EATING SUSTAINABLY SOURCED FISH

Choosing to eat sustainably caught UK fish is a great way to reduce your impact on the environment and understand where your food comes from. Choosing the right species of fish and knowing the most sustainable method of catching it can be difficult. But hopefully we can help.

**ATLANTIC COD**
Atlantic cod is best sourced from Northeast Arctic and Iceland areas. It should be wild caught with hook and long line, net or bottom trawl.

**HADDOCK**
Haddock is best sourced from the North Sea near the West of Scotland and Skagerrak. It should be wild caught by net or hook and long line.

**ATLANTIC SALMON**
Currently, the most sustainable Atlantic salmon you can find is farmed in either Denmark or Scotland.

**MACKEREL**
Mackerel caught in the Northeast Atlantic around the southwest of the UK is sustainable. It should be wild caught with a hook and line.

**WILD HAKE**
Wild hake caught in the North Sea, Celtic Seas and Bay of Biscay are the most sustainable. It should be wild caught by either gill or fixed net. Look out for the Marine Stewardship logo!

This label is from the Marine Stewardship Council (MSC) and means the fish product you are about to buy or eat was sourced sustainably. Nice one! Look out for this label next time you go to the shops.

Looking for a UK fish that isn’t mentioned here? Search for your fish in the Good Fish Guide made by the Marine Conservation Society to find out if it’s under threat and how to purchase sustainably.

[www.mcsuk.org/goodfishguide](http://www.mcsuk.org/goodfishguide)

[chesterzoo.org/learning](http://chesterzoo.org/learning)