



a Fresh Catch Today for Tomorrow's Oceans®



## SUSTAINABLE FISH & SEAFOOD

### What is Sustainable Seafood?

Sustainable seafood is fish or shellfish that is caught or farmed in ways that consider the long-term viability of harvested populations and the ocean's health and ecological integrity. Choosing sustainable seafood is an effective way to support the best practices in the fishing and aquaculture industries to ensure our ocean resources last long into the future.

### Determining Sustainable Seafood

Seacore has been working with and collaborating for years with the leading Canadian Sustainable Seafood organizations - SeaChoice, Ocean Wise and MSC. They all use the best available science, strategic communications and partnerships to mobilize sustainable seafood markets throughout Canada.

The entire OceanPrime Sustainable Seafood Program and the products considered sustainable have all been identified and assessed by SeaChoice, Ocean Wise and/or MSC. For more information please visit:



Seacore is a co-founder of Sea Pact: United for a Sustainable Future | [www.seapact.org](http://www.seapact.org)

**A FRESH CATCH SINCE 1987®**

[seacore.ca](http://seacore.ca)

Seacore Seafood Inc. | 81 Aviva Park Drive, Woodbridge, ON L4L 9C1 | 905.856.6222 | [orders@seacore.ca](mailto:orders@seacore.ca)

## GUIDING PRINCIPLES



OceanPrime  
Sustainable Seafood

powered by  
  
SeaChoice.org  
for healthy oceans

Seacore Seafood recognizes its role in helping ensure a sustainable future for the seafood we buy and sell, and the overall health of our oceans. As one of the largest seafood distributors in Canada, we aim to be a model of sustainability in the Canadian seafood marketplace and continue to be a proactive leader that is well positioned to supply sustainable seafood products to our customers.

### Make a Commitment

Commit to developing and implementing a comprehensive, corporate policy on sustainable seafood.

### Collecting Data

Assess and monitor the environmental sustainability of our seafood products.

### Buying Environmentally Responsible Seafood

Support environmentally responsible seafood choices through purchasing decisions.

### Be Transparent

Make information regarding your seafood products publicly available.

### Educate

Educate our customers, suppliers, employees and other key stakeholders about environmentally responsible seafood.

### Support Reform

Engage in and support policy and management reforms that leads to positive environmental outcomes in fisheries and aquaculture management.

[seacore.ca](https://seacore.ca)



# SUSTAINABLE SEAFOOD GOUPS



In Canada, there are 5 prominent non-governmental organizations (NGOs) that Seacore is a part of that assess and/or promote sustainable seafood for our Canadian market. These organizations use scientific and factual evidence in assessing the seafood and based on the results will determine if they are sustainable seafood. To join, support or donate to any of these great organizations, please contact us or visit their respective websites:

## OCEAN WISE

Ocean Wise was launched in January 2005 by the Vancouver Aquarium. Ocean Wise works individually with each partner business to help it make sustainable seafood purchasing decisions. In turn, partners identify these options on their menus or display cases with the Ocean Wise symbol. While partners are not required to only provide Ocean Wise seafood choices upon joining the program, partners are required to clearly label seafood items that are identified as sustainable and Ocean Wise. The aim is to bring partners along a path of continuous improvement with the ultimate goal of becoming 100 per cent Ocean Wise. [www.oceanwise.ca](http://www.oceanwise.ca)



## SEA CHOICE

SeaChoice is about solutions for healthy oceans. Launched in 2006, SeaChoice was created to help Canadian businesses and shoppers take an active role in supporting sustainable fisheries and aquaculture at all levels of the seafood supply chain. Based on scientific assessments, SeaChoice has created easy-to-use tools that help businesses make the best seafood choices. Working in collaboration with the Monterey Bay Aquarium's acclaimed Seafood Watch program, SeaChoice undertakes science-based seafood assessments, provides informative resources for consumers, and supports businesses through collaborative partnerships. [www.seachoice.org](http://www.seachoice.org)



## MARINE STEWARDSHIP COUNCIL (MSC)

The MSC is an international non-profit organization addressing the problem of unsustainable fishing, and safeguarding seafood supplies for the future. Using their fisheries certification and seafood labelling program, the MSC works with business partners to promote sustainable fishing and transform markets. The MSC's certification and ecolabelling program enables everybody to play a part in securing a healthy future for our oceans. MSC only assesses wild caught fish and seafood. [www.msc.org](http://www.msc.org)



## AQUACULTURE STEWARDSHIP COUNCIL (ASC)

Founded in 2010 by WWF and IDH (Dutch Sustainable Trade Initiative) the Aquaculture Stewardship Council (ASC) is an independent not for profit organization with global influence. ASC aims to be the world's leading certification and labelling programme for responsibly farmed seafood. The ASC's primary role is to manage the global standards for responsible aquaculture, which were developed by the WWF Aquaculture Dialogues. ASC works with aquaculture producers, seafood processors, retail and foodservice companies, scientists, conservation groups and consumers in sourcing sustainable seafood. ASC only assesses farm raised or aquaculture fish and seafood. [www.asc-aqua.org](http://www.asc-aqua.org)



## SEA PACT — UNITED FOR A SUSTAINABLE FUTURE

Sea Pact is a group of leading North American Seafood Companies dedicated to driving stewardship and continuous improvement of social, economic, and environmental responsibility throughout the global seafood supply chain. Sea Pact will improve the sustainability of global seafood by using the collective power of like-minded North American seafood companies to improve the fishing and fish farming systems we procure from. Sea Pact was created by the six founding members: Albion Fisheries in Vancouver, Fortune Fish & Gourmet in Chicago, Ipswich Shellfish Group in Boston, Santa Monica Seafood in Los Angeles, Seacore Seafood in Toronto and Seattle Fish Co in Denver. Additional members that have joined since inception are Stavix Seafood in Boston, A.C. Coverts in Halifax and J.J. McDonnell in Baltimore. [www.seapact.org](http://www.seapact.org)





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		Origin/Wild or Farmed	Harvest/Catch Method	Green seaChoice	Yellow seaChoice	Ocean Wise	MSC/ASC Certified	UM
108681	ARCTIC CHAR FIL 10-20 oz YUKON	FRESH 10LB PBO ICY WATERS	Canada / Farmed	Land-based	G	O		LB
108810	ARCTIC CHAR FIL ICELAND PBO	FRESH 10 LB 12oz-UP FARMED	Iceland / Farmed	Land-based	G	O		LB
108601	ARCTIC CHAR WHOLE 2-4 DRSD	FRESH ICY WATERS 50 LB/TW S/S	Canada / Farmed	Land-based	G	O		LB
120080	BARRAMUNDI FILLETS	BY/LB HOUSECUT CERTIFIED	U.S.A. / Farmed	Land-based	G	O		LB
120084	BARRAMUNDI FILLETS 12oz-UP	10LB SK-ON AUSTRALIS VIETNAM	Vietnam / Farmed	Land-based	G	O		LB
120215	BARRAMUNDI PORTIONS 6oz	IVP 26pc/CS AUSTRALIS VIETNAM	Vietnam / Farmed	Land-based	G	O		EA
120216	BARRAMUNDI 340g (2x6oz) PRT	20/CS OCEANPRIME VIETNAM	Vietnam / Farmed	Land-based	G	O		EA
120165	BARRAMUNDI WHOLE 600-800g	FRESH AUSTRALIS 25LB FARM USA	U.S.A. / Farmed	Land-based	G	O		LB
145200	BLACK COD FILLET WILD	*SABLE* BY/LB CANADA	Canada / Wild	Bottom Longline	Y	O		LB
145250	BLACK COD FILLETS VP IQF	10KG/22.05 LB SKIN-ON W175	Canada / Wild	Bottom Longline	Y	O		LB
145320	BLACK COD J-CUT 9LB UP IQF	#1 FAS LONG-LINE 50LB B.C.	Canada / Wild	Bottom Longline	Y	O		LB
145227	BLACK COD PORTION 4oz SKIN-ON	CS 40PC WILD PBO IQF CANADA	Canada / Wild	Bottom Longline	Y	O		EA
145225	BLACK COD PORTION 5oz SKIN-ON	CS 32PC WILD PBO IQF CANADA	Canada / Wild	Bottom Longline	Y	O		EA
145222	BLACK COD PORTION 6oz SKIN-ON	CS 26PC WILD PBO IQF CANADA	Canada / Wild	Bottom Longline	Y	O		EA
145360	BLACK COD WHOLE H&G WILD	FRESH PF BY/LB	Canada / Wild	Bottom Longline	Y	O		LB
145410	BLACK COD/SABLEFISH 340g IVP	10/CASE HOUSECUT RETAIL CANADA	Canada / Wild	Bottom Longline	Y	O		EA
242520	CATFISH FILLET 5-7 oz	FRESH 10 LB	U.S.A. / Farmed	Land-based	G	O		LB
242640	CATFISH FILLET 6-12 oz	FRESH 10 LB	U.S.A. / Farmed	Land-based	G	O		LB
242680	CATFISH FILLET CAJUN	FRESH ** 10 LB	U.S.A. / Farmed	Land-based	G	O		LB
242880	CATFISH FILLET LEMON PEPPER	FRESH 10 LB	U.S.A. / Farmed	Land-based	G	O		LB
242906	CATFISH FILLET GRND *WF*	FRESH 10 LB *ALL NATURAL* USA	U.S.A. / Farmed	Land-based	G	O		LB
243300	CAVIAR HERRING / MULLET 55g	12/CS SPAIN (K) MUJOL SHIKRAN	Spain / Wild	Puse Seine	Y	O		EA
243585	CAVIAR STURGEON ATLANTIC 30g	FRESH NB ACADIAN STURG.	N.B. / Farmed	Land-based		O		EA
243590	CAVIAR NORTHERN DIVINE 30g	EACH B.C. STURGEON	Canada / Farmed	Land-based	G	O		EA
243594	CAVIAR NORTHERN DIVINE 50g	EACH B.C. STURGEON	Canada / Farmed	Land-based	G	O		EA
243596	CAVIAR NORTHERN DIVINE 125g	EACH B.C. STURGEON	Canada / Farmed	Land-based	G	O		EA
243591	CAVIAR PLATINUM W.C. 30g	EACH FRASER STURGEON BLACK	Canada / Farmed	Land-based	G	O		EA
243287	CAVIAR SALMON CHUM 100g	12/CS #1A IKURA WCS CANADA	Canada / Wild	Gill Net / Troll	Y	O		EA
243280	CAVIAR SALMON CHUM 24x500g	#1 IKURA Wild Canada	Canada / Wild	Gill Net / Troll	Y	O		EA
243240	CAVIAR SALMON CHUM 12x1kg	#1 IKURA Wild Canada	Canada / Wild	Gill Net / Troll	Y	O		EA
243320	CAVIAR WHITEFISH GOLDEN	FRESH 125 G	Canada / Wild	Gill Net / Troll	Y	O		EA
269200	CLAM MEAT 300-500p/k 10x2.21LB	22.05LB IQF CKD OceanPrime	China / Farmed	Cultured	G	O		LB
270560	CLAM WH-CKD 15-25pLB 12x2x500g	Brown Shell OceanPrime Printed	China / Farmed	Cultured	G	O		EA
270201	CLAMS PASTANECK 10 LB	FRESH BAG FARMED USA CS-	U.S.A. / Farmed	Hand Harvested	G	O		LB
269755	CLAMS LITTLENECK 5 LB	CASE FRESH USA	U.S.A. / Wild	Dredge	Y	O		LB
269602	CLAMS CHERRYSTONE 5 LB	FRESH RHODE ISLAND, USA	U.S.A. / Wild	Dredge	Y	O		LB
270208-bc	CLAMS SAVOURY 10 LB	BAG LIVE FARMED BC CANADA	Canada / Farmed	Cultured	G	O		LB
269923-bc	CLAMS MANILA 10 LB	BAG LIVE BC CANADA	Canada / Farmed	Cultured	G	O		LB
270210	CLAMS STEAMER FRESH	10 LB BAG	U.S.A. / Wild	Dredge	Y	O		LB
270215	CLAM GEODUCK	FRESH/FROZEN BY/LB	U.S.A. / Farmed	On-bottom Culture	G	O		LB
277890	COD FILLET PACIFIC *MSC*	10 LB CASE ALASKA	Canada / Wild	Bottom Longline	Y	O	M	LB
277835	COD FILLET PACIFIC S/P 8-32oz	FZ 3x15LB MSC*CERTIFIED	Canada / Wild	Bottom Longline	Y	O	M	LB
277904	COD ICELANDIC FILLET 16-32oz+	FRESH 10 LB CASE MSC-C-51042	Iceland / Wild	Bottom Longline	Y	O	M	LB
717745	CRAB CLAWS JONAH TRIPLE SCORED	4x5LB IQF OCEANPRIME USA	U.S.A. / Wild	Trap	Y	O		LB
717520	CRAB CLUSTER 8-10oz #1 30 LB	SNOW, CANADA	Canada / Wild	Trap	Y	O		LB
351360	CRAB DUNGENESS WHOLE 1.5LB-up	30LB COOKED - BORNSTEIN	Canada / Wild	Trap	Y	O		LB
351380	CRAB DUNGENESS CLUSTERS MSC	20LB CS ALASKA MSC-C-51042	U.S.A. / Wild	Trap	Y	O	M	LB
351385	CRAB DUNGENESS CLUSTERS 500g	15/CS ALASKA MSC-C-51042	U.S.A. / Wild	Trap	Y	O	M	EA
635440	CRAB LEGS 04-7 Red King CS	Whole 20 LB - INTERSEA	U.S.A. / Wild	Trap	Y	O		LB
635520	CRAB LEGS 06-9 Red King CS	Whole 20 LB - INTERSEA	U.S.A. / Wild	Trap	Y	O		LB
635640	CRAB LEGS 09-12 Red King CS	Whole 20 LB - INTERSEA	U.S.A. / Wild	Trap	Y	O		LB
635800	CRAB LEGS 12-14 Red King CS	Whole 20 LB - INTERSEA	U.S.A. / Wild	Trap	Y	O		LB
635920	CRAB LEGS 14-17 Red King CS	Whole 20 LB - INTERSEA	U.S.A. / Wild	Trap	Y	O		LB
636040	CRAB LEGS 16-20 Red King CS	Whole 20 LB INTERSEA / Trident	U.S.A. / Wild	Trap	Y	O		LB
636120	CRAB LEGS 20-24 Red King CS	Whole 20 LB - INTERSEA	U.S.A. / Wild	Trap	Y	O		LB
636275	CRAB LEGS 20-UP Red King CS	Whole 20 LB - INTERSEA	U.S.A. / Wild	Trap	Y	O		LB
635325	CRAB LEGS 20-24 GOLD *SPLIT*	10LB OceanPrime	U.S.A. / Wild	Trap	Y	O		LB
299120	CRAB LIVE DUNGENESS	FRESH	Canada / Wild	Trap	Y	O		LB

Prices as of 3/2/2017 - F.O.B. Toronto - Products are subject to availability. Prices are subject to market conditions. E. and O.E.

This is a summarized list of sustainable seafood options.

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Origin/Wild or Farmed Harvest/Catch Method

Green seaChoice  
Yellow seaChoice  
Ocean Wise  
MSC/ASC Certified

UM

Product ID	Description	SKU	Origin/Wild or Farmed	Harvest/Catch Method	Green seaChoice	Yellow seaChoice	Ocean Wise	MSC/ASC Certified	UM
718000	CRAB MEAT COMBO SNOW 12x200g	Luxury - #1048005	Canada / Wild	Trap	Y	O			EA
351281	CRAB MEAT DUNGENESS 5 LB *TIN*	FROZEN COOKED #1	Canada / Wild	Trap	Y	O			LB
718065	CRAB MEAT JONAH COMBO 5x5LB	CASE FROZEN USA	U.S.A. / Wild	Trap	Y	O			LB
718010	CRAB MEAT SALAD SNOW 6X5 LB	LUXURY CANADA	Canada / Wild	Trap	Y	O			LB
299260	CRAB MEAT IMITATION Flake 680g	20/CS APO VP OceanPrime China	China / Wild	Midwater Trawl	Y	O			EA
760360	CRAB CLAWS STONE FLORIDA IQF	454g WILD USA OCEANPRIME	USA / Wild	Trap	G	O			BG
299685	CRAB STONE CLAWS * MEDIUM *	FRESH BY/LB FLORIDA COOKED	USA / Wild	Trap	G	O			LB
299683	CRAB STONE CLAWS * LARGE *	FRESH BY/LB FLORIDA COOKED USA	USA / Wild	Trap	G	O			LB
363620	EURO BASS FILLETS FRESH	NW BY/LB BRANZINI GREECE	Greece / Farmed	Net Pens	Y				LB
363640	EURO BASS WHOLE *S&G* 450g	FRESH *SCALED/GUTTED* GREECE	Greece / Farmed	Net Pens	Y				LB
363561	EURO BASS WHOLE 400-600g CS	FRESH 22.05LB BRANZINI GREECE	Greece / Farmed	Net Pens	Y				LB
414440	GROUPEL WHOLE BLACK	FRESH USA	USA / Wild	Handline	Y	O			LB
413840	GROUPEL FILLET BLACK	FRESH NW USA	USA / Wild	Handline	Y	O			LB
414760	HADDOCK FILLET 6-8oz IQF 10LB	CANADA OCEAN WISE/MSC-C-51042	Canada / Wild	Bottom Longline	Y	O	M		LB
415180	HADDOCK FILLET *MSC* CANADA	FRESH 10 LB CASE MSC-C-51042	Canada / Wild	Bottom Longline	Y	O	M		LB
415175	HADDOCK ICELANDIC FILLET 10oz+	FRESH 10 LB CASE MSC-C-51042	Iceland / Wild	Bottom Longline	Y		M		LB
414740	HADDOCK PORTION 454g IVP	10/CASE HOUSECUT RETAIL CANADA	Canada / Wild	Bottom Longline	Y	O	M		EA
418120	HALIBUT FILLET FRESH	WILD NW CANADA	B.C. Canada/Wild	Bottom Longline	Y	O			LB
418210	HALIBUT *MSC* FILLET	WILD CANADA MSC-C-51042	B.C. Canada/Wild	Bottom Longline	Y	O	M		LB
418170	HALIBUT *BELLY OFF* MSC FILLET	CANADA MSC-C-51042	B.C. Canada/Wild	Bottom Longline	Y	O	M		LB
418160	HALIBUT FILLET *SKINLESS*	WILD NW CANADA	B.C. Canada/Wild	Bottom Longline	Y	O	M		LB
418260	HALIBUT *MSC* FILLET S/ON IQF	CS VP 30LB USA MSC-C-51042	B.C. Canada/Wild	Bottom Longline	Y	O	M		LB
418402	HALIBUT 2.75oz **MOLDED**	56PCS/CS PORTIONS ALASKA	Alaska, U.S.A./Wild	Bottom Longline	Y	O	M		EA
418405	HALIBUT 2.75oz BIAS CUT IQF	56PCS/CS PORTIONS ALASKA	Alaska, U.S.A./Wild	Bottom Longline	Y	O	M		EA
418408	HALIBUT 3.75oz BIAS CUT SKLS	42/PCS/CS IQF PORTIONS ALASKA	Alaska, U.S.A./Wild	Bottom Longline	Y	O	M		EA
418411	HALIBUT 4oz MARKET CUT IVP	40PC/CASE PORTIONS ALASKA	Alaska, U.S.A./Wild	Bottom Longline	Y	O	M		EA
418410	HALIBUT 4oz PORTIONS IVP SL	40PC/CS SKINLESS ALASKA 10 LB	Alaska, U.S.A./Wild	Bottom Longline	Y	O	M		EA
418412	HALIBUT 5oz MARKET CUT PORTION	IQF 32pcs/CASE ALASKA	Alaska, U.S.A./Wild	Bottom Longline	Y	O	M		EA
418414	HALIBUT 6oz PORTIONS IVP SL	26PC/CS SKINLESS ALASKA 10 LB	Alaska, U.S.A./Wild	Bottom Longline	Y	O	M		EA
418420	HALIBUT 8oz PORTIONS IVP SL	20PC/CS SKINLESS ALASKA 10 LB	Alaska, U.S.A./Wild	Bottom Longline	Y	O	M		EA
418404	HALIBUT CHEEKS VP 1 LB	18/CASE EAST COAST CANADA	N.S. Canada/Wild	Bottom Longline	Y	O			EA
418270	HALIBUT FLETCH 1-3 LB IQF	ALASKAN 25LB FROZEN	Alaska, U.S.A./Wild	Bottom Longline	Y	O	M		LB
418275	HALIBUT FLETCH 3-5 LB IQF	ALASKAN 25LB FROZEN	Alaska, U.S.A./Wild	Bottom Longline	Y	O	M		LB
418320	HALIBUT FLETCH 5-8 LB IQF	ALASKAN 25LB FROZEN	Alaska, U.S.A./Wild	Bottom Longline	Y	O	M		LB
418266	HALIBUT FLETCH 8-16oz IQF	ALASKAN 25LB FROZEN	Alaska, U.S.A./Wild	Bottom Longline	Y	O	M		LB
418440	HALIBUT H&G 10-20 LB FRESH	**WHOLE** CANADA	B.C. Canada/Wild	Bottom Longline	Y	O			LB
418445	HALIBUT *MSC* 10-20 LB FRESH	WILD WHOLE CANADA MSC-C-51042	B.C. Canada/Wild	Bottom Longline	Y	O	M		LB
418520	HALIBUT H&G 20-40 LB FRESH	**WHOLE** CANADA	B.C. Canada/Wild	Bottom Longline	Y	O			LB
418480	HALIBUT H&G 10-50 LB FRESH	EAST COAST * WHOLE MSC-C-51042	N.S. Canada/Wild	Bottom Trawl	Y	O			LB
418268	HALIBUT PORTIONS 340g IVP	10/CASE HOUSECUT RETAIL CANADA	B.C. Canada/Wild	Bottom Longline	Y	O	M		EA
418560	HALIBUT PORTIONS FRESH	NET WEIGHT SKIN-ON CANADA	Alaska, U.S.A./Wild	Bottom Longline	Y	O	M		LB
420280	HERRING FIL BISMARK 3.75K	FEATURE	Canada / Wild	Purse Seine	G	O			EA
420330	HERRING FIL BISMARK 320g	FEATURE 12/CS CANADA	Canada / Wild	Purse Seine	G	O			EA
420360	HERRING FIL IN WINE 3.75K	FEATURE CANADA	Canada / Wild	Purse Seine	G	O			CS
420440	HERRING FIL IN WINE 600g	FEATURE 12/CS CANADA	Canada / Wild	Purse Seine	G	O			EA
420520	HERRING FIL MATJES 240g	FEATURE 12/CS	Canada / Wild	Purse Seine	G	O			EA
420560	HERRING FIL MATJES/ICELANDIC	FEATURE 4 KG	Canada / Wild	Purse Seine	G	O			CS
420640	HERRING FIL ROLLMOP 3.75K	PAIL FEATURE	Canada / Wild	Purse Seine	G	O			CS
420680	HERRING FIL ROLLMOPS 320g	FEATURE 12/CS CANADA	Canada / Wild	Purse Seine	G	O			EA
421200	HERRING LUNCH CUT 320g	FEATURE 12/CS CANADA	Canada / Wild	Purse Seine	G	O			EA
421220	HERRING THICK CUT EURO 620g	FEATURE 12/CS CANADA	Canada / Wild	Purse Seine	G	O			EA
421460	HERRING WHOLE PICKLED 620g	FEATURE 12/CS CANADA	Canada / Wild	Purse Seine	G	O			EA
586500	ICELANDIC SOLE/PLAICE FILLETS	10LB SKINLESS ICELAND 6oz-UP	Iceland / Wild	Seine Net/Gill Net	Y				LB
444120	KINGFISH FILLET	FRESH USA HOUSECUT CERTIFIED	U.S.A. / Wild	Hook & Line	G	O			LB
444080	KINGFISH STEAKS	FRESH BY/LB USA HOUSECUT CERT.	U.S.A. / Wild	Hook & Line	G	O			LB
444495	KINGFISH WHOLE	FRESH FLORIDA	U.S.A. / Wild	Hook & Line	G	O			LB
456240	LOBSTER LIVE 1 LB CHICKS	30 LB CASE CANADIAN	Canada / Wild	Trap	Y				LB
456320	LOBSTER LIVE 1.25 LB QUARTERS	30 LB CASE CANADIAN	Canada / Wild	Trap	Y				LB





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Origin/Wild or Farmed Harvest/Catch Method

Green seaChoice  
Yellow seaChoice  
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UM

Product ID	Description	Weight/Size	Origin/Wild or Farmed	Harvest/Catch Method	Green seaChoice	Yellow seaChoice	Ocean Wise	MSC/ASC Certified	UM
456400	LOBSTER LIVE 1.50 LB HALF	30 LB CASE CANADIAN	Canada / Wild	Trap	Y				LB
456921	LOBSTER MEAT *BL* 6x2 LB*	Body & Leg, CDN Aquashell	Canada / Wild	Trap	Y				LB
456760	LOBSTER MEAT Regular 16x8oz VP	Tail-Claw-Knuckle - OceanPrime	Canada / Wild	Trap	Y				EA
457400	LOBSTER TAIL 02-3oz CDN#1	10 LB Canada	Canada / Wild	Trap	Y				LB
457360	LOBSTER TAIL 03-4oz CDN#1	10 LB Canada	Canada / Wild	Trap	Y				LB
457720	LOBSTER TAIL 04-5oz CDN#1	10 LB Canada	Canada / Wild	Trap	Y				LB
457845	LOBSTER TAIL 05-6oz CDN#1	10 LB Canada	Canada / Wild	Trap	Y				LB
458005	LOBSTER TAIL 06-7oz CDN#1	10 LB Canada	Canada / Wild	Trap	Y				LB
458120	LOBSTER TAIL 07-8oz CDN#1	10 LB Canada	Canada / Wild	Trap	Y				LB
458250	LOBSTER TAIL 08-10oz CDN#1	10 LB Canada	Canada / Wild	Trap	Y				LB
458365	LOBSTER TAIL 10-12oz CDN#1	10 LB Canada	Canada / Wild	Trap	Y				LB
662069	LOIS LAKE STEELHEAD FIL *TRAY*	FRESH C/W KG * RETAIL PACK *	Canada / Farmed	Closed Containment		O			KG
818203	TROUT STEELHEAD LOIS LAKE FLT	10 LB T/W 1-3LB Size FARM BC	Canada / Farmed	Closed Containment		O			LB
818204	LOIS LAKE STEELHEAD PRT*SKLS	FRESH BY/LB SKINLESS B.C.	Canada / Farmed	Closed Containment		O			LB
818206	LOIS LAKE STEELHEAD FILL*SKLS*	BY/LB SKINLESS/BELLY-OFF B.C.	Canada / Farmed	Closed Containment		O			LB
818190	TROUT STEELHEAD 5-7oz LOIS LAKE	SKON-IVP 10 LB B.C. FARM CDN	Canada / Farmed	Closed Containment		O			LB
818194	TROUT STEELHEAD 7-9oz LOIS LAKE	SKON-IVP 10 LB B.C. FARM CDN	Canada / Farmed	Closed Containment		O			LB
464130	MACKEREL FILLETS - REGULAR	FROZEN 12 KG / 26.46 LB	U.S.A. / Wild	Gill Net	G	O			LB
464125	MACKEREL FILLETS	BY/LB NW HOUSECUT CERTIFIED	U.S.A. / Wild	Gill Net	G	O			LB
463520	MACKEREL GUTTED H/ON	FRESH NW HOUSECUT CERTIFIED	U.S.A. / Wild	Gill Net	G	O			LB
463100	MACKEREL WHOLE 400-600g	12kg/26.46 LB IQF	U.S.A. / Wild	Gill Net	G	O			LB
464120	MACKEREL WHOLE CS-	FRESH ATLANTIC USA	U.S.A. / Wild	Gill Net	G	O			LB
463845	MACKEREL SPANISH FILLETS FRESH	BY LB USA	U.S.A. / Wild	Handline Caught	G	O			LB
463840	MACKEREL SPANISH MEDIUM	FRESH	U.S.A. / Wild	Handline Caught	G	O			LB
464560	MAHI MAHI FILLETS	FRESH NW USA	U.S.A. / Wild	Handline Troll/Pole	G	O			LB
484450	MUSSEL *MAP TRAY 12/CS	FRESH 12x908g CANADIAN COVE	Canada / Farmed	Suspended Culture	G	O			CS
484200	MUSSEL *ORWELL COVE* 10LB	FRESH LARGE WYSE BAY PEI	Canada / Farmed	Suspended Culture	G	O			LB
484141	MUSSEL P.E.I. 10LB BAG	FRESH CULTURED CANADIAN COVE	Canada / Farmed	Suspended Culture	G	O			LB
484131	MUSSEL P.E.I. 25LB BAG	FRESH CULTURED CANADIAN COVE	Canada / Farmed	Suspended Culture	G	O			LB
484207-BC	MUSSEL WC GALLO 10LB	BAG LIVE FARMED WSH USA	U.S.A / Farmed	Suspended Culture	G	O			LB
484250	MUSSEL SALTSRING ISLAND	FRESH CULT. PROD OF BC 5LB BAG	BC Canada / Farmed	Suspended Culture	G	O			LB
496960	OCTOPUS T4 2-4 LB SPAIN	CASE 30 LB #1 POT CAUGHT	Spain / Wild	Pot Caught	Y	O			LB
496520	OCTOPUS T1 B.C. GIANT FROZEN	20-25 LB EACH OCEAN WISE	Canada / Wild	Trap Caught	G	O			LB
516240	OYSTER 100 CT - BEAU SOLEIL	CASE CHOICE FARM NB 2.5"	Canada / Farmed	Dredge, Tonging	G	O			CS
516250	OYSTER 100 CT - BLACKBERRY PT	CASE CHOICE FARM PEI 3.5"	Canada / Farmed	Dredge, Tonging	G	O			CS
516330	OYSTER 100 CT - CASCUMPEC BAY	CASE CHOICE FARM PEI 3.25-3.5"	Canada / Farmed	Dredge, Tonging	G	O			CS
516341	OYSTER 100 CT - DAISY BAY	CASE CHOICE FARM PEI 3-3.5"	Canada / Farmed	Dredge, Tonging	G	O			CS
516343	OYSTER 100 CT - FOXLEY RIVER	CASE CHOICE FARM PEI 2.5-3"	Canada / Farmed	Dredge, Tonging	G	O			CS
516347	OYSTER 100 CT - GOOSEBERRY BAY	CASE CHOICE FARM PEI 2.5-3"	Canada / Farmed	Dredge, Tonging	G	O			CS
516346	OYSTER 100 CT - GREEN GABLES	CASE CHOICE FARM PEI 3-3.5"	Canada / Farmed	Dredge, Tonging	G	O			CS
516345	OYSTER 100 CT - GLACIER BAY	CASE CHOICE FARM NB 2.5-3"	Canada / Farmed	Dredge, Tonging	G	O			CS
516352	OYSTER 40 CT - HUMMOCK ISLAND	CASE CHOICE FARM CT, USA 3-4"	U.S.A. / Farmed	Dredge, Tonging	G	O			CS
516461	OYSTER 100 CT - OLDE SALTS	CASE FARM VIRGINIA USA 2.75-3"	U.S.A. / Farmed	Dredge, Tonging	G	O			CS
516410	OYSTER 100 CT - PICKLE POINT	CASE CHOICE FARM PEI 3-3.5"	Canada / Farmed	Dredge, Tonging	G	O			CS
516420	OYSTER 100 CT - PRISTINE BAY	CASE CHOICE WILD NS 3-4"	Canada / Farmed	Dredge, Tonging	G	O			CS
516468	OYSTER 100 CT - RAPPAHANNOCK	CASE FARM VIRGINIA USA 2.75-3"	U.S.A. / Farmed	Dredge, Tonging	G	O			CS
516470	OYSTER 100 CT - RASPBERRY POINT	CASE CHOICE FARM PEI 3.5"+	Canada / Farmed	Dredge, Tonging	G	O			CS
516390	OYSTER 100 CT - SHEMOGUE SMALL	CASE CHOICE FARM NB 2.5-3"	Canada / Farmed	Dredge, Tonging	G	O			CS
516552	OYSTER 100 CT - WELLFLEET	CASE FARM CAPE COD USA 3-4"	U.S.A. / Farmed	Dredge, Tonging	G	O			CS
516558	OYSTER 50 CT - KELLY GIGAS	CASE CHOICE FARM IRELAND 3"+	Ireland / Farmed	Dredge, Tonging	G	O			CS
516557	OYSTER 50 CT - KELLY GALWAY	CASE CHOICE FARM IRELAND 3"+	Ireland / Farmed	Dredge, Tonging	G	O			CS
516913	OYSTER 12 CT - BEACH WEST C.	BAG JUMBO FARM BC 5-6"	Canada / Farmed	Dredge, Tonging	G	O			BG
516665	OYSTER 60 CT - FRENCH KISS	CASE CHOICE FARM NB 3"+	Canada / Farmed	Dredge, Tonging	G	O			CS
516383	OYSTER 60 CT - OLYMPIA	CASE FARM WASHINGTON USA 1.5"	U.S.A. / Farmed	Dredge, Tonging	G	O			CS
516580	OYSTER 60 CT - KUMAMOTO	CASE FARM WASHINGTON USA 2.5"+	U.S.A. / Farmed	Dredge, Tonging	G	O			CS
516886	OYSTER 70 CT - GREEN GABLES	CASE CHOICE FARM PEI 4-5"	Canada / Farmed	Dredge, Tonging	G	O			CS
516887	OYSTER 75 CT - *STANDARDS GG	CS FRM GREEN GABLES PEI 3-3.5"	Canada / Farmed	Dredge, Tonging	G	O			CS
516654	OYSTER 30 CT - JERSEY ROCK	CS CHOICE FARM ENGLAND 3-3.5"	England / Farmed	Dredge, Tonging	G	O			CS



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# SUSTAINABLE FISH & SEAFOOD

Origin/Wild or Farmed Harvest/Catch Method

Green seaChoice  
Yellow seaChoice  
Ocean Wise  
MSC/ASC Certified

UM

Product ID	Description	Origin/Wild or Farmed	Harvest/Catch Method	Green seaChoice	Yellow seaChoice	Ocean Wise	MSC/ASC Certified	UM
516658	OYSTER 30 CT -WEST MERSEA ROCK	CS CHOICE FARM ENGLAND 3-3.5"	England / Farmed	Dredge, TONGING	G	O		CS
516930	OYSTER 60 CT - EFFINGHAM	BAG CHOICE FARM BC 3-3.75"	Canada / Farmed	Dredge, TONGING	G	O		BG
516915	OYSTER 12 CT - VILLAGE BAY	CASE 8x12PC RETAIL PACK NB	Canada / Farmed	Dredge, TONGING	G	O		EA
517041	OYSTER SHUCKED WEST COAST 8 oz	12/CASE PLASTIC TUB	Canada / Farmed	Dredge, TONGING	G	O		EA
258095	PATAGONIA SEA BASS 227g VP	10/CS HOUSECUT RET. TOOTHFISH	France / Wild	Longline MSC Only	Y	O	M	EA
258140	PATAGONIA SEA BASS MSC FILLET	REFRESH FRANCE TOOTHFISH	France / Wild	Longline MSC Only	Y	O	M	LB
258145	PATAGONIA SEA BASS PRT SK-ON	BY/LB FRANCE TOOTHFISH	France / Wild	Longline MSC Only	Y	O	M	LB
258130	PATAGONIA SEA BASS**MSC** H&G	/LB FRANCE TOOTHFISH	France / Wild	Longline MSC Only	Y	O	M	LB
575680	PICKEREL FILLET #1 8 oz-UP	10 LB NET WEIGHT cs- CANADA	Canada / Wild	Seine Net	G	O		LB
575765	PICKEREL FILLET IQF 454g	15/CS ONTARIO PUREPAC WALLEYE	Canada / Wild	Seine Net	Y	O		EA
575821-BC	PICKEREL WHOLE # 1/JUMBO	FRESH BY/LB	Canada / Wild	Seine Net	Y	O		LB
615760	POMPANO WHOLE 1-2 LB	FRESH FLORIDA, USA	U.S.A. / Wild	Hook & Line, Seine	Y	O		LB
616405	PORGIES SCALED & GUTTED	FRESH BY/LB HOUSECUT CERTIFIED	U.S.A. / Wild	Hook & Line	Y			LB
616400	PORGIES WHOLE LARGE	FRESH BOSTON, USA	U.S.A. / Wild	Hook & Line	Y			LB
660765	SALMON CAPE D'OR WHOLE N.S.	8-12LB SIZE FRESH 40LB CS TW	Canada / Farmed	Land-based	G	O		LB
660766	SALMON CAPE D'OR *SCALED*	FRESH BY/LB GUTTED N.S.	Canada / Farmed	Land-based	G	O		LB
661745	SALMON CAPE D'OR FILLET PBO	FRESH BY/LB TRIM D N.S. FARM	Canada / Farmed	Land-based	G	O		LB
661748	SALMON CAPE D'OR PORTIONS N.S	FRESH BY/LB CANADA OCEAN WISE	Canada / Farmed	Land-based	G	O		LB
660760	SALMON ATL WHL KUTERRA 6-10 LB	30LB TW FRESH B.C. FARM	Canada / Farmed	Land-based	G	O		LB
660761	SALMON ATL WHOLE KUTERRA *S*	FRESH BY/LB TW BC SCALED FARM	Canada / Farmed	Land-based	G	O		LB
661740	SALMON FILLET KUTERRA BY LB	FRESH BY/LB B.C. FARMED ATL.	Canada / Farmed	Land-based	G	O		LB
664130	SALMON **MSC** COHO *SCALED*	FRESH WILD USA MSC-C-51042	Alaska, U.S.A./Wild	Troll/Pole, Gill Nets	G	O	M	LB
664247	SALMON **MSC** COHO FILLETS	FRESH *WILD* USA MSC-C-51042	Alaska, U.S.A./Wild	Troll/Pole, Gill Nets	G	O	M	LB
664125	SALMON **MSC** COHO WHOLE WILD	FRESH 55 LB/TW USA MSC-C-51042	Alaska, U.S.A./Wild	Troll/Pole, Gill Nets	G	O	M	LB
665695	SALMON **MSC** KETA *SCALED*	FRESH WILD USA MSC-C-51042	Alaska, U.S.A./Wild	Troll/Pole, Gill Nets	G	O	M	LB
665710	SALMON **MSC** KETA FILLETS	FRESH *WILD* BC MSC-C-51042	Alaska, U.S.A./Wild	Troll/Pole, Gill Nets	G	O	M	LB
665690	SALMON **MSC** KETA WHOLE WILD	FRESH 55LB/TW USA MSC-C-51042	Alaska, U.S.A./Wild	Troll/Pole, Gill Nets	G	O	M	LB
665845	SALMON **MSC** SOCKEYE *SCALED*	FRESH WILD USA MSC-C-51042	Alaska, U.S.A./Wild	Troll/Pole, Gill Nets	G	O	M	LB
666050	SALMON **MSC** SOCKEYE FILLETS	FRESH *WILD* CANADA	Canada / Wild	Troll/Pole, Gill Nets	Y	O	M	LB
665885	SALMON **MSC** SOCKEYE WHOLE	FRESH 55 LB/TW USA MSC-C-51042	Alaska, U.S.A./Wild	Troll/Pole, Gill Nets	G	O	M	LB
666450	SALMON *MSC* COHO PORT 6-8oz	IVP 10 LB CASE USA MSC-C-51042	Alaska, U.S.A./Wild	Troll/Pole, Gill Nets	G	O	M	LB
666440	SALMON *WILD* SPRING FILLET	SKIN-ON PBO*WILD* CANADA	Canada / Wild	Troll/Pole, Gill Nets	Y	O		LB
664121	SALMON COHO 4 UP *WILD*	FRESH WHOLE 55 LB/TW CANADA	Canada / Wild	Troll/Pole, Gill Nets	Y	O		LB
664080	SALMON COHO 4 UP WHOLE *S*	FRESH *WILD* **SCALED**	Canada / Wild	Troll/Pole, Gill Nets	Y	O		LB
664200	SALMON COHO FIL *WILD*	FRESH USA HOUSECUT CERT.	U.S.A. / Wild	Troll/Pole, Gill Nets	G	O		LB
664200	SALMON COHO FIL *WILD*	FRESH USA HOUSECUT CERT.	U.S.A. / Wild	Troll/Pole, Gill Nets	G	O		LB
664455	SALMON COHO FIL 2-3 SOBL WILD	30 LB TROLL-CANADA MSC-C-51042	U.S.A. / Wild	Troll/Pole, Gill Nets	G	O		LB
666445	SALMON COHO FIL IVP RAW MSC	22.05 LB CASE NANUK BC W116	Alaska, U.S.A./Wild	Troll/Pole, Gill Nets	G	O		LB
664371	SALMON COHO PORTION 6oz SKLS	IVP 26pc/cs ALASKA MSC-C-51042	Canada / Wild	Troll/Pole, Gill Nets	Y	O		EA
664255	SALMON COHO STEAKS *WILD*	FRESH T/W *HOUSECUT CERTIFIED	Canada / Wild	Troll/Pole, Gill Nets	Y	O		LB
665401	SALMON RED SPRING *WILD* 7/18	FRESH WHOLE 55 LB/TW CANADA	U.S.A. / Wild	Troll/Pole, Gill Nets	G	O		LB
665440	SALMON RED SPRING WILD *S*	FRESH *WILD* **SCALED**	Canada / Wild	Troll/Pole, Gill Nets	Y	O		LB
665840	SALMON SOCKEYE *SCALED*	FRESH *WILD* 4-LB SIZE T/W	Canada / Wild	Troll/Pole, Gill Nets	Y	O		LB
665881	SALMON SOCKEYE *WILD* WHOLE	FRESH 4-9LB 55LB T/W USA/CAN	Canada / Wild	Troll/Pole, Gill Nets	Y	O		LB
666092	SALMON SOCKEYE 340g IVP	10/CASE HOUSECUT RETAIL CANADA	Canada / Wild	Troll/Pole, Gill Nets	Y	O	M	EA
666085	SALMON SOCKEYE 6oz SKINLESS	IQF 66 PTN/CS VP CHINA	Alaska, U.S.A./Wild	Troll/Pole, Gill Nets		O	M	EA
666103	SALMON SOCKEYE 6oz * SKIN-ON	26/CS IVP CS USA MSC-C-51042	U.S.A. / Wild	Troll/Pole, Gill Nets	Y	O	M	EA
666086	SALMON SOCKEYE 5oz SKINLESS	IQF 32 PTN/CS VP	U.S.A. / Wild	Troll/Pole, Gill Nets	Y	O	M	EA
666105	SALMON SOCKEYE 4oz SKIN-ON	IVP 38-42 PT/CS USA WILD	U.S.A. / Wild	Troll/Pole, Gill Nets	Y	O	M	EA
666005	SALMON SOCKEYE FIL 1-3LB IQF	FRZ 25 LB CANADA *WF* PBO	Canada / Wild	Troll/Pole, Gill Nets	Y	O	M	LB
666006	SALMON SOCKEYE FILLET 1-3LB	25 LB CASE PBO USA	U.S.A. / Wild	Troll/Pole, Gill Nets	Y	O	M	LB
665921	SALMON SOCKEYE FIL 2-3 LB SKON	FRZ 22.05LB VP NANUK CAN W105	Canada / Wild	Troll/Pole, Gill Nets	Y	O	M	LB
666010	SALMON SOCKEYE FIL IQF *MSC*	CS 20 LB VP JOHNSTONE STRAIT	U.S.A. / Wild	Troll/Pole, Gill Nets	G	O	M	LB
6421441	SALTED HERRING FRESH	20 LB PAIL IN BRINE	Canada / Wild	Purse Seine	G	O		LB
677121	SCALLOPS U-10 ** DRY ** TUBS	FRESH 8 LB WYSE BAY ATL USA	U.S.A. / Wild	Dredging	Y	M		LB
677161	SCALLOPS 10-20 ** DRY ** TUBS	FRESH 8 LB WYSE BAY ATL USA	U.S.A. / Wild	Dredging	Y	M		LB
677720	SCALLOPS 10-20ct Peru 20x454g	OceanPrime - HC	Peru / Farmed	Off-bottom Culture	G	O		LB
677804	SCALLOPS 20-30ct Dry*OW* 2x5LB	Ocean Wise OLIVIA Peru	Peru / Farmed	Off-bottom Culture	G	O		LB

Prices as of 3/2/2017 - F.O.B. Toronto - Products are subject to availability. Prices are subject to market conditions. E. and O.E.

This is a summarized list of sustainable seafood options.

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# SUSTAINABLE FISH & SEAFOOD

Origin/Wild or Farmed Harvest/Catch Method

Green seaChoice  
Yellow seaChoice  
Ocean Wise  
MSC/ASC Certified

UM

Product ID	Product Name	Origin/Wild or Farmed	Harvest/Catch Method	Green seaChoice	Yellow seaChoice	Ocean Wise	MSC/ASC Certified	UM
677840	SCALLOPS 20-30ct PERU 6X5 LB	#1 DRY - OceanPrime	Peru / Farmed	Off-bottom Culture	G	O		LB
678020	SCALLOPS 40/60ct *OW* 2x5LB	Ocean Wise - PERU OLIVIA	Peru / Farmed	Off-bottom Culture	G	O		LB
678080	SCALLOPS 60-90ct 20x454g	OceanPrime - PRINTED STAND UP	Japan / Farmed	Off-bottom Culture	Y	O		LB
677370	SCALLOPS 08-10 HOKKAIDO 20X1LB	CS #1 SASHIMI OCEANPRIME JAPAN	China / Farmed	Dredging		O		LB
677400	SCALLOPS 08-10 HOKKAIDO 6x5LB	CS #1 SASHIMI CLEAROCEAN JAPAN	China / Farmed	Dredging		O		LB
677480	SCALLOPS 14-16 HOKKAIDO 6x5LB	CS #1 SASHIMI CLEAROCEAN JAPAN	China / Farmed	Dredging		O		LB
677760	SCALLOPS 14-16 HOKKAIDO 24X1LB	CS #1 SASHIMI OCEANPRIME JAPAN	China / Farmed	Dredging		O		LB
184081	SEA BREAM 400-600g WHOLE CS	FRESH 22.05 LB CS ORATA GREECE	Greece / Farmed	Net Pens	Y			LB
184160	SEA BREAM FILLETS EURO.	FRESH 100-125G ORATA GREECE	Greece / Farmed	Net Pens	Y			LB
684720	SEA URCHIN	FRESH BY/LB USA	U.S.A. / Wild	Diver Caught	G	O		LB
684680	SEA URCHIN ROE *UNI*	EACH FRESH 130g	U.S.A. / Wild	Diver Caught	G	O		EA
705000	SHRIMP PDTON 08-12*BT ASC Case	20x340g OCEANPRIME VIETNAM	Vietnam / Farmed	ASC Certified Ponds	G	O	A	EA
705140	SHRIMP PDTON 13-15 SELVA BT	20x1 LB CS BLACK TIGER VIETNAM	Vietnam / Farmed	Land-based Mangroves	G	O		LB
705210	SHRIMP PDTON 13-15*BT ASC Case	20x340g OCEANPRIME VIETNAM	Vietnam / Farmed	ASC Certified Ponds	G	O	A	EA
705340	SHRIMP PDTON 16-20 SELVA BT	10X2LB CASE BLACK TIGER	Vietnam / Farmed	Land-based Mangroves	G	O		LB
705220	SHRIMP PDTON 16-20*BT ASC Case	20x340g OCEANPRIME VIETNAM	Vietnam / Farmed	ASC Certified Ponds	G	O	A	EA
705230	SHRIMP PDTON 21-25*BT ASC Case	20x340g OCEANPRIME VIETNAM	Vietnam / Farmed	ASC Certified Ponds	G	O	A	EA
705640	SHRIMP PDTON 26-30*BT ASC Case	20x340g OCEANPRIME VIETNAM	Vietnam / Farmed	ASC Certified Ponds	G	O	A	EA
706250	SHRIMP PDTON 31-40 SELVA BT	20X454 CS VIETNAM BLACK TIGER	Vietnam / Farmed	Land-based Mangroves	G	O		LB
705250	SHRIMP PDTON 31-40*BT ASC Case	20x340g OCEANPRIME VIETNAM	Vietnam / Farmed	ASC Certified Ponds	G	O	A	EA
703110	SHRIMP SELVA COOKED 31/40ct	20X454g CASE T-ON VIETNAM	Vietnam / Farmed	Land-based Mangroves	G	O		LB
699664	SHRIMP SO 16-20 WT* 20x454g	USA OCEAN WISE	U.S.A. / Farmed	Land-based	Y			LB
699660	SHRIMP SO 16-20 WT* 4x5LB	Farm SUSTAINABLE GREEN USA	U.S.A. / Farmed	Land-based	G	O		LB
699670	SHRIMP SO 21-25 WILD 20x454g	Wild USA SUSTAINABLE YELLOW	U.S.A. / Wild	Trawl	Y			LB
700255	SHRIMP SO 26-30 WT 20x454g	Wild USA SUSTAINABLE YELLOW	U.S.A. / Farmed	Land-based	Y			LB
700250	SHRIMP SO 26-30 WT 4x5LB	Farm SUSTAINABLE GREEN USA	U.S.A. / Farmed	Land-based	G	O		LB
698530	SHRIMP SOEP 02-4 GT/FW 20x454g	DEEP CUT OCEANPRIME BANGLADESH	Asia / Farmed	Ponds	G	O		LB
698590	SHRIMP SOEP 04-6 GT/FW 20x454g	DEEP CUT OCEANPRIME BANGLADESH	Asia / Farmed	Ponds	G	O		LB
699040	SHRIMP SOEP 08-12 *BT ASC Case	20x340g OCEANPRIME VIETNAM	Vietnam / Farmed	ASC Certified Ponds	G	O	A	EA
699510	SHRIMP SOEP 16-20 *BT ASC Case	20x340g OCEANPRIME VIETNAM	Vietnam / Farmed	ASC Certified Ponds	G	O	A	EA
699482	SHRIMP SOEP 16-20 *BT SELVA	CS 20x454g BLACK TIGER VIETNAM	Vietnam / Farmed	Land-based Mangroves	G	O		LB
699740	SHRIMP SOEP 26-30 *BT ASC Case	20x340g OCEANPRIME VIETNAM	Vietnam / Farmed	ASC Certified Ponds	G	O	A	EA
699685	SHRIMP SOEP 26-30 *BT SELVA	20x454g CASE VIETNAM	Vietnam / Farmed	Land-based Mangroves	G	O		LB
700210	SHRIMP SOEP 31-40 *BT ASC Case	20x340g OCEANPRIME VIETNAM	Vietnam / Farmed	ASC Certified Ponds	G	O	A	EA
700290	SHRIMP SOEP 31-40 *BT SELVA	20x454g CASE VIETNAM	Vietnam / Farmed	Land-based Mangroves	G	O		LB
684105	SHRIMP SPOT PRAWN TAILS 1 LB	33x454g FROZEN WILD B.C.*RAW*	Canada / Wild	Trap	G	O		LB
684106	SHRIMP HEAD-ON SPOT PRAWNS	BY/LB WILD PROD. OF B.C.	Canada / Wild	Trap	G	O		LB
684101	SHRIMP SIDESTRIPE BC	33x1LB FRZ TUB WILD CANADA	Canada / Wild	Trap	G	O		LB
703800	SHRIMP*CKDHO* PRAWNS CDN	90-120/150 11.02LB POLAR MSC	Canada / Wild	Trawl	Y	O		LB
702760	SHRIMP CPTON 21-25 BT ASC Case	20x340g OCEANPRIME VIETNAM	Vietnam / Farmed	ASC Certified Ponds	G	O	A	EA
703120	SHRIMP CPTON 26-30 BT ASC Case	20x340g OCEANPRIME VIETNAM	Vietnam / Farmed	ASC Certified Ponds	G	O	A	EA
703130	SHRIMP CPTON 31-40 BT ASC Case	20x340g OCEANPRIME VIETNAM	Vietnam / Farmed	ASC Certified Ponds	G	O	A	EA
701962	SHRIMP CPTOFF 125-175 20x1LB	COLDWATER MSC-C-51042 CANADA	Canada / Wild	Trawl	G	O	M	EA
701975	SHRIMP CPTOFF 250-350ct 4x5LB	OREGON MSC-C-51042 PINK WILD	Oregon, U.S.A./Wild	Trawl	G	O	M	LB
712440	SMOKED BLACK COD **FRESH**	CENTRAL *NET WEIGHT*T/W	Canada / Wild	Bottom Longline/Trap	G	O		LB
712450	SMOKED BLACK COD FROZEN	CASE 20x200g CANADA WCS	Canada / Wild	Bottom Longline/Trap	G	O		EA
712740	SMOKED HALIBUT 200g	FROZEN 20/CS WCS	Canada / Wild	Bottom Longline	Y	O		EA
712600	SMOKED HERRING FIL - DIGBY'S	10 LB	Canada / Wild	Purse Seine	G	O		CS
712810	SMOKED HERRING FILLET PLAIN	5 LB BOS SMOKED FISH CANADA	Canada / Wild	Purse Seine	G	O		LB
712760	SMOKED HERRING WHOLE GOLDEN	1X18 LB * HEAVY-SMOKED *	Canada / Wild	Purse Seine	G	O		LB
712805	SMOKED HERRING WHOLE PLAIN	5 LB BOS SMOKED FISH CANADA	Canada / Wild	Purse Seine	G	O		LB
713962	SMOKED INDIAN CANDY WILD 227g	FROZEN 20/CS WCS FIC227-WC	Canada / Wild	Gill Net / Troll	Y	O		EA
712840	SMOKED KIPPER W-BUTTER WILD	MERSEY POINT 24X170g BOIL/BAG	Canada / Wild	Purse Seine	G	O		EA
712962	SMOKED MACKEREL FIL 5LB PEPPER	CASE BOS SMOKED FISH	Canada / Wild	Gill Net	G	O		LB
712974	SMOKED MACKEREL FIL LEMON/DILL	5 LB BOS SMOKED FISH CANADA	Canada / Wild	Gill Net	G	O		LB
712967	SMOKED MACKEREL FIL NATURAL 5	5 LB BOS SMOKED FISH CANADA	Canada / Wild	Gill Net	G	O		LB
712960	SMOKED MACKEREL FIL SPICED	10 LB BOS SMOKED FISH CANADA	Canada / Wild	Gill Net	G	O		LB
712971	SMOKED MACKEREL FILLET CAJUN	5 LB BOS SMOKED FISH CANADA	Canada / Wild	Gill Net	G	O		LB





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Product ID	Product Name	Weight/Size	Origin/Wild or Farmed	Harvest/Catch Method	Green seaChoice	Yellow seaChoice	Ocean Wise	MSC/ASC Certified	UM
712965	SMOKED MACKEREL WHOLE	5 LB BOS HOT SMOKED CANADA	Canada / Wild	Gill Net	G	O			LB
713760	SMOKED SALMON SOCKEYE 500g	NANUK 10X500 G W432 PSS	Canada / Wild	Gill Net / Troll	Y	O			EA
713800	SMOKED SALMON SOCKEYE 715g	NANUK 7X715 GR W430	Canada / Wild	Gill Net / Troll	Y	O			EA
713680	SMOKED SALMON SOCKEYE 85g	NANUK 30X85 GR W414 PSS CANADA	Canada / Wild	Gill Net / Troll	Y	O			EA
714005	SMOKED SALMON WILD TRIMMINGS	FRZ 20x454g SOXI WCS FLT-WC	Canada / Wild	Gill Net / Troll	Y	O			EA
714368	SMOKED SOCKEYE 200g *AIR PERM*	20/CS CANADA WCS	Canada / Wild	Gill Net / Troll	Y	O			EA
714378	SMOKED SOCKEYE CHAMPAGNE 200g	FROZEN 20/CS CANADA WCS	Canada / Wild	Gill Net / Troll	Y	O			EA
714385	SMOKED SOCKEYE LIMONCELLO	FROZEN 20x200g CANADA WCS	Canada / Wild	Gill Net / Troll	Y	O			EA
713705	SMOKED SOCKEYE LOX 200g	FROZEN 20/CS CANADA WCS	Canada / Wild	Gill Net / Troll	Y	O			EA
713700	SMOKED SOCKEYE LOX 85g	FROZEN 50/CS CANADA WCS	Canada / Wild	Gill Net / Troll	Y	O			EA
713702	SMOKED SOCKEYE LOX 85g *AP*	50/CS *AIR PERM* CANADA WCS	Canada / Wild	Gill Net / Troll	Y	O			EA
712973	SMOKED SOCKEYE NUGGETS *1KG*	MAPLE 5/CASE CANADA WCS	Canada / Wild	Gill Net / Troll	Y	O			EA
713630	SMOKED SOCKEYE SALMON 36g C/C	2x2.5 KG FOODSERVICE WCS	Canada / Wild	Gill Net / Troll	Y	O			KG
713707	SMOKED SOCKEYE STRIPS 227g	20/CS DBL SMKD WCS FSSTR227-WC	Canada / Wild	Gill Net / Troll	Y	O			EA
714381	SMOKED SOCKEYE WHISKEY 200g	20/CS JACK DANIEL'S CANADA WCS	Canada / Wild	Gill Net / Troll	Y	O			EA
714210	SMOKED STURGEON SLICED 100g	20/CS NB ACADIAN STRUG.	N.B. / Farmed	Land-based		O			EA
714215	SMOKED STURGEON PATE 200g	12/CS NB ACADIAN STURG.	N.B. / Farmed	Land-based		O			EA
715600	SNAPPER AMERICAN RED 1-2	FRESH USA	U.S.A. / Wild	Hook & Line	Y				LB
715720	SNAPPER AMERICAN RED 2-4	FRESH TRINIDAD	U.S.A. / Wild	Hook & Line	Y				LB
715920	SNAPPER B.LINER 1-2/LB WHOLE	FRESH BY/LB CS- USA	U.S.A. / Wild	Hook & Line	Y				LB
716000	SNAPPER B.LINER 2-4	FRESH XLBL USA	U.S.A. / Wild	Hook & Line	Y				LB
716200	SNAPPER FIL 4-8oz B.LINER	FRESH NET WEIGHT FLORIDA USA	U.S.A. / Wild	Hook & Line	Y				LB
716240	SNAPPER FIL 8oz/UP B.LINER	FRESH NET WEIGHT FLORIDA USA	U.S.A. / Wild	Hook & Line	Y				LB
125755	SNAPPER FIL BC 3-4oz SKLS 10LB	IQF ROCKFISH	Canada / Wild	Trawl	Y				LB
125800	SNAPPER FIL BC 6-8oz SKLS 10LB	IQF ROCKFISH - McMILLAN	Canada / Wild	Trawl	Y				LB
125805	SNAPPER FIL BC 8-10ozSKLS 10LB	IQF ROCKFISH - McMILLAN	Canada / Wild	Trawl	Y				LB
716280	SNAPPER FIL PACIFIC BONED 10LB	FRESH ROCKFISH CANADA	Canada / Wild	Trawl	Y				LB
716720	SNAPPER PINK U-1 LB	FRESH USA	U.S.A. / Wild	Hook & Line	Y				LB
716880	SNAPPER WHL B.LINER 1-2LB*/S/G*	FRESH SCALED GW FLORIDA USA	U.S.A. / Wild	Hook & Line	Y				LB
716920	SNAPPER WHL B.LINER 2-4LB*/S/G*	FRESH SCALED GW FLORIDA USA	U.S.A. / Wild	Hook & Line	Y				LB
716980	SNAPPER WHOLE PINK */S/G*	FRESH SCALED GW USA	U.S.A. / Wild	Hook & Line	Y				LB
666040	SOCKEYE SALMON FILLETS	FRESH *WILD* BC, CANADA	Canada / Wild	Troll/Pole, Gill Nets	Y	O			LB
666040	SOCKEYE SALMON FILLETS	FRESH *WILD* BC, CANADA	Canada / Wild	Troll/Pole, Gill Nets	Y	O			LB
723000	SOLE FIL FRESH WEST CST cs-	DOVER/ROCK 10 LB CANADA	Canada / Wild	Trawl	Y				LB
742100	SQUID STEAKS HUMBOLDT 4-5oz	6x5 LB PERU OCEAN WISE BOS'N	Peru / Wild	Jig	Y	O			LB
742090	SQUID CLEAN T&T 4-6" WILD USA	FRZ 10X2.5LB USA YELLOW CHC*WF	U.S.A. / Wild	Bottom Trawl	Y				LB
743647	SQUID TUBES OCEAN WISE 11.02LB	CS S/P U-10KG OCEANPRIME CHINA	U.S.A. / Wild	Jig	G	O			CS
763040	STRIPED BASS 1.5-2 LB FARMED	FRESH WHOLE MEDIUM 50 LB	U.S.A. / Farmed	Land-based	G	O			LB
763080	STRIPED BASS 1.5-2.5LB *S*	FRESH SCALED & GUTTED FARMED	U.S.A. / Farmed	Land-based	G	O			LB
763360	STRIPED BASS FILLET FARMED	FRESH NW HOUSECUT CERT. USA	U.S.A. / Farmed	Land-based	G	O			LB
764245	STURGEON FILLETS SK-ON FARM	TW CS 2-4KG N.B. ACADIAN STURG	N.B. / Farmed	Land-based		O			LB
764230-bc	STURGEON LOINS BC FRESH/FROZEN	BY/LB NORTHERN DIVINE FARMED	B.C. / Farmed	Land-based	G	O			LB
767406	SWORDFISH *MSC* LOINS FRESH	BY/LB ATL CANADA MSC-C-51042	Canada / Wild	Harpoon	G	O			LB
786280	TILAPIA FIL ** ALL NATURAL **	FRESH 10 LB ECUADOR	Ecuador / Farmed	Land-based	G	O			LB
785960	TILAPIA FIL 4-6 oz	FRESH 10LB ECUADOR OCEAN WISE	Ecuador / Farmed	Land-based	G	O			LB
786040	TILAPIA FIL 5-7 oz	FRESH 10LB ECUADOR OCEAN WISE	Ecuador / Farmed	Land-based	G	O			LB
786120	TILAPIA FIL 7-9 OZ**	FRESH 10LB ECUADOR OCEAN WISE	Ecuador / Farmed	Land-based	G	O			LB
818240	TROUT LAKE WHOLE DRSSD 2-4 LB	FRESH 50 LB PROD. OF ONTARIO	L. Huron, Can / Wild	Gill Net	Y	O			LB
818280	TROUT LAKE FILLET WILD	FRESH NW HOUSECUT ONTARIO	L. Huron, Can / Wild	Gill Net	Y	O			LB
818480	TROUT RAINBOW *SKINLESS* FILL	FRESH 10 LB	Canada / Farmed	Open Cage	Y				LB
818940	TROUT RAINBOW 5oz PRT SKINLESS	FRESH 10LB PBO ONTARIO	Canada / Farmed	Open Cage	Y				LB
818720	TROUT RAINBOW DRESSED 10 LB	CASE FRESH WHOLE ONTARIO	Canada / Farmed	Open Cage	Y				LB
818920	TROUT RAINBOW FILLET	FRESH 10 LB PBO ONTARIO	Canada / Farmed	Open Cage	Y				LB
818150	TROUT RAINBOW FIL OCEAN WISE	FRESH 10LB ONTARIO	Canada / Farmed	Closed Containment	G	O			LB
818203	TROUT STEELHEAD LOIS LAKE FLT	10 LB T/W 1-3LB Size FARM BC	B.C. / Farmed	Semi-closed Floating Tanks		O			LB
821763	TUNA *B.L.O.* LOIN *SKIN-ON*	FRESH NW YELLOWFIN PHILIPPINES	Philippines / Wild	Handline Caught	Y	O			LB
821820	TUNA ALBACORE 340g IVP	10/CASE HOUSECUT RETAIL CANADA	Canada / Wild	Troll/Pole	G	O			EA
821785	TUNA ALBACORE BELLY TORRO	5 KG/CASE	Canada / Wild	Troll/Pole	G	O			LB

This is a summarized list of sustainable seafood options.

Prices as of 3/2/2017 - F.O.B. Toronto - Products are subject to availability. Prices are subject to market conditions. E. and O.E.

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## SUSTAINABLE FISH & SEAFOOD

		Origin/Wild or Farmed	Harvest/Catch Method	Green seaChoice	Yellow seaChoice	Ocean Wise	MSC/ASC Certified	UM
821780	TUNA ALBACORE LOINS IQF Y131	5KG/11.02 LBS VAC PACK CANADA	Canada / Wild	Troll/Pole	G	O		LB
821775	TUNA LOIN *ALBACORE*	FRESH NW S/S OREGON HOUSECUT	Canada / Wild	Troll/Pole	G	O		LB
821720	TUNA LOIN CENTRE CUT	FRESH NW YELLOWFIN PHILIPPINES	Philippines / Wild	Handline Caught	Y	O		LB
821760	TUNA LOIN FRESH	NW YELLOWFIN PHILIPPINES	Philippines / Wild	Handline Caught	Y	O		LB
858565	WHITEFISH DRESSED *S*	FRESH SCALED NW HOUSECUT CERT.	Lake Superior/Huron	Trap Net	Y	O		LB
858561	WHITEFISH DRESSED MEDIUM	FRESH 50 LB CASE CANADA	Lake Superior/Huron	Trap Net	Y	O		LB
858640	WHITEFISH FILLET MEDIUM	FRESH NW CANADA HOUSECUT CERT.	Lake Superior/Huron	Trap Net	Y	O		LB
574081	YELLOW PERCH LAKE FILLET	FRESH 10 LB CASE	Lake Erie / Wild	Gill Net	Y	O		LB
574085	YELLOW PERCH LAKE IQF 340g	16/CASE ONTARIO PUREPAC	Lake Erie / Wild	Gill Net	Y	O		EA