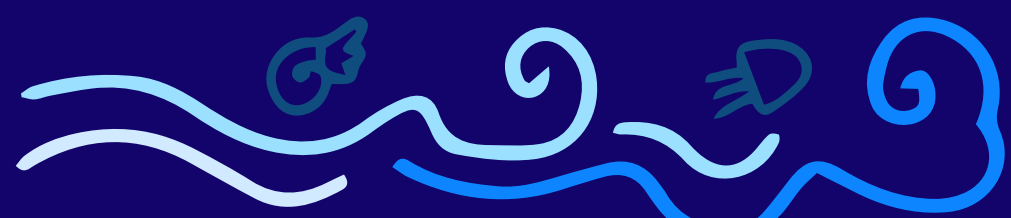
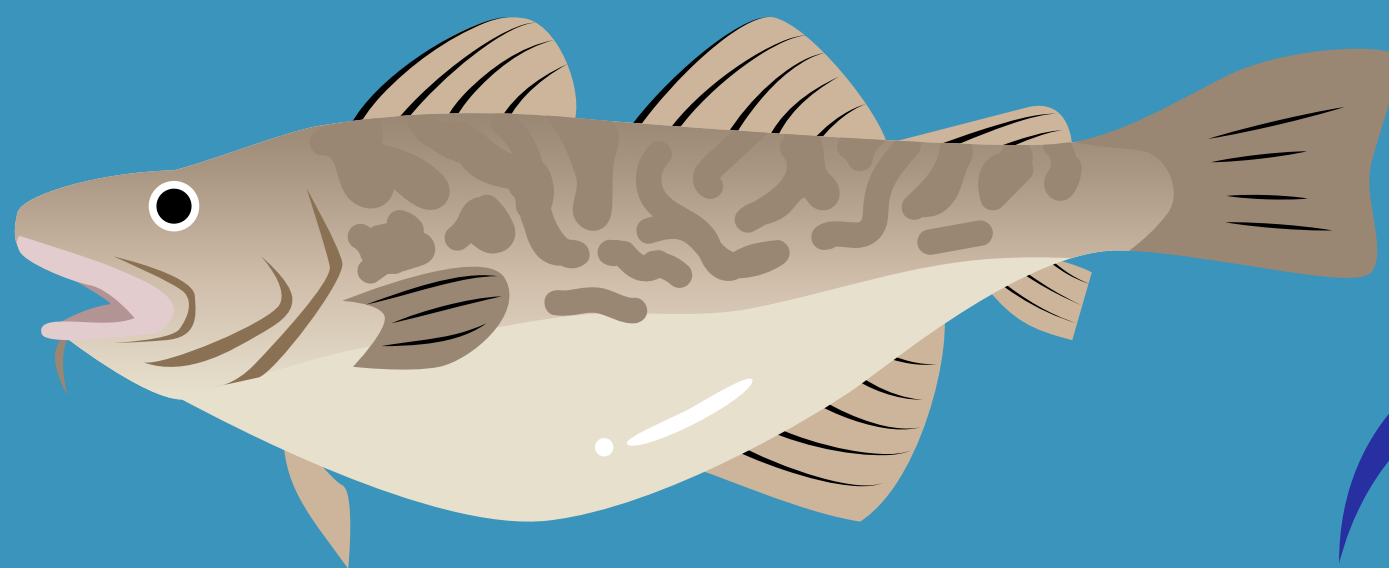


FINder

FISH DATING APP



PACIFIC (ALASKAN) COD



Is it sustainable?

- Yes!
- U.S. Wild-caught Pacific cod from the Bering Sea and Gulf of Alaska is considered a smart choice, with populations generally not overfished and strict regulations in place.
- Rated as a green "Best Choice" or "Good Alternative" fish by Monterey Bay Aquarium Seafood Watch.
- Fishery is certified by the Marine Stewardship Council (MSC), which ensures sustainable fishing practices.

What to look for when buying sustainable Cod

- Marine Stewardship Council (MSC) blue tick for wild caught
- Aquaculture Stewardship Council (ASC) label for farmed fish
- Choose Pacific cod from Alaska over most Atlantic stocks
 - Atlantic cod tends to be overfished
- Look for products that specify sustainable methods like hook-and-line or trawl-caught in ways that avoid habitat destruction.
- Purchase from retailers with strong sustainable seafood policies ("US-caught")

How is it served?

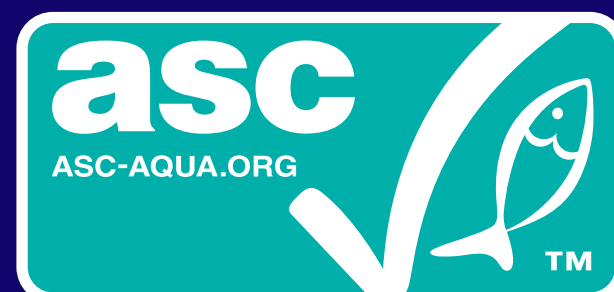
- Typically served baked, battered and fried, or pan-fried
- Pacific Cod is primarily cut into:
 - Fillets
 - Loins
 - Tails
 - Cheeks
 - Steaks

Where can you buy sustainable Pacific Cod locally?

- Long John Silver's
 - Wild caught North Pacific Cod
- Red Lobster
 - Wild caught Bering Sea off the coast of Alaska
- Walmart
 - Wild caught from fishery that has been independently assessed; MSC label
- Kroger
 - Wild caught from Alaska; MSC label
- Sams Club
 - Wild caught from Alaska; MSC label
- Costco
 - CSI Certified Alaska

Read more about the fish on these websites:

1. <https://www.seafoodwatch.org/recommendation/cod/pacific-cod-29034>
2. <https://www.fisheries.noaa.gov/species/pacific-cod>
3. <https://www.msc.org/en-us/what-you-can-do/choose-sustainable-seafood/sustainable-species/cod>



**CERTIFIED
SUSTAINABLE
SEAFOOD**