

Take a Sea-t at the Table

Explore how to make each meal meaningful by using it as an opportunity to connect with others and source sustainable food. Earth Day is a great day to start!

Eating seafood around the world

All around the world, sustainable seafood meals bring families together, nourishing their bodies, spirits, and the ocean all at once. It's more important now than ever for us to connect with one another, and what better way than over food? But everyone does it a little differently! Whether you're sitting at a table, eating outside, or riding in a boat, all our ways of eating seafood are meaningful and remind us we are connected with the ocean...and need to take care of it! Even our patients, like [Aquapup](#) the Pacific harbor seal, have special rituals when they eat.

Take a peek at the photos below to see some of the different ways people get ready to share sustainable seafood meals. You can also see how our harbor seal patients use [enrichment items](#) to learn how to find fish in the wild! Let their antics and these pictures inspire you to make your own eating place extra special as you prepare for your Earth Day Eats celebration!



Your turn!

Now that you've seen how people around the world come together to share seafood, it's your turn to set up your dining space! No matter where you have your meal, you can make it memorable by decorating with your awesome sustainable seafood crafts from previous activities like [Whale-y Big Ideas](#) or [Mālama i nā 'Īlio'holoikauaau](#). Add any other decorations you want to make this a super special meal!

Time to share

Once the table and room are looking festive, you're ready to share what you've learned about sustainable seafood and caring for the ocean! If you're not sure where to start, you can use the conversation starters below. Use your crafts to remember and explain what The Marine Mammal Center does and how we can all take care of the ocean by being sustainable when we purchase or harvest seafood by fishing, aquaculture or collecting from the shoreline!

- What does sustainability mean to you? How is your family sustainable already? What new things do you want to try?
- What kind of seafood does The Marine Mammal Center feed its patients? Why is important that we are thoughtful around the seafood we use for patient meals?
- What are your favorite seafoods? Where and how should they be caught to be considered sustainable?
- What type of fishing gear can hurt marine mammals? How can we encourage fishers to use marine-mammal friendly gear?
- What can we learn from traditional and new sustainable fishing practices? How can we use some of these practices in our own lives?
- What are some new types of marine life friendly fishing gear used by commercial fishers? Do you have ideas for other types of more environmentally responsible gear, either recreational or commercial?
- What resources can you use to find good for the ocean seafood options near you? What are your favorite local places to get sustainable seafood?
- What are some of the ways people around the world connect over sustainable seafood? Do you have any special things you do at meals?

We hope you have a fin-tastic Earth Day celebration full of smiles, tasty and sustainable seafood, and inspiration to help take care of the ocean. Best "fishes!"