




GREEN - BEST CHOICE

Abalone - not farmed ()	Roenskop (black)
Carpenter (silversh;)	Fawns - local trawled ✕
Bluelin tuna ()	Musselcracker ()
Otopus	
Octopus	
Oysters	
(Atlantic pomfret)	
Queen mackerel	
(Natal snook)	
Sand soldier (red 'jor-jor)	
Butterfish	
Crub mackerel (makrel)	Santer (soldier)
Dorado (dolphinfsh;	Sardine (Pillchard)
mahi-mahi)	Snook
Gurnard	South coast rock lobster
Hake (stockfish)	Squid (calamari; 'jokka)
Harder (mullet) - not	Steenhje
from estuaries	Tuna - not bluefin; pole
Horse mackerel	caught is better
(west coast crayfish)	White sturgeon
John Dory	Yellowtail
Monkfish	
Hotentot	
Jacoperver	
Limited information available	
Specialy protected species	



SASSI is a collaborative initiative by WWF South Africa and others that aims to improve the conservation status of overexploited seafood species through education and awareness. The Green trust (a partnership between WWF and Nedbank) and Pick n Pay are proud supporters of SASSI.

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?
FISHMS (brought to you by )
Simply text the name of the fish to the number **079 499 8795** and you will immediately get a message telling you whether to tuck in, think twice or avoid completely!
Visit www.www.org.za/sassi for more information, or send an email to sassi@wwwf.org.za

ORANGE - CAUTION

Abalone - not farmed ()	Roenskop (black)
Carpenter (silversh;)	Fawns - local trawled ✕
Bluelin tuna ()	Musselcracker ()
Otopus	
Octopus	
Oysters	
(Atlantic pomfret)	
Queen mackerel	
(Natal snook)	
Sand soldier (red 'jor-jor)	
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- ✕ 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.

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).

RED - NO SALE

Abalone - not farmed ()	Roenskop (black)
Carpenter (silversh;)	Fawns - local trawled ✕
Bluelin tuna ()	Musselcracker ()
Otopus	
Octopus	
Oysters	
(Atlantic pomfret)	
Queen mackerel	
(Natal snook)	
Sand soldier (red 'jor-jor)	
Butterfish	
Crub mackerel (makrel)	Santer (soldier)
Dorado (dolphinfsh;	Sardine (Pillchard)
mahi-mahi)	Snook
Gurnard	South coast rock lobster
Hake (stockfish)	Squid (calamari; 'jokka)
Harder (mullet) - not	Steenhje
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Consumer's Species List
The list tells you about which seafood species are legal and more sustainable choices from **South African** fish populations.
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.