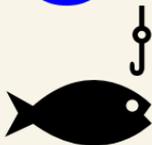


NEW YORK SEAFOOD

A delicious and nutritious choice



NY seafood is a great choice because



It's easier to trace



It supports local business



It burns less fuel



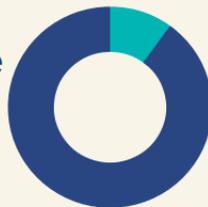
VS



On average, imported seafood goes through about 20 people before reaching your plate, while local seafood goes through 3 or less

In the US, we import over 90% of the seafood we eat, despite having some of the best management practices and one of the largest coastlines in the world

Domestic (U.S.)
10%



Where can I learn more?

www.localfish.org

www.seafoodhealthfacts.org

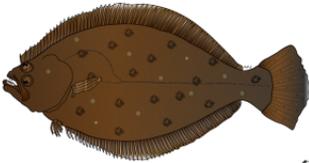
Foreign Import

90%

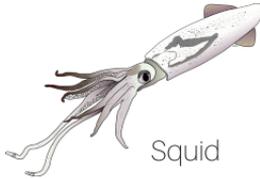


See reverse side for some ideas of NY Seafood to make tonight for dinner!

Found in NY Waters...and now on your plate!



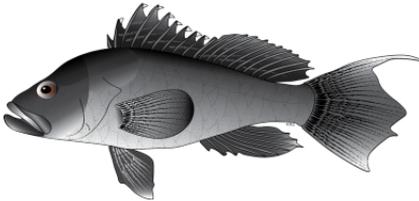
Fluke



Squid



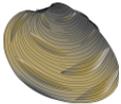
Atlantic oyster



Black sea bass



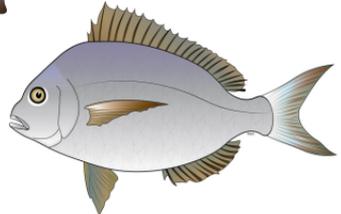
Blue Crab



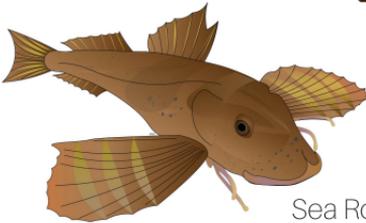
Hard clam



Spiny dogfish



Scup/Porgy



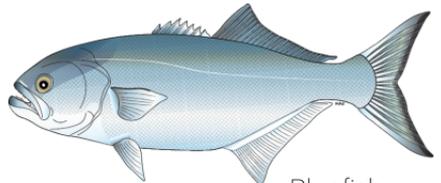
Sea Robin



Blue mussel



Skate



Bluefish

For more information
or questions, please
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