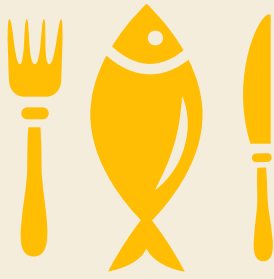


Sustainable Fish For The Easter Table

What to eat and what not this Easter..

CAUGHT

HERRING
CRAB
ANCHOVIES
COD
SQUID



FARMED

OYSTER
SHRIMP
TROUT
CATFISH

3 STEPS TO CHOOSING SUSTAINABLE FISH THIS EASTER

Where does it
come from?

Eating sustainable fish takes less effort than one might think. It takes a collective effort though - when we all start asking about origin, then fisheries will start caring more.

How was it
fished/caught?

HOW TO GO SUSTAINABLE FOR THIS EASTER MEAL

Is it someone
else's food?

1. Eat **smaller** on the food chain – sustainability for all – less toxins, easier to reproduce
2. Choose **farmed** – support local aquaculture and save the oceans
3. Read the **labels** – they matter, ask the seller

EAT LOCAL, STAY SUSTAINABLE



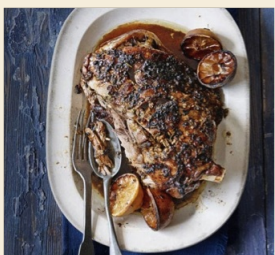
SAY "NO" TO THESE WILD CAUGHT FISH and do yourself a favor

BLUE WAREHOUR GEMFISH
MULLOWAY SHARK
ORANGE ROUGHLY
YELLOWTAIL KINGFISH (even farmed)

YOUR EASTER DINNER

AUSTRALIAN SALMON

ANCHOVIES



TROUT



SHRIMP



ATLANTIC MACKEREL



All recipes on the blog AQUARIUSLAWYERS.COM.AU/BLOG

Think healthy! – make sure your fish comes from clean waters so you don't get any unnecessary toxins into your body. Let the big fish swim in the sea – **shark, sea bass, and sword fish** are very high on the food chain and can be toxic for you.

Aquarius Lawyers is the law firm for businesses working in the marine environment. Known as "The Fish Lawyer" for her specialization in aquaculture, marine and fisheries law, **Katherine Hawes is the principal of Aquarius Lawyers**. Katherine is a regular speaker at international events on legal issues affecting the marine environment and has completed a Masters of Maritime Law.

