

Fish Forever?

Your Choice!

Help conserve fish by using this sustainable **fish guide**

Eat fish from a good fishery. A good fishery is ecologically sustainable because it:

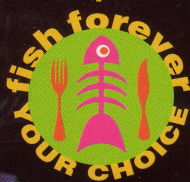
- Is not overfished
- Does not use destructive methods
- Has good research & management
- Does not take fish faster than they can breed.

Frightening facts

- 70% of the world's commercially important fish stocks are either over fished, fully fished or rebuilding.
- Only 9 out of 100 Australian fisheries are capable of sustaining increased catches, a figure based on our very limited knowledge of most commercial species.
- Overfishing of gemfish in eastern Australia has led to an emergency closure of this fishery.
- The slow growing swordfish is under great pressure from fishing. Over half of the breeding females in the north Atlantic have been wiped out in under 20 years.
- Each year, trawlers across the globe scour an area of seabed twice the size of the world's continental shelves, decimating seafloor communities.
- Australian orange roughy populations are now thought to be less than 30% of their original levels. These fish live up to 150 years and may take decades to recover from the heavy fishing they have endured since the 1980's.



Think before you buy . . .



fish guide

✓ Best Choice ? Think Again ✗ Last Resort

Name	Also sold as	Scale
Calamari - Southern	Squid, Calamari	✓
Tuna-Albacore	Tuna	✓
King George Whiting	Southern Australian Whiting	✓
Blue Grenadier	Hoki	✓
Flounder - Greenback	Flounder	✓
Flathead - Sand	Flathead, Bay Flathead	✓
Shark - Gummy	Flake *Many different types of shark are sold as 'flake' - ask what you are eating	✓

Name	Also sold as	Scale
Silver Trevally	Silver Bream	?
Ling - Pink	Ling, Rock Ling	?
Flathead - Tiger	Trawl Flathead	?
John Dory	Silver Dory	?
Southern Rock Lobster	Crayfish, Lobster	?
Swordfish - Broadbill	Swordfish, Marlin	✗
Southern Bluefin Tuna	Tuna, Sashimi	✗
Shark-School	Flake	✗
Gemfish	Hake	✗
Blue Warehouse	Trevally, Trevalla	✗
Ling-Rock	Ling	✗
Scallop - Commercial	Scallop, King Scallop	✗
Orange Roughy	Sea Perch	✗



Contact the

Victorian National Parks Association
if you would like to find out more about the Sustainable Fisheries Campaign **03 9650 8296**
or visit our web site **www.vnpa.org.au**

