

Consumer's Species List

The list tells you about which seafood species are legal and more sustainable choices from **South African** fish populations.

How to use the list

Each colour has a different meaning:

GREEN

The most sustainable choices from the healthiest and most well managed populations. These species can handle current fishing pressure.

ORANGE

Exercise **caution** when choosing these as there are reasons for concern:

- 📊 Rare from overfishing and cannot sustain current fishing pressure.
- ⊗ The fishery that catches them may cause particularly severe environmental damage and/or has high bycatch.
- ❓ The life-style (biology) of the species makes it vulnerable to high fishing pressure.

Consumers are encouraged to consider the implications of these choices.

RED

These species are illegal to buy or sell in South Africa. Some are specially protected and others are “no-sale” species, reserved for recreational fishing only (you need a valid recreational permit to catch them, and must adhere to specific regulations).



SASSI is supported by The Green Trust, a partnership between WWF-SA and Nedbank, made possible by Nedbank Green Affinity clients, and by Pick 'n Pay in support of the sustainable and environmentally sensitive use of our seafood resources.



Consumer's Seafood
pocket guide

2007

The Southern African
Sustainable Seafood Initiative

Not on the list?





Some foreign and imported species are not yet included on the SASSI list.

Always ask the following:

- What is it?
- Where is it from?
- How was it caught?

Visit www.wwf.org.za/sassi for more information, or send an email to sassi@wwf.org.za

KEY TO SYMBOLS

-  Rare/overfished
-  Eco-unfriendly fishery
-  Limited information available
-  Specially protected species

F.O.D.

GREEN - BEST CHOICE

Anchovy	Mussels
Angelfish (Atlantic pomfret)	Octopus
Bluefish (bluenose)	Oysters
Blueskin (trawl soldier)	Panga
Blue hottentot	Queen mackerel (Natal snoek)
Butterfish	Sand soldier (red tjor-tjor)
Chub mackerel (makriel)	Santer (soldier)
Dorado (dolphinfish; mahi-mahi)	Sardine (Pilchard)
Gurnard	Snoek
Hake (stockfish)	South coast rock lobster
Harder (mullet) - not from estuaries	Squid (calamari; tjokka)
Horse mackerel (maasbanker)	Steentjie
Hottentot	Tuna - not bluefin; pole caught is better
Jacopever	West coast rock lobster (West Coast crayfish)
John Dory	White stumpnose
Monkfish	Yellowtail

F.O.D.

ORANGE - CAUTION

Abalone - not farmed 	Poenskop (black musselcracker) 
Bluefin tuna 	Prawns - local trawled 
Carpenter (silverfish; silver) 	Red steenbras (copper steenbras) 
Dageraad 	Red stumpnose (Miss Lucy) 
Elf (shad) - no sale in KZN 	Rockcods - all except potato and brindle bass  
Englishman 	Roman (red roman) 
Geelbek (Cape salmon) 	Scotsman 
King mackerel (couta; cuda) 	Sharks - all except those on Red list 
King soldierbream 	Skates and rays 
Kingklip 	Slingers 
Kob (kabeljou; dusky, silver, and squaretail kobs) 	Snappers - all except river snapper 
Langoustines - local trawled 	Sole - local  
Marlins 	Swordfish 

F.O.D.

RED - NO SALE

Baardman (belman; tasselfish)	Ragged tooth shark
Banded galjoen	River bream (perch)
Blacktail (dassie; kolstert)	River snapper (rock salmon)
Brindle bass 	Sawfishes 
Bronze bream	Seventy-four 
Cape stumpnose	Southern pompano
East coast rock lobster	Spotted grunter (tiger)
Galjoen	Spotted gulley shark
Garrick (leervis)	Springer (ten pounder)
John Brown (Janbruin)	Stonebream
Kingfishes	Striped cat shark (Pyjama shark)
Knife jaw, Cape and Natal (cuckoo bass; kraaibek)	West coast steenbras
Large-spot pompano (moony; wave garrick)	White musselcracker (brusher; cracker)
Natal stumpnose (yellow bream)	White steenbras (pignose grunter)
Natal wrasse 	Zebra (wildeperd)
Potato bass 	