

How to use this guide

The seafood in this guide may occur in more than one column based on how it is caught, where it is from, etc. Please read all columns and be sure to check labels or ask questions when shopping or eating out.

- Where is the seafood from?
- Is it farmed or wild-caught?
- How was it caught?

If you're not sure, choose something else from the green or yellow columns.

This Seafood Guide was last updated in **April 2006.**

Make Choices for Healthy Oceans

You Have the Power

Your consumer choices make a difference. Buy seafood from the green or yellow columns to support those fisheries and fish farms that are healthier for ocean wildlife and the environment.

Contaminant information provided by: **ENVIRONMENTAL DEFENSE**

Learn more

- Visit www.seafoodwatch.org for
- More detailed information on these recommendations
 - Seafood recommendations for other species
 - The latest version of this and other regional guides
 - Information on seafood and your health and much more...

Brought to you in partnership with:



THE NATIONAL AVIARY

The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2006. All rights reserved. Printed on recycled paper.

MONTEREY BAY AQUARIUM

Seafood WATCH

YELLOWFIN TUNA

National Seafood Guide 2006

The Seafood Watch National Seafood Guide cards are given to visitors at the Aviary's Penguin Premiers. We invite you to cut out the card and take it with you when you shop or dine out. You can make healthy choices for yourself and your family and also for ocean wildlife (like penguins!) and the environment.

Aviary Penguins Take the Ice at Mellon Arena

by **Nuelsi Palés**, Marketing Coordinator

It was a packed house all dressed in black, gold, and white for the Pittsburgh Penguins Home Opener. The crowd roared in anticipation of the start of the game. Yet, to everyone's surprise, it wasn't the players that took to the ice at the start of the game... it was the Aviary's African Penguins!

Simon, Elvis, Stanley, and Patrick were invited by the Penguins Hockey Club to star in the opening sequence of this season's Pittsburgh debut! The Pittsburgh Penguins created a script based on the hit movie *March of the Penguins*, and the Aviary's warm-weathered flock stepped up to the task of bringing the screen to life. Our penguins took cues and followed — with some encouragement — trainer Chris Gaus down a red carpet positioned on one third the length of the ice. Stanley ran up first, followed by Elvis and Simon, and, after a brief scare from the spotlight, Patrick, the only female in the bunch, joined the rest of her friends on the edge of the ice. It was Stanley,



Iceburgh poses with (clockwise) Mike Faix, Linda Weisenmiller, Chris Gaus and Cathy Schlott (holding Patrick).

however, that stole the show when he waddled onto center ice. The crowd roared!

Our four African Penguins have enjoyed their share of the spotlight, but this was by far the biggest crowd they've ever performed for. Thirty thousand people saw Simon, Stanley, Patrick and Elvis strut their feathers in support of the Pittsburgh Penguins. It is no surprise that one of the highlights of the night was the penguins' "Meet & Greet" before the game. Scott Blasey, lead singer for "The Clarks," Val Porter from WDVE, Iceburgh, the Penguins' mascot, and the Penguin Patrol cheerleaders cozied up to our four penguins to get photos and a closer look at their new friends! We have no doubt that our penguins' presence

inspired their hockey counterparts to a 4-0 victory over the Philadelphia Flyers!

See more photos of this event at www.aviary.org.



BEST CHOICES
Arctic Char (farmed)
Catfish (US farmed)
Clams (farmed)
Cod: Pacific (longline-caught from AK)*
Crab: Dungeness, Snow (Canada), Stone
Halibut: Pacific
Herring: Atlantic/Sardines
Lobster: Spiny (US)
Mussels (farmed)
Oysters (farmed)
Pollock (wild-caught from Alaska)*
Salmon (wild-caught from Alaska)*
Striped Bass (farmed or wild-caught*)
Sturgeon, Caviar (farmed)
Tilapia (US farmed)
Trout: Rainbow (farmed)
Tuna: Albacore, Bigeye, Yellowfin (troll/pole-caught)

GOOD ALTERNATIVES	
Basa/Tra (farmed)	
Clams (wild-caught)	
Cod: Pacific (trawl-caught)	
Crab: Blue*, King (Alaska), Snow (US)	
Crab: imitation/Surimi	
Flounders, Soles (Pacific)	
Lobster: American/Maine	
Mahi mahi/Dolphinfish/Dorado	
Oysters (wild-caught)*	
Scallops: Bay	
Scallops: Sea (Northeast and Canada)	
Shrimp (US farmed or wild-caught)	
Squid	
Swordfish (US)*	
Tuna: Albacore, Bigeye, Yellowfin (longline-caught)*	
Tuna: canned light	
Tuna: canned white/Albacore*	
Northeast = Connecticut to Maine	
Mid-Atlantic = North Carolina to New York	
US = United States	

AVOID
Chilean Seabass/Toothfish*
Cod: Atlantic
Crab: King (imported)
Flounders, Soles (Atlantic)
Groupers*
Halibut: Atlantic
Lobster: Spiny (Caribbean imported)
Monkfish
Orange Roughy*
Rockfish (Pacific)*
Salmon (farmed, including Atlantic)*
Scallops: Sea (Mid-Atlantic)
Sharks*
Shrimp (imported farmed or wild-caught)
Snapper: Red*
Sturgeon*, Caviar (imported wild-caught)
Swordfish (imported)*
Tuna: Bluefin*

* Limit consumption due to concerns about mercury or other contaminants. Visit www.oceansalive.org/beat.cfm
 * Certified as sustainable to the Marine Stewardship Council standard. Visit www.msc.org

Use This Guide to Make Choices for Healthy Oceans

Best Choices

These are your best seafood choices! These fish are abundant, well managed and caught or farmed in environmentally friendly ways.

Good Alternatives

These are good alternatives to the Best Choices column. However, there are concerns with how they're caught or farmed - or with the health of their habitat due to other human impacts.

Avoid

Avoid these fish, at least for now. They come from sources that are overfished and/or caught or farmed in ways that harm other marine life or the environment.

(Seafood may appear in more than one column)

trustee profile: **Anthony Bridge**

by **Jan Allen**, Development and Communications Associate

When Tony Bridge, Vice President of Engineering and Technology for US Steel, arrived in Pittsburgh three years ago, he'd never even heard of the National Aviary. He candidly admits that he wasn't particularly into birds. What impressed him then about the Aviary was the people he met, starting with Board President Mel Rex and Executive Director Dayton Baker.

After becoming a trustee in late 2003, he brought his project management background to the Facilities Committee and the Capital Campaign Steering Committee. "What we have here, with the birds and especially the people, is already dramatic on the inside, and will be much more so after the expansion," he said. His goal is to help the capital campaign fund the expansion to provide not only high-quality education and entertainment on the inside of the new space, but also a much needed facelift to give the exterior matching impact.

He's happy to be able to introduce many people in corporate Pittsburgh to an attraction they may not know much about. He and his wife attended the Feathered Jewels Galas in 2004 and 2006, and brought many friends and colleagues with them. Tony thinks the Gala is "by far the best black-tie event in the city," and he was a key contributor to the Gala's success. "My wife wouldn't miss it!"

Tony is very modest about his contributions to the Aviary, but Board President Mel Rex has a different perspective. "Tony's technical and engineering mind-set provides balance," he said. "When you get a variety of viewpoints, backed up by high-level expertise in critical areas, you get the kind of good decisions



Aviary Trustee Tony Bridge

we need to promote the Aviary's vision in the crucial years ahead. Tony is an excellent Board member and an outstanding ambassador for the National Aviary."

