

































# SEAFOOD








SUSTAINABILITY















H-E-B is committed to the health, abundance and sustainability of our oceans and marine life, while offering the best variety and quality of seafood.

Description	Country Of Origin	Source	Production Method	Species	Sustainability Source
Amberjack	USA		Longline	Seriola dumerili	EDF Ok Choice
Bass, Striped Hybrid	USA		Pond	Morone chrysops x Morone saxatilis	EDF Best Choice
Buffalo	USA		Gillnet, gig, snare	Ictiobus spp	State Management Program
Capelin Roe	Iceland		Midwater trawl, purse seine	Mallotus villosus	EDF Best Choice
Catfish, Channel	USA		Pond	Ictalurus punctatus	EDF Best Choice
Clams, Steamer Live	USA		Hand dug (tidal flats)	Mya arenaria	EDF Best Choice
Clams, Northern Quahog	USA		Hand dug (tidal flats)	Mercenaria mercenaria	EDF Best Choice
Cod, Atlantic	Iceland, Norway		Day boat bottom longline	Gadus morhua	MSC Certified
Cod, Alaska/Pacific	USA		Jig, pot/trap, set bottom longline	Gadus macrocephalus	EDF Best Choice
Crab, Blue (Live)	USA		Pot/trap	Callinectes sapidus	EDF Ok Choice
Crab, Blue	Mexico (Sea Of Cortez)		Pot/trap	Callinectes bellicosus	Fishery Improvement Project
Crab, Dungeness	USA		Pot/trap	Metacarcinus magister	EDF Best Choice
Crab, Red King	USA		Pot/trap	Paralithodes camtschaticus	EDF Ok Choice
Crab, Snow	USA, Canada		Pot/trap	Chionoecetes opilio	EDF Ok Choice
Crab, Swimming	Philippines		Pot/trap, Gillnet	Portunus pelagicus	Fishery Improvement Project
Crawfish	USA		Pot/trap	Procambarus clarkii	EDF Best Choice

Description	Country Of Origin	Source	Production Method	Species	Sustainability Source
Drum, Black	USA		Trot line	Pogonias cromis	State Management Program
Drum, Freshwater	USA		Hook and line / gillnet	Aplodinotus grunniens	State Management Program
Flounder, Arrowtooth	USA, Canada		Otter Trawl	Atheresthes stomias	EDF Ok Choice
Flounder, Southern	USA		Butterfly net, gig	Paralichthys lethostigma	EDF Ok Choice
Grouper, Yellowedge	USA		Longline	Hyporthodus flavolimbatus	EDF Ok Choice
Haddock	USA		Day boat bottom longline	Melanogrammus aeglefinus	EDF Ok Choice
Halibut, Alaska/Pacific	USA		Longline	Hippoglossus stenolepis	MSC Certified
Herring	Iceland/Norway		Purse seine	Clupea harengus	MSC Certified
Lobster, Coldwater	USA, Canada		Pot/trap	Homarus americanus	EDF Ok Choice
Lobster, Spiny	Belize		Pot/trap	Panulirus argus	EDF Priority Fishery
Mackerel, Spanish	Iceland		Purse seine, Midwater Trawl	Scomber scombrus	EDF Ok Choice
Mahi Mahi	USA		Longline	Coryphaena hippurus	EDF Ok Choice
Mahi Mahi	Ecuador/Peru		Longline	Coryphaena hippurus	Fishery Improvement Project
Mahi Mahi	Costa Rica		Troll/pole	Coryphaena hippurus	EDF Ok Choice
Mussel, Black	Canada, Chile		Bottom/Off-bottom culture, Rope	Mytilus edulis	EDF Best Choice
Octopus	Portugal		Pot/trap	Octopus vulgaris	EDF Ok Choice
Opah	USA		Longline	Lamprus guttatus	EDF Ok Choice
Orange Roughy	New Zealand		Otter Trawl	Hoplostethus atlanticus	MSC Certified
Oyster	USA		Bottom/Off-bottom culture	Crassostrea gigas	EDF Best Choice
Oyster	USA		Towed Dredge	Crassostrea virginicus	EDF Best Choice
Pangasius, Striped	Vietnam		Pond	Pangasius hypothalmus	GAA Certified
Pollock, Atlantic	USA		Longline	Pollachius virens	EDF Ok Choice

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Redfish (Red Drum)	USA		Pond	Sciaenops ocellatus	State Management Program
Rockfish, Pacific	USA, Canada		Otter trawl	Sebastes spp.	EDF Best Choice
Salmon, Atlantic	Norway		Marine netpen	Salmo salar	E.U. Certified Organic
Salmon, Atlantic	Canada, Chile, Norway		Marine netpen	Salmo salar	GAA Certified
Salmon, Alaska	USA		Gillnet, Troll	Oncorhynchus nerka, O. kisutch, O. tshawytschus, O. gorbuscha	EDF Best Choice
Scallop, Sea	USA		Dredge	Placoepecten magellanicus	EDF Ok Choice
Seabass, Chilean	Australia, Falkland Islands		Longline	Dissostichus eleginoides	MSC Certified
Shrimp, Red	Argentina		Otter trawl	Pleoticus muelleri	Fishery Improvement Project
Shrimp, Coldwater	USA		Otter trawl	Penaeus jordani	EDF Best Choice
Shrimp, Brown/White	USA (Gulf of Mexico)		Otter trawl	Farfantepenaeus aztecus, Litopenaeus setiferus	EDF Ok Choice
Shrimp, White	Indonesia/Thailand		Pond	Penaeus vannamei	GAA Certified
Shrimp, White	Ecuador		Pond	Penaeus vannamei	EDF Ok Choice
Shrimp, White	USA		Pond	Penaeus vannamei	EDF Best Choice
Snapper, American Red	USA (Gulf of Mexico)		Bandit reel/vertical line	Lutjanus campechanus	EDF Ok Choice
Snapper, Crimson	Indonesia		Longline	Etelis radiosus	Fishery Improvement Project
Sole, Dover/Petrale	USA (West Coast)		Otter trawl	Microstomus pacificus, Eopsetta jordani	EDF Ok Choice
Squid	USA		Trawl	Doryteuthis opalescens	EDF Ok Choice
Swordfish	USA (North Atlantic), Costa Rica		Longline	Xiphias gladius	EDF Ok Choice
Swordfish	Canada (Atlantic)		Harpoon	Xiphias gladius	EDF Ok Choice
Tilapia	Hainan Island, China		Pond	Oreochromis niloticus	GAA Certified

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Tilapia	Honduras/Indonesia		Freshwater netpen	Oreochromis niloticus	EDF Ok Choice
Trout, Rainbow/Steelhead	USA		Freshwater raceway/netpen	Oncorhynchus mykiss	EDF Best Choice
Tuna, Albacore	USA (North Pacific Ocean)		Troll/pole	Thunnus alalunga	EDF Best Choice
Tuna, Albacore	Japan (North, Northwest Pacific Ocean)		Troll/pole	Thunnus alalunga	EDF Best Choice
Tuna, Albacore	Western Central Pacific Ocean		Longline	Thunnus alalunga	EDF Ok Choice
Tuna, Albacore	Cook Islands, Fiji		Longline	Thunnus alalunga	MSC Certified
Tuna, Bigeye	Micronesia		Longline	Thunnus obesus	MSC Certified
Tuna, Bigeye	Marshall Islands		Longline	Thunnus obesus	Fishery Improvement Project
Tuna, Skipjack	Marshall Islands / Micronesia (Western Central Pacific)		Purse Seine, non-FAD	Katsuwonus pelamis	EDF Ok Choice
Tuna, Skipjack	Marshall Islands / Micronesia (Western Central Pacific)		Pole & Line, Troll line	Katsuwonus pelamis	EDF Best Choice
Wahoo (Ono)	USA		Longline	Acanthocybium solandri	EDF Ok Choice
Whiting, Pacific	USA, Canada		Pacific Midwater trawl	Merluccius productus	MSC Certified

### KEY

EDF Best Choice	The fishing or farming methods used to catch or raise this fish cause little harm to the environment.
EDF OK Choice	Some improvements are needed in how this fish is caught or farmed.
EDF Priority Fishery	EDF is working in-country to improve the sustainability of this fishery.
MSC Certified	A fishery certified as sustainable by the Marine Stewardship Council.
Fishery Improvement Project (FIP)	A multi-stakeholder effort to improve the sustainability of a fishery.
State Management	This fishery is managed by one or more state resource agencies
GAA Certified	Meets the standards set forth by the Global Aquaculture Alliance.
EU Certified Organic	Meets the standards set forth by Naturland or BioSuisse.

H-E-B plans to update this table at least twice per year. While we make every attempt to ensure its accuracy, it may not always reflect seasonal or specialty items.