also assists consumers in selecting fish that is caught or farmed using environmentally responsible methods in order to achieve and maintain healthy and abundant oceans.

Good Fish

[www.goodfishbook.com](http://www.goodfishbook.com)

Companion site to the book Good Fish. Contains how-to educational videos on pre-cooking seafood, prep, plus a link to a blog, with 75 recipes in the Good Fish book, with notes and tips!!!

Long Beach Aquarium of the Pacific - Seafood for the Future

[www.aquariumofpacific.org/seafoodfuture](http://www.aquariumofpacific.org/seafoodfuture)

Seafood for the Future (SFF) is AOP's non-profit seafood advisory program.

National Geographic - Sustainable Seafood

[www.ocean.nationalgeographic.com/ocean/](http://www.ocean.nationalgeographic.com/ocean/)

Find "Ocean Topics" on the right part of the screen and scroll down to and select Sustainable Seafood. Includes a seafood decision guide, advice on choosing ocean-friendly substitutes to eat, tips from Chef Barton Seaver, plus his TED talk on sustainable Seafood, with transcript.

NOAA - Fish Watch

[www.fishwatch.org](http://www.fishwatch.org)

The National Oceanic and Atmospheric Administration's comprehensive site focused on fish sustainability with sections on seafood profiles, farmed and wild caught seafood, choosing sustainable seafood, avoiding seafood fraud, and seafood safety in the kitchen during meal preparation.

NOAA Fisheries - Office of Sustainable Fisheries

[www.nmfs.noaa.gov/sfa](http://www.nmfs.noaa.gov/sfa)

The Office of Sustainable Fisheries manages fish stocks of commercial, recreational and subsistence fisheries through communication with the Regional Fishery Management councils. The OSF also oversees the enforcement of catch limits, reports to Congress on the status of U.S. fisheries and publishes regulations and policies in the Federal Register.