

The Atlantic Salmon...

Is it sustainable?



...Yes!

The Atlantic salmon has a seafood watch score of 6.780, which is in the green. Meaning it is highly sustainable and a good option for seafood to buy locally. Atlantic Salmon is farm-raised using recirculating aquaculture systems (RAS). This is an indoor process where 90% of the water is recycled daily, keeping the risk of disease and need for chemicals low, and it also reduces the risk of spreading disease to wild species.

Places near Springfield to buy:

- [Long John Silver's](#)
- [Red Lobster](#)
- [Walmart](#)
- [Meijer](#)
- [Sam's Club](#)

How We Know

Here are links to websites for you to be able to do your own research!

[NOAA Fisheries](#)

[Seafood Watch](#)

Atlantic Salmon dishes

[Salmon recipes](#)

