

## Please Offer U.S. Wild-Caught Fish at This Establishment

Dear \_\_\_\_\_,

As a conscious consumer and restaurant patron, the quality and freshness of my food is of the utmost importance. Specifically, I am concerned that my seafood is wild-caught from local sources, as this guarantees the healthier and better-tasting product for me and my family.

Here are a few guidelines to observe when deciding what kind of fish to purchase for resale to consumers:

**Choose Wild Fish.** They swim in the wild and aren't grown in large crowded cages with harmful chemicals.

**Buy Local.** If your establishment isn't close to the ocean, try to stick to U.S. fish. They travel a shorter distance to the consumer, so less fuel is wasted and they are probably fresher. You also help the U.S. economy that way.

At all costs, **avoid imported farm-raised shrimp.** Choose U.S. wild or U.S. inland farmed shrimp instead.

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**Avoid farm-raised finfish,** especially salmon. They grow in large cages that threaten wild fish populations and are fed chemicals that can threaten human health.

**Avoid processed seafood,** which travels farther and is less fresh.

**Farm-raised mussels and clams** grow easily with very little input – they are typically a **good choice** for consumers.

You have a **right to know where your seafood comes from** - ask your supplier before you buy!

**Share information** about sustainable seafood on your menu.

To learn more about healthy and sustainable seafood visit:

<http://www.foodandwaterwatch.org/fish>

Thank you for your time,

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There are lots of reasons  
to serve U.S. wild-caught seafood!

Here are just a few:



Nearly 90% of the shrimp that American consumers eat in restaurants or buy at the grocery store are imported. Less than 2% of all imported farm-raised seafood is inspected for chemicals that are banned in the US- and often utilized in shrimp farms abroad.

Studies indicate that farm-raised fish have higher levels of chemical contaminants than wild fish. A 2005 analysis, showed chemical levels in farm-raised salmon at levels so high that, in order to lower the cancer risk to the middle of the acceptable range, consumption should effectively be eliminated.