



# 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	Production Method	Species	Sustainability Source
Amberjack	USA		Seriola Dumerili	EDF Ok Choice
Bass, Striped Hybrid	USA		Morone Chrysops, Morone Saxatilis	EDF Best Choice
Buffalo fish	USA		Ictiobus Spp	State Management Program
Capelin Roe	Iceland		Mallotus Villosus	EDF Best Choice
Catfish	USA		Ictalurus Punctatus	EDF Best Choice
Clams, Live	USA		Arctica Islandica, Mercenaria Mercenaria, Mya Arenaria	EDF Ok Choice
Cod, Atlantic	Iceland, Norway		Gadus Morhua	EDF Ok Choice
Cod, Pacific/Alaska	USA		Gadus Macrocephalus	EDF Best Choice
Crab, Blue (Live)	USA		Callinectes Sapidus	EDF Ok Choice
Crab, Blue (Trap Caught)	Mexico (Sea Of Cortez)		Callinectes Bellicosus	Fishery Improvement Project
Crab, Dungeness	USA		Metacarcinus Magister	EDF Best Choice
Crab, King Red	USA		Paralithodes Camtschaticus	EDF Ok Choice
Crab, Snow	Canada, USA		Chionoecetes Opilio	EDF Ok Choice
Crab, Southern King	Argentina		Lithodes Santolla	EDF Ok Choice
Crab, Swimming	Philippines		Portunus Pelagicus	Fishery Improvement Project
Crawfish, Live	USA		Procambarus Clarkii	EDF Best Choice

Description	Country Of Origin	Production Method	Species	Sustainability Source
Crawfish, Frozen	China		Procambarus Clarkii	
Drum, Black	USA		Pogonias Cromis	State Management Program
Drum, Freshwater	USA		Aplodinotus Grunniens	State Management Program
Flounder, Arrowtooth	USA/Canada		Atheresthes Stomias	EDF Ok Choice
Flounder, Southern	USA		Paralichthys Lethostigma	EDF Ok Choice
Grouper, Yellowedge	USA		Hyporthodus Flavolimbatus	EDF Ok Choice
Haddock	USA		Merluccius Productus	EDK Ok Choice
Hake	Iceland		Melanogrammus Aeglefinus	EDF Ok Choice
Halibut	USA		Hippoglossus Stenolepis	EDF Best Choice
Herring	Iceland/Norway		Clupea Harengus	EDF Priority Fishery
Lobster, N. Atlantic	USA/Canada		Homarus Americanus	EDF Ok Choice
Lobster, Spiny (Trap Caught)	Belize		Panulirus Argus	EDF Priority Fishery
Mahi Mahi (Longline)	USA		Coryphaena Hippurus	EDF Ok Choice
Mahi Mahi (Longline)	Ecuador/Peru		Coryphaena Hippurus	Fishery Improvement Project
Mahi Mahi (Troll/Pole)	Costa Rica		Coryphaena Hippurus	EDF Ok Choice
Mussel, Black	Canada		Mytilus Edulis	EDF Best Choice
Mussel, Black	Chile		Mytilus Chilensis	EDF Best Choice
Octopus (Pot Caught)	Portugal		Octopus Vulgaris	EDF Ok Choice
Opah	USA		Lamprus Guttatus	EDK Ok Choice
Orange Roughy	New Zealand		Hoplostethus Atlanticus	MSC Certified
Oyster	USA		Crassostrea Giggas	EDF Best Choice
Oyster	USA		Cassostrea Virginicus	EDF Best Choice

Description	Country Of Origin	Production Method	Species	Sustainability Source
Pollock	USA		Pollachius virens	EDF Ok Choice
Redfish	USA		Sciaenops ocellatus	State Management Program
Rockfish	USA, Canada		Sebastes Spp.	EDF Best Choice
Salmon, Atlantic	Norway		Salmo salar	E.U. Certified Organic Farms
Salmon, Atlantic	Chile, Canada, Norway		Salmo salar	Certified Farms Only
Salmon, Wild	USA		Oncorhynchus Nerka, Oncorhynchus Kisutch, Oncorhynchus Tshawytscha, Onchorhynchus Gorbusha	EDF Best Choice
Sardine	USA		Sardinops Sagax Caerulea	EDF Best Choice
Scallop, Bay	Faroe Islands		Argopecten Irradians	MSC certified
Scallop, Sea	USA		Placopecten Magellanicus	EDF Ok Choice
Seabass, Chilean	Australia, Falkland Islands		Dissostichus Eleginoides	MSC certified
Shrimp, Red	Argentina		Pleoticus Muelleri	Fishery Improvement Project
Shrimp, Coldwater	USA		Penaeus Jordani	EDF Best Choice
Shrimp, Gulf Of Mexico	USA		Penaeus Aztecus/Setiferus	EDF Ok Choice
Shrimp, White	Thailand/Indonesia		Penaeus Vannamei	GAA Certified Farms
Shrimp, White	Ecuador		Penaeus Vannamei	GAA Certified Farms
Shrimp, White	USA		Penaeus Vannamei	EDF Ok Choice
Snapper, American Red (Gulf)	USA		Lutjanus Campechanus	EDF Ok Choice
Snapper, Crimson	Indonesia		Etelis Radiosus	Fishery Improvement Project
Snapper, Vermillion	Mexico		Rhomboplites Aurorubens	EDF Ok Choice

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Sole	USA (West Coast)		Microstomus pacificus, Eopsetta jordani	EDF Ok Choice
Squid	USA		Loligo opalescens	EDF Ok Choice
Steelhead Trout	USA		Oncorhynchus Mykiss	EDF Best Choice
Striped Pangasius	Vietnam		Pangasius Hypothalmus	EDF Ok Choice
Swordfish	USA (North Atlantic), Costa Rica		Xiphias Gladius	EDF Ok Choice
Swordfish (Harpoon)	East Canada/Nova Scotia		Xiphias Gladius	EDF Ok Choice
Tilapia	China, Indonesia, Mexico		Oreochromis Niloticus	GAA Certified Farms
Tilapia	Honduras/Costa Rica		Oreochromis Niloticus	EDF Ok Choice / Certified Farms
Trout, Rainbow	USA		Oncorhynchus Mykiss	EDF Best Choice
Tuna, Albacore (Pole)	USA		Thunnus Alalunga	EDF Best Choice
Tuna, Bigeye	Marshall Islands/ Micronesia		Thunnus Obesus	Fishery Improvement Project
Tuna, Yellowfin	USA, Costa Rica		Thunnus Albacares	EDF Ok Choice
Tuna, Yellowfin(Handline Caught)	Indonesia		Thunnus Albacares	EDF Ok Choice
Tuna, Yellowfin(Handline Caught)	Vietnam		Thunnus Albacares	EDF Best Choice
Wahoo (Ono)	USA		Acanthocybium Solandri	EDF Ok Choice
Whiting, Pacific	USA/Canada		Merluccius Productus	EDF Priority Fishery

## KEY

EDF OK Choice	Have improvements to make in how they are managed, the health of their habitat, or how they are caught or farmed.
EDF Best Choice	Includes fish from healthy, well-managed populations, and the fishing or farming methods used to catch or raise the fish cause little harm to the environment.
EDF Priority Fishery	Fisheries that are well-managed under catch shares
State Management Programs	Fisheries managed by individual state resource agencies
GAA Certified Farms	Global Aquaculture Alliance Certification
EU Certified Organic Farms	European Union certified organic, Naturland Vernand & BioSuisse
MSC Certified	Fishery certified by the Marine Stewardship Council
Fishery Improvement Project	Multi-stakeholder effort to improve a fishery