

Marine Cuisine

Explore how you can care for the ocean by making sustainable choices when you buy seafood.

Otter-ly adorable

We take care of some really cute animals at The Marine Mammal Center, but by far some of the most adorable (and demanding) ones are our Southern sea otter patients like [Yankee Doodle](#). Yankee Doodle was an adult sea otter spotted laying on the beach, not floating in the kelp where otters belong. Our trained rescue team knew something was up and brought him in, where we treated him for a few different illnesses and fed him heaps of seafood. But Yankee Doodle would not be satisfied with regular old herring, which is what we feed most of our patients. Oh no! He wanted [clams, shrimp, lobster](#)--all sorts of restaurant-quality seafood! Luckily, we're able to source all these different types of seafood sustainably (meaning it is a good for the ocean) and got Yankee Doodle what he needed to get better without harming his ocean home. In fact, eating a wide variety of seafood supports more different fisheries and takes pressure off of some of the most commonly consumed species. After snacking on all this delicious food, he was successfully [returned to the wild](#)!

Sustainability is closer than you think!

If Yankee Doodle can find sustainable options for all the different kinds of seafood he likes to eat, we think you can too! Download the Seafood Watch App or check out the [PDF](#) to explore your options. Or go the extra nautical mile and look for resources where you live! For example, Seafood Watch has [official business partners](#) that you know are sustainable or you can reference your favorite restaurants menus and see how they stack up using the Seafood Watch App or PDF. Remember, if you ever can't find all the details, a great way to support sustainable seafood is to ask the question so that businesses know it's important to their customers. Whatever resource you choose, use it to find sustainable seafood options near you. Or, you can use them to look up your favorite restaurants and see what sustainable options they have. No matter what your seafood preferences, you might be surprised how close sustainability (meaning how we can make choices that are good for the ocean and us too!) can be!

If a restaurant *still* isn't close enough, you can look into a community supported fishery (CSF). CSF's deliver local, sustainably sourced seafood straight from fisherman to consumers--sometimes even right to your door! You can't get much closer than that, huh? CSF's are a cool, convenient way to make good seafood choices by supporting local, responsibly managed fisheries without even leaving your shell! Search for a CSF near you at www.localcatch.org.

Show your appre-sea-ation

We should be grateful for the local businesses that make it easy for us to find so many sustainable seafood options. Let's write them a thank you note to let them know!



Materials:

- Seafood Watch App, [PDF](#), or resources about sustainable options in your area
- Paper
- Coloring materials

Instructions:

1. Use the Seafood Watch App, PDF or another resource to find a sustainable seafood restaurant near you. See if your favorite restaurants have sustainable options or discover new favorites!
2. Pick a restaurant and take a peek at the seafood they offer and why they're sustainable.
3. Write them a thank you note. Tell them why sustainable seafood is important to you!
4. Decorate your card with a picture of Yankee Doodle, another patient at [The Marine Mammal Center](#), or your favorite marine animals. You can draw some of the seafood the restaurant offers too!
5. Send your note so the restaurant knows how grateful you are and keeps up the good work!