

A Grocery Shopper's Guide to

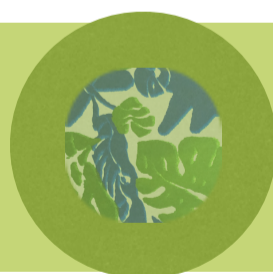
# Climate Friendly Consumption.



Presented by: 1.5 C and the Barb Schmidt Fellowship



## What is 1.5 C?



1.5 C

1.5 C is a student led initiative under the Barb Schmidt Fellowship aiming to encourage climate conscious consumption in Broward and Palm Beach County through the public education of everyday sustainable practices and the power of the consumer in the context of environmental protection.

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# Your food costs more than just what's printed on the receipt.

As a conscious consumer, you hold immense power with every single purchase you make. Even minor adjustments in your consumption habits can translate into significant change. The decision to make climate-conscious purchases in your every day life is a small, but impactful, means of mitigating the environmental damages caused by the unsustainable production of food items; however, with the various complexities of every single purchase, it is unrealistic to expect the average consumer to make the right decision one hundred percent of the time - and that's why we are here!

First off, we would like to clear up a common misconception:

*"My choices of purchase won't put an end to [insert issue]."*

It is easy to think that our actions, as insignificant as they may seem, have no real effect on the environment - but that idea is far from true. While the decision to boycott unsustainable brands or industries may not put an immediate end to their environmental impacts, it contributes to long-term cultural and economic changes.

You have the ability to vote with every dollar you spend. It is as simple as that. Your choice to buy environmentally-friendly goods contributes to a larger economic shift towards sustainable production! In this action, you clearly demonstrate that you do not support that company's or industry's current practices. This pressures them to shift towards more sustainable means of production in order to maintain sales. And this has worked before - see for example the movement towards ethical fashion!

From vegans and vegetarians to shoppers who simply choose to avoid certain products, environmentally-friendly consumer bases are growing exponentially. While not everyone may be comfortable with drastic change, it is our individual responsibility to do the best we can to protect the environment! This guidebook will briefly cover how you can make a difference when grocery shopping! While most of this is broadly applicable, some portions are specific to South Florida.



# Seafood Selection

Seafood makes up a large part of South Florida's diet! Especially in coastal areas, seafood is in high demand; however, many of these species are under threat. Overfishing, ocean acidification, pollution, contamination, and rising ocean temperatures put many of South Florida's top seafood picks under high risk. But that does not necessarily mean you need to avoid these products all together. Rather, it is important that you pay close attention to where these products are sourced. Are they imported? If so, from where? Is that population specifically under threat? Are they wild-caught, farmed, or from an aquaculture site? Were they caught using Fish Aggregation Devices (FAD)? These are all questions to take into consideration, but don't worry, these are not answers you need to find on your own!

On the next page is a South Florida guide to Seafood Shopping, but if you are curious about a seafood selection not addressed in the chart, feel free to visit the following website provided by the Environment Defense Fund:

<http://seafood.edf.org/guide/best>

Keep in mind, the status of the fish in the chart on the following page may change yearly or even seasonally! That is why we recommend you download the [Monterey Bay Aquarium Seafood Watch App](#). This app has an easy to navigate interface with specific, up-to-date seafood recommendations tailored to your area. It even provides you with a map of Seafood Watch partners near you - who commit to selling only environmentally responsible seafood.

## *General Advice:*

1. Make sure to "eat less, eat local, and eat low on the food chain"<sup>1</sup>.
2. Don't be afraid to catch your own! Just be sure to look at local regulations for size, quantity, and species limitations.
3. Make a habit of checking to verify where your seafood was raised or harvested & encourage others to do the same!

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<sup>1</sup> Finnicum, N. (2014, May 12). 5 Sustainable Seafood Choices in Florida - Sanibel Sea School. Retrieved from <https://www.sanibelseaschool.org/experience-blog/2014/5/12/5-sustainable-seafood-choices-in-florida>

# Seafood Shopping Guide<sup>2</sup>

Best Choices	Better Choices	Worst Choices
Anchovy	Basa or Tra (farmed)	Chilean Seabass
Barramundi	Cod (Sablefish, Black Pacific Cod)	Cod (Atlantic)
Catfish	Crab (Blue, Imitation, Surimi)	Conch (Queen)
Clams (Quahog/Atlantic)	Flounder (Arrowtooth, Summer)	Flounder (Winter, Yellowtail)
Cobia	Grouper (Black, Red Gulf)	Grouper (Gag, Goliath, Nassau, Red Atlantic)
Crab (Dungeness, Alaska Snow, Red King, Stone)	Lobster (American/Maine)	Halibut (Atlantic)
Crawfish	Mahi Mahi / Dorado	Lobster (Spiny Caribbean)
Haddock	Oysters (wild)	Marlin
Halibut (Greenland Turbot, Pacific)	Salmon (Chinook, Chum, Coho, Sockeye)	Orange Rougy
Herring	Shrimp (U.S., Canada)	Pollock (Atlantic)
Lobster (Spiny U.S.)	Sea Scallops	Rockfish (Pacific)
Mackerel (Atlantic, King, Spanish)	Snapper (Vermilion)	Sailfish
Monkfish	Sturgeon (Farmed Caviar)	Salmon (Atlantic)
Mullet	Squid	Sea Bass (Black)
Mussels		Shark
Florida Oysters		Shrimp (Imported)
Pollock (Alaska)		Snapper (Red, Vermilion Atlantic)
Salmon (Pink)		Sturgeon (Wild Caviar)
Sardines (Pacific)		Tilefish
Scup		Tuna (Albacore, Bigeye, Bluefin)
Sole		
Striped Bass		
Swordfish (Atlantic)		
Tilapia (US Farmed)		
Trout (Rainbow)		
Tuna (Skipjack)		
Wahoo		
Whiting (Hake)		

<sup>2</sup> *Responsible Seafood Guide. (n.d.). Retrieved from [http://www.fau.edu/hboi/pdf/community/GHOF\\_Seafood\\_Guide.pdf](http://www.fau.edu/hboi/pdf/community/GHOF_Seafood_Guide.pdf)*