# SEVEN Cs OF SUSTAINABLE SEAFOOD

## CURIOSITY
Ask where, when, how and by whom your fish was harvested.

## COMMUNITY-BASED
Choose local seafood harvested by community-based fishers who care about the resource.

## SUPPLY CHAIN
Patronize local seafood stores that ensure transparency back to the boat and pay fish harvesters a fair price.

## CHANGE IT UP
Try underused species like mackerel, cusk, butterfish or sea urchins.

## CYCLES
Eat with the ecosystem — choose seafood available during different seasons.

## CULTIVATE
Understand sustainable aquaculture practices and avoid industrialized farmed seafood.

## CULTURE
Acknowledge the deep ancestral traditions that have shaped fishing communities for millennia.

SLOW FISH
NORTH AMERICA

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