



Local Healthy Choices

CONNECTICUT
Mattabesic

SHOP LOCAL

Long Island Sound

Community Supported Fisheries

LONG ISLAND

Shop local farm fresh produce and fresh seafood – it's a healthy choice!
Your dollars making sense!



Shopping local makes sense! Useful online resources:

NOAA'S FishWatch: <http://www.fishwatch.gov/> — provides easy-to-understand science-based facts to help people make smart sustainable seafood choices. The U.S. seafood species profiled on the site is responsibly harvested under strict regulations that work to keep the environment healthy, fish populations thriving, and the seafood industry on the job. The fish-finder feature illustrates species from A to Z and other features explain the difference between wild-caught and farmed seafood.

Seafood Health Facts: Making Smart Choices: <http://www.seafoodhealthfacts.org/> — developed by Cornell University and NY Sea Grant Extension Program in collaboration with universities in Oregon, Rhode Island, Delaware, Florida and California, is a comprehensive resource on seafood products, providing objective information on risks, benefits and product choices that can help consumers make informed decisions and help healthcare providers give balanced objective information to their patients.

Local Food Systems: Concepts, Impacts, and Issues: www.ers.usda.gov/publications/err97/ — This comprehensive overview of local food systems published by the U.S. Department of Agriculture explores alternative definitions of local food, estimates market size and reach, describes the characteristics of local consumers and producers, and examines early indications of the economic and health impacts of local food systems.

LocalCatch.org: <http://www.localcatch.org/> — An online network that links consumers to Community Supported Fisheries across North America. The network seeks to increase the visibility of CSFs and provide assistance to individuals and organizations that need support envisioning, designing, and implementing locally-relevant businesses that work towards social, economic, and environmental solutions.

CSF Bait Box: Fishermen's Guide to Community Supported Fisheries: <http://www.namanet.org/> — The Northwest Atlantic Marine Alliance's CSF Bait Box served as a starting point for this resource guide. Additional information and resources to help fishermen get started are available, such as sample CSF contracts, CSF best practices, CSF principles, and Financial Forecasting Tool.

Food Industry MarketMaker: <http://nyc.cce.cornell.edu/Programs/MarketMaker/Pages/default.aspx> — A partnership of land grant institutions (like Cornell) and state departments of agriculture dedicated to the development of a comprehensive interactive database of food industry marketing and business data. Although established for agricultural producers, this web-based marketing tool may also be used by fishermen and seafood businesses to establish a web presence, identify new markets, and connect with consumers in order to enhance profitability.

Seafood Safety: What Consumers Need to Know: <http://seafood.ucdavis.edu/haccp/haccpudel.pdf>, — written by seafood safety experts from the National Sea Grant network, is a simple, invaluable resource for keeping

seafood safe to eat. It explains HACCP (pronounced "has-sip"), an acronym for Hazard Analysis Critical Control Point, an effective, science-based way of ensuring seafood safety. It provides consumers with specific guidelines about the right way to handle and store a variety of seafood.

Community Fisheries Network: www.community-fisheriesnetwork.org/ — A group of community-based fishing organizations from across the United States that have joined together to address common challenges. CFN participants receive advice from local volunteer experts about legal, financial, personnel, board management, and fundraising issues; relevant information on governance structures, and customized technical assistance from EcoTrust, Island Institute staff and others.

Cooperative Development Institute: www.cdi.coop/ — Provides education, training and technical assistance to existing and start-up cooperatively-structured enterprises in the Northeast in all business sectors: food, housing, energy, agriculture, arts, health, forestry, fisheries, retail, service and more. CDI has a number of resources available online for starting co-ops and they also offer consultation and technical assistance to eligible groups.



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