

Farmed Seafood

GOOD FOR US, GOOD FOR OUR PLANET

Farmed seafood (aquaculture) is the harvesting of animals and plants in an aquatic environment. Seafood farming offers the most responsible solution to keep up with the growing global demand for safe and sustainable protein sources from our waters.

WHY WE NEED SAFE, RESPONSIBLE SEAFOOD FARMING

- Harvesting of wild fish has peaked globally
- Today, **farmed seafood supplies about 50 percent of the world's seafood for human consumption. By 2030, two-thirds of seafood will need to be farm-raised to meet current consumption**
- Compared to other proteins, farm-raised seafood uses fewer resources to produce a pound of protein, including:
 - Low feed usage
 - Low energy usage
- Farmed seafood has a lower carbon footprint than terrestrial proteins

HOW SEAFOOD IS FARMED

- Hatcheries: Where most farmed fish are born and are kept until they are large enough to be sent to a farm
- Ponds: Fish and shellfish can be raised in earthen pond environments
- Floating cages: Fish are raised in enclosed, floating cages

WHAT MAKES A RESPONSIBLE SEAFOOD FARM

- Water safety: Farmers manage water quality and ensure waste and contaminants are managed
- Pesticides, feces, heavy metals are guarded against and tested for
- No illegal antibiotics are permitted

MYTHS ABOUT SEAFOOD FARMING

- *"It's unregulated"*: Many countries worldwide regulate disease control and use of chemicals
- *"It's full of antibiotics"*: Responsible aquaculture has nearly eliminated the use of harmful antibiotics in seafood farming thanks to vaccines and better management
- *"Wild caught fish is better"*: Four of the six most popular USA species by consumption are farmed (shrimp, salmon, tilapia and pangasius)

At High Liner Foods, quality, safety and responsibility are among our guiding principles. That's why we're leading an industry-wide effort to change consumer perception of farmed seafood, eliminate consumer concerns, and grow consumption.

DEBUNKING MYTHS

about popular farm-raised species

SALMON

- **MYTH #1: FARMED SALMON IS UNREGULATED**
Reality: Salmon is one of the most regulated species in the world. Laws regulating salmon date back 800 years. In many countries, government and non-governmental organizations work together to protect habitats and promote conservation of the species. In many cases this includes strict environmental policies and codes of practice.
- **MYTH #2: SALMON FARMING RESULTS IN MORE INTENSIVE IMPACT ON THE ENVIRONMENT COMPARED TO OTHER FARM-RAISED FOOD**
Reality: Salmon is a healthier protein source for humans and the environment, compared to other proteins. Salmon has reduced feed conversions, tenfold, over the last several decades.

SHRIMP

- **MYTH #1: AVOID ALL FARM-RAISED SHRIMP**
Reality: The Monterey Bay Aquarium Seafood Watch Program lists some species of shrimp as "Best Choices".
- **MYTH #2: SHRIMP FARMING IS DESTROYING WILD MANGROVES**
Reality: The RASMAR agreement helped put a stop to the practice of destroying mangroves for shrimp farming. In most countries, mangrove management has improved significantly.

PANGASIUUS

- **MYTH: PANGASIUUS IS GROWN IN FLOATING CAGES IN THE MEKONG RIVER**
Reality: Modern Pangasius farming mostly takes place in ponds near the Mekong River. This enables farmers to provide healthier environments to raise the fish and closely monitor water quality and species health.

TILAPIA

- **MYTH: FARM-RAISED TILAPIA REQUIRES A LARGE AMOUNT OF PROTEIN FEED**
Reality: Tilapia are omnivores, which means they don't require a large amount of fishmeal or fish oil in their diets. They are therefore net protein providers when fed the right diet.