1. **DON’T THINK WILD VS. FARMED**

Wild-caught and farmed seafood are both important to our food supply. While wild fisheries have reached their harvest capacity, fish farming is the only way to increase the amount of seafood we produce. By 2030, two-thirds of all seafood we eat will come from aquaculture. So, if you only look to buy wild seafood, you may want to reconsider. There are healthy and sustainable options available for both wild and farmed seafood.

2. **DON’T BE AFRAID TO GO FROZEN**

In many cases, frozen seafood is less expensive, and with advances in technology, consumers can buy fish that has been frozen only hours after it was harvested. Not to mention freezing food helps decrease waste!

3. **EAT A VARIETY OF SPECIES**

One of the wonderful things about seafood is that there are so many varieties. Don’t be afraid to ask your server or seafood counter personnel about sustainable options. BAP has about 30 species represented in its certification program, including salmon, tilapia, shrimp, mussels, pangasius, and more!

4. **FOCUS LESS ON COUNTRY OF ORIGIN**

There’s a lot of misinformation out there about seafood and country of origin and recommendations being made to avoid eating seafood produced in certain countries. In reality, these broad generalizations often don’t take into account the excellent practices of sustainable seafood certification programs, like BAP, that are ensuring best practices are being used, no matter what country the seafood is being produced in.

5. **LOOK FOR THE BAP LABEL**

One of the easiest ways to find safe sustainable farm-raised seafood is to look for the BAP label. BAP is the only aquaculture certification program that covers the entire production chain!

Cooking up some BAP seafood? Tag us on social media and use the hashtag #BAPcertified to be featured!