



Celebrating the oceans that connect us all

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Tomorrow marks World Oceans Day – a day for honouring the oceans and celebrating this body of water that sustains all life on earth. We hope you will join SeaChoice in helping to raise awareness on marine issues while inspiring others to take action across the country. SeaChoice is calling on all Canadians to be part of the solution by choosing their seafood responsibly. By shifting the demand from unsustainable seafood choices to ocean-friendly options, together we can help to ensure that seafood in Canada is caught or farmed responsibly so that the oceans are not harmed.

From exclusive restaurants and top chefs to large retailers and seafood suppliers, to schoolchildren learning about ocean health with SeaChoice's "Sustainable Seafood Educator's Guide," sustainable seafood is catching on.

'Canadians can be proud of how far we've come in raising awareness of sustainable seafood, which translates into more sustainable options at the seafood counter and in people's shopping baskets,' said Nicola Hill, SeaChoice member from the Canadian Parks and Wilderness Society.

Join SeaChoice in making smart seafood decisions for today and tomorrow by taking the following actions:

- 1) Use the SeaChoice seafood guide to choose "Best Choice" seafood options.
- 2) Be sure not to choose red-listed items such as open-net pen farmed salmon.
- 3) Host an ocean-friendly seafood dinner to inform friends and family.
- 4) Keep the oceans healthy by reducing plastic waste, choosing eco-friendly cleaners and reducing your carbon footprint.

SeaChoice is a collaborative program between the Canadian Parks and Wilderness Society, David Suzuki Foundation, Ecology Action Centre, Living Oceans Society and the Sierra Club of BC.

For more information on ways to get involved contact the following for more information:

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