

How Do I Know Where My Seafood Comes From?

It's an easy answer: seafood comes from the sea. But how? Today's canned seafood comes with a dizzying array of labels that are supposed to give us clues as to how that nutritious fish inside gets from ocean to plate. Here are a few examples of what you can find on canned seafood labels:

- Wild-caught
- Dolphin-safe
- Heart-healthy omega-3
- 100% Recyclable Packaging
- Blue MSC seal

So, in terms of sustainability, how does a shopper truly know how their seafood was fished and whether it came from sustainable fish stock?

Here's one easy way to go beyond the label: trace it yourself. Each can of Chicken of the Sea tuna is labeled with tracking numbers that make it possible to get a picture of your tuna's journey to your plate. All Chicken of the Sea tuna cans are digitally traceable,¹ so you can go online and actually see:

1. A picture of my species of fish
2. A map of the location where the tuna was caught
3. A diagram of the fishing method used
4. The name of the ship which harvested the tuna, and the dates of its voyage
5. How and where the fish was canned

Next summer, Pink and Red Salmon will also be traceable. And by 2020, all Chicken of the Sea products will have digital traceability to 'view' their sustainable fish stock sources.²

When you trace your tuna from its source, you will also discover the meaning of the little blue 'MSC' seal that's beginning to appear on sustainably sourced seafood. MSC stands for 'Marine Stewardship Council,' an international non-profit organization established to safeguard sustainable seafood supplies for the future. MSC has also developed strict standards for sustainability; once seafood has met these standards as well as the rigorous MSC audit process, the seafood may display the blue MSC seal.³

Chicken of the Sea will be the first mainstream salmon and tuna brand with an MSC offering.

Now that you've cut through the confusion, here's one delicious way to enjoy a sustainable can of salmon or tuna:

Piled-high seafood sandwich: Instead of the mayonnaise in a traditional tuna sandwich, swap in mashed up avocado (1/3 of an avocado) with a squeeze of lemon juice. Mix it with half of a drained 5-ounce can of chunk light tuna (in water) or skinless and boneless pink salmon. Then, pile your sandwich on whole wheat bread with bell pepper slices, red onions and tomatoes.⁴

One sandwich has a whopping 14 grams of fiber, 16 grams of protein and 370 yummy calories.



¹ Chicken of the Sea. About your seafood. www.chickenofthesea.com/trace

² Thai Union. (2016). Thai Union Commits to 100% Sustainable Tuna [Press release] <http://www.thaiunion.com/en/newsroom/press-release/432/thai-union-commits-to-100-sustainable-tuna>

³ Marine Stewardship Council. About Us. <https://www.msc.org/about-us>

⁴ Chicken of the Sea. Avocado Tuna Sandwich. <https://chickenofthesea.com/recipes/avocado-tuna-sandwich>



Seafood for Young Families *continued*

Greek Salmon Chef Salad

Ingredients:

- 1 (8-ounce) package pre-washed spring mix salad greens
- 4 hard cooked eggs, quartered
- 1/4 cup pitted Kalamata olives
- 1/4 cup red and yellow cherry tomatoes, halved
- 2 (2.5-ounce) pouches Chicken of the Sea® Premium Skinless & Boneless Pink Salmon
- 1/2 cup balsamic vinaigrette dressing

Directions:

1. Evenly divide salad greens among four plates.
2. Top each with eggs, olives, tomatoes, salmon and 2 tablespoons dressing.
3. Serve immediately.

TOTAL TIME:
10 MINUTES

SERVINGS:
4

NUTRITION:
Calories 260
Fat 17g
Sodium 490mg
Carbs 10g
Sugar 7g
Protein 13g



Recipe provided by Chicken of the Sea®

Kung Pao Tuna Cups

Ingredients:

- 1 tablespoon low-sodium soy sauce
- 2 tablespoons brown rice vinegar
- 2 1/2 teaspoons sake
- 1/4 teaspoon red pepper flakes
- 1 1/2 rounded tablespoons chopped green onions
- 1 tablespoon unsalted peanuts, chopped
- 1 tablespoon chopped green bell pepper
- 1 tablespoon chopped red bell pepper
- 2 (5-ounce) or 4 (2.5-ounce) pouches Chicken of the Sea® Premium White Albacore Tuna
- 4 large butter lettuce leaves

Directions:

1. In a medium bowl, whisk together the soy sauce, rice vinegar, sake and pepper flakes until well blended.
2. Stir the green onion, peanuts, and bell peppers into the soy sauce mixture.
3. Gently flake and fold the tuna into the soy sauce mixture until all the ingredients are blended.
4. Chill until ready to serve, then spoon one quarter of the Kung Pao Tuna into the center of each lettuce leaf. Enjoy!

TOTAL TIME:
30 MINUTES

SERVINGS:
4

NUTRITION:
Calories 110
Fat 2.5g
Sodium 530mg
Carbs 4g
Sugar 3g
Protein 17g



Recipe provided by Chicken of the Sea®

