



## Useful Seafood Safety and Sustainability Website Resources



Despite all-time high consumption rates of seafood, there are a number of conflicting reports in regards to the safety and supply of the seafood consumed by Americans. Seafood has been shown to be a rich source of Omega-3 Fatty Acids and vital part of a healthy diet. There is still confusion, however, as to the appropriate amount and type of seafood that should be consumed on a regular basis, and disputes over this information have created controversies on the health benefits and risks of seafood. Several safety concerns persist that add to this confusion including Methyl Mercury levels, parasites, natural toxins such as Ciguatera and red tides, bacterial pathogens, and allergies to name a few.

In addition to safety concerns, consumers are faced with discrepancies over sustainability issues. For example, incidents of species substitution and mislabeling in recent years have raised concern about the types of seafood that are being sold and consumed. Other controversial issues include the need for more reliable regulations, aquaculture versus wild caught seafood, product integrity, declining fisheries, environmental destruction from aquaculture production, and the benefit of local versus imported seafood.

While the links below are not a comprehensive list of resources, it should provide you with a wealth of information from governmental, academic, and non governmental organization about seafood safety and sustainability.

### Government and Academic Websites

#### **Florida Department of Food and Agriculture- Florida Seafood Page**

<http://www.fl-seafood.com/index.htm>

Provides information to both the consumer and industry on nutrition, safe handling, recipes, and statistics on Florida's seafood

#### **Florida Department of Health Fish Advisory Consumption Page**

<http://doh.state.fl.us/floridafishadvice/>

Provides current health advisories for fish consumption in local waters

#### **NOAA Fish Watch- U.S. Seafood Facts**

<http://www.nmfs.noaa.gov/fishwatch/>

Helps you make informed decisions about the seafood you eat by providing you with the most accurate and timely information available on the sustainability of U.S. seafood fisheries.

#### **NOAA's Seafood Inspection Program**

<http://www.seafood.nmfs.noaa.gov/ConsumerPage.htm>

Provides consumer tips on selecting, purchasing, and storing seafood

### **Safe Oysters- University of Georgina Marine Extension Service**

<http://safeoysters.org/>

Provides information about safely selecting and consuming oysters and food borne illnesses associated with oyster consumption

### **Seafood Choices: Balancing Benefits and Risks Summary**

[http://www.iom.edu/Object.File/Master/37/683/11762\\_Seafood%20Choices%20Report%20Brief.pdf](http://www.iom.edu/Object.File/Master/37/683/11762_Seafood%20Choices%20Report%20Brief.pdf)

Provides a summary of the National Institute of Medicine of National Academies' book about the relative health benefits and risks of consuming seafood

### **Seafood Network Information Center- California Sea Grant**

<http://seafood.ucdavis.edu/Pubs/safety1.htm>

A portal to Internet resources addressing seafood safety and quality information needs of seafood processors, inspectors, researchers, importers, and food educators; provides information various seafood-related illnesses

### **U.S. Food and Drug Administration**

<http://www.cfsan.fda.gov/%7Elrd/seafsaf.html>

Provides information about safely selecting and storing seafood as well as nutrition

### **U.S. Environmental Protection Agency**

<http://www.epa.gov/waterscience/fish/advice/>

Provides information for mothers, expecting mothers, and children about mercury levels in fish and shellfish

## **Non-Governmental Organizations Websites**

### **Blue Ocean Institute**

<http://www.blueocean.org/seafood>

A conservation organization that uses science, art, and literature to inspire a closer bond with nature and translates scientific information into language people can understand and use to make better choices on behalf of the sea.

### **Chef's Collaborative**

<http://chefscollaborative.org/>

Chefs Collaborative is the leading culinary organization that provides its members with tools for running economically healthy, sustainable food service businesses.

### **Chef's Collaborative- Seafood Solutions: A Chef's Guide to Sourcing Sustainable Seafood**

[http://chefscollaborative.org/wp-content/uploads/2008/06/seafood\\_final\\_complete.pdf](http://chefscollaborative.org/wp-content/uploads/2008/06/seafood_final_complete.pdf)

Gives chefs the tools they need to make knowledgeable and sustainable seafood purchasing decisions for their restaurants

### **Marine Stewardship Council**

<http://www.msc.org/>

The world's leading certification and ecolabelling program for sustainable seafood-The MSC has developed standards both for sustainable fishing and seafood traceability. Both standards are based on independent third-party assessments by independently accredited certifiers.

### **Monterey Bay Aquarium-Seafood Watch**

<http://www.montereybayaquarium.org/cr/seafoodwatch.aspx>

Provides a wealth of information on sustainable seafood issues and provides recommendations on consumer seafood choices

### **National Fisheries Institute- About Seafood**

<http://www.aboutseafood.com/>

Provides information on seafood recipes, health and nutrition and quality; sponsored by the National Fisheries Institute, which is a non-profit organization dedicated to education about seafood safety, sustainability, and nutrition

### **Seafood Choice Alliance**

<http://seafoodchoices.com/howeare.php>

International program that helps the seafood industry to make the seafood marketplace environmentally, economically and socially sustainable

### **Seafood Choice Alliance-The Good Catch Manual**

<http://seafoodchoices.com/whatwedo/goodcatch.php>

A U.K.-based initiative that aims to help people in foodservice navigate the subject of seafood sustainability; directs foodservice professionals to a range of user-friendly materials and activities that are specifically designed to help restaurants and related businesses improve the sustainability of the seafood they buy, serve and promote.

### **Southeastern Fisheries Association**

<http://www.southeasternfish.org/>

A non-profit fisheries trade association composed of companies and individual fishermen and workers employed within or supportive of the seafood and aquaculture industry at the local, state, national and international level.

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