

DIVERSIFY YOUR CHOICE
and **SWITCH YOUR FISH!**


GIVE THE POPULAR SPECIES *like*
TUNA, SHARK (FLAKE) and SWORDFISH
a break

and TRY SOMETHING LOWER DOWN THE FOOD CHAIN *like*
**MULLET, WHITING, LEATHERJACKET,
FLATHEAD, MUSSELS and SARDINES**



SUSTAINABLE TABLE

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BUY *local*

A WHOPPING **72%** OF THE SEAFOOD AUSSIES *eat* IS IMPORTED
SUPPORT LOCAL COMMUNITIES *and* SUSTAINABLE FISHERIES
WHERE POSSIBLE *because* AUSTRALIA HAS SOME OF THE BEST-MANAGED
FISHERIES IN THE *world*



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EDUCATE YOURSELF

BE A SAVVY SHOPPER *and* USE OUR **SWITCH YOUR FISH GUIDE**
(AVAILABLE AT THE SUSTAINABLE TABLE STAND) TO MAKE AN INFORMED CHOICE.
Alternatively **DOWNLOAD the AMCS IPHONE APP**



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SEAFOOD *is still*
MEAT *so make it a* **TREAT**

MAKE SEAFOOD A TREAT BY CHOOSING IT LESS OFTEN *and* WHEN YOU DO,
enjoy SENSIBLE PORTIONS *of* SUSTAINABLE SPECIES THAT HAVEN'T BEEN
OVERFISHED *or* HARVESTED USING DESTRUCTIVE METHODS



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BUY FRESH
to avoid
UNNECESSARY PACKAGING

AUSTRALIANS DISPOSE OF **1.9 MILLION TONNES**
of **PLASTIC PACKAGING EVERY YEAR –**
THAT'S ENOUGH TO FILL THE MCG 9 TIMES OVER!
FRESH *seafood* WILL HAVE BEEN CAUGHT CLOSER TO WHERE IT IS SOLD
and **THUS HAVE TRAVELLED A SHORTER DISTANCE**
to **REACH YOUR PLATE.**

YOU CAN ASK QUESTIONS *and* YOU'LL ALSO AVOID **UNNECESSARY PACKAGING!**



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