When buying wild-caught or farmed fish look for these labels

Wild-caught fish:

Marine Stewardship Council (MSC)
www.msc.org

Farmed fish:

Aquaculture Stewardship Council (ASC)
www.asc-aqua.org

Freedom Food
www.freedomfood.co.uk (Higher welfare standards)

Naturland
www.naturland.de (Organically farmed)

Soil Association
www.soilassociation.org (Organically farmed)

Where can I eat out on sustainable fish?

Fish2Fork - www.fish2fork.com
Sustainable Restaurant Association - www.thersa.org

For more information

The MCS Pocket Good Fish Guide lists fish to eat, fish to avoid and fish to eat only occasionally, to help limit pressure on stocks. Download a copy of the guide from www.goodfishguide.co.uk or at www.fishonline.org where you will also find links to our iPhone and Android apps.

Pocket guide to buying wild-caught seasonal, fresh and local fish

www.fishonline.org

Why buy sustainable and seasonal fish?

To help ensure the future of fisheries and other marine wildlife, we must allow fish to grow to maturity and breed before being caught.

Our advice is avoid eating baby or immature fish and fish during their breeding or spawning times, including ‘berried’ or egg-bearing lobster and crab, to help maintain healthy stock levels.

Why buy local and fresh fish?

Lower carbon footprint

 Fresher, tastier and often better quality

Good for the local economy - support your local fishermen

More diversity and choice

Better traceability and provenance

Choose fish caught from best practice fisheries or using methods with lower environmental impact

Hand line, diver, pot, trap-caught or hand-gathered fish or from fisheries using best practice to reduce discards and habitat impacts. Generally these methods are less damaging and produce better quality fish. See MCS Porthole webpage for examples of best practice.

Diversify your choice

We rely heavily on too few species. Try alternative, lesser known species e.g. dab, bib, red gunnard or coley/saithe, MCS rated 1, 2 or 3.

Bib or pouting
Black sea bream or porgy
Clam, carpet or venus shell
Clam, razor
Cockle
Cod, Atlantic
Coley or saithe
Crab, brown or edible
Crab, spider
Dab
Dover sole
Dublin Bay prawn/langoustine
Flounder
Grey gunnard
Haddock
Hake, European
Hake, European
Herring or sild
Lemon sole
Lobster
Lynhe or pollack
Mackerel
Mussel
Pilchard (adult) or sardine
Plaice
Northern or cold-water prawn
Red gunnard
Red mullet
Scallop, king
Scallop, queen
Bass or seabass
Whiting

Herring or sild
Lemon sole
Lobster
Lynhe or pollack
Mackerel
Mussel
Pilchard (adult) or sardine
Plaice
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Red gunnard
Red mullet
Scallop, king
Scallop, queen
Bass or seabass
Whiting

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Flounder
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Haddock
Hake, European

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Red mullet
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Scallop, queen
Bass or seabass
Whiting
**Month-by-month guide to buying seasonal and best quality wild-caught fish**

### JANUARY
- Bib or pouting
- Black sea bream or porgy
- Lemon sole
- Pollack
- Mackerel
- Cod, Atlantic
- Crab, brown or edible
- Crab, spider
- Dab
- Dover sole
- Dublin Bay prawn/langoustine
- Flounder
- Grey gurnard
- Haddock
- Hake, European

### FEBRUARY
- Bib or pouting
- Black sea bream or porgy
- Lemon sole
- Lyon sole
- Lobster
- Lythe or pollack
- Mackerel
- Mussel
- Northern or cold-water prawn
- Red mullet
- Scallop
- Crustacean
- Bass or seashell
- Whelk

### MARCH
- Bib or pouting
- Black sea bream or porgy
- Lemon sole
- Lyon sole
- Lobster
- Lythe or pollack
- Mackerel
- Mussel
- Northern or cold-water prawn
- Red mullet
- Scallop
- King
- Crab, spider
- Dab
- Dover sole
- Dublin Bay prawn/langoustine

### APRIL
- Bib or pouting
- Black sea bream or porgy
- Lemon sole
- Pollack
- Mackerel
- Cod, Atlantic
- Coley or saithe
- Flounder
- Bass or seashell
- Whelk

### MAY
- Bib or pouting
- Black sea bream or porgy
- Lemon sole
- Lyon sole
- Lobster
- Lythe or pollack
- Mackerel
- Mussel
- Northern or cold-water prawn
- Red mullet
- Whelk

### JUNE
- Bib or pouting
- Black sea bream or porgy
- Lemon sole
- Lyon sole
- Lobster
- Lythe or pollack
- Mackerel
- Mussel
- Northern or cold-water prawn
- Red mullet
- Scallop
- Queen
- Bass or seashell
- Whelk

### JULY
- Bib or pouting
- Black sea bream or porgy
- Lemon sole
- Lyon sole
- Lobster
- Lythe or pollack
- Mackerel
- Mussel
- Northern or cold-water prawn
- Red mullet
- Scallop
- Queen
- Bass or seashell
- Whelk

### AUGUST
- Bib or pouting
- Black sea bream or porgy
- Lemon sole
- Lyon sole
- Lobster
- Lythe or pollack
- Mackerel
- Mussel
- Northern or cold-water prawn
- Red mullet
- Scallop
- King
- Bass or seashell
- Whelk

### SEPTEMBER
- Bib or pouting
- Black sea bream or porgy
- Lemon sole
- Lyon sole
- Lobster
- Lythe or pollack
- Mackerel
- Mussel
- Northern or cold-water prawn
- Red mullet
- Scallop
- Queen
- Bass or seashell
- Whelk

### OCTOBER
- Bib or pouting
- Black sea bream or porgy
- Lemon sole
- Lyon sole
- Lobster
- Lythe or pollack
- Mackerel
- Mussel
- Northern or cold-water prawn
- Red mullet
- Scallop
- King
- Bass or seashell
- Whelk

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**Sizing guide to lengths at which fish mature**

Avoiding eating immature or baby fish below the size at which they reproduce will help maintain stock levels. Current legal minimum landing sizes (MLSs) do not always reflect the size at which the fish matures. For guidance on other species go to [www.fishonline.org](http://www.fishonline.org).

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This guide is designed to help you increase the sustainability of the fish you eat by choosing fish at the right time of the year and so avoid eating them during their breeding season. Months in which they have better quality and/or availability is also indicated. See [www.fishonline.org](http://www.fishonline.org) for the best sources, MCS rated 1, 2 or 3. Please note spawning times can vary, for example with latitude and sea temperature.

### Best quality  Best availability

---

<table>
<thead>
<tr>
<th>Month</th>
<th>Fish</th>
<th>Length</th>
<th>Fish</th>
<th>Length</th>
<th>Fish</th>
<th>Length</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan</td>
<td>Bib</td>
<td>15 cm</td>
<td>Lythe</td>
<td>15 cm</td>
<td>Bib</td>
<td>15 cm</td>
</tr>
<tr>
<td>Feb</td>
<td>Bib</td>
<td>20 cm</td>
<td>Lythe</td>
<td>20 cm</td>
<td>Bib</td>
<td>20 cm</td>
</tr>
<tr>
<td>Mar</td>
<td>Bib</td>
<td>25 cm</td>
<td>Lythe</td>
<td>25 cm</td>
<td>Bib</td>
<td>25 cm</td>
</tr>
<tr>
<td>Apr</td>
<td>Bib</td>
<td>30 cm</td>
<td>Lythe</td>
<td>30 cm</td>
<td>Bib</td>
<td>30 cm</td>
</tr>
<tr>
<td>May</td>
<td>Bib</td>
<td>35 cm</td>
<td>Lythe</td>
<td>35 cm</td>
<td>Bib</td>
<td>35 cm</td>
</tr>
<tr>
<td>Jun</td>
<td>Bib</td>
<td>40 cm</td>
<td>Lythe</td>
<td>40 cm</td>
<td>Bib</td>
<td>40 cm</td>
</tr>
<tr>
<td>Jul</td>
<td>Bib</td>
<td>45 cm</td>
<td>Lythe</td>
<td>45 cm</td>
<td>Bib</td>
<td>45 cm</td>
</tr>
<tr>
<td>Aug</td>
<td>Bib</td>
<td>50 cm</td>
<td>Lythe</td>
<td>50 cm</td>
<td>Bib</td>
<td>50 cm</td>
</tr>
<tr>
<td>Sep</td>
<td>Bib</td>
<td>55 cm</td>
<td>Lythe</td>
<td>55 cm</td>
<td>Bib</td>
<td>55 cm</td>
</tr>
<tr>
<td>Oct</td>
<td>Bib</td>
<td>60 cm</td>
<td>Lythe</td>
<td>60 cm</td>
<td>Bib</td>
<td>60 cm</td>
</tr>
</tbody>
</table>

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*Not to scale*