

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
Bass, Striped Hybrid	USA		Pond	Morone chrysops x Morone saxatilis	SFW Best Choice
Buffalo	USA		Gig, Snare	Ictiobus spp	State Management Program
Capelin Roe	Iceland		Midwater Trawl, Purse Seine	Mallotus villosus	SFW Good Alternative
Carp, German	USA		Trammel Net, Hoop Net, Gill Net	Hypothalamic molitrix	SFW Good Alternative
Carp, Grass	USA		Trammel Net, Hoop Net, Gill Net	Ctenopharyngodon idella	SFW Good Alternative
Catfish, Blue	USA		Pond	Ictalurus furcatus, Ictalurus furcatus x Ictalurus punctatus Ictalurus punctatus	SFW Best Choice
Catfish, Blue	USA		Trammel Net, Hoop Net, Gill Net	Ictalurus furcatus	SFW Good Alternative
Catfish, Channel	USA		Pond	Ictalurus punctatus	SFW Best Choice
Clams, Northern Quahog	USA		Hand Dug (Tidal Flats)	Mercenaria mercenaria	SFW Good Alternative
Clams, Steamer Live	USA		Hand Dug (Tidal Flats)	Mya arenaria	SFW Good Alternative
Cod, Alaska/Pacific	USA		Jig, Pot/Trap, Set Bottom Longline	Gadus macrocephalus	SFW Best Choice Bering Sea or Gulf of Alaska (assorted methods), SFW Good Alternative Canada or US ECPO bottom trawls
Cod, Atlantic	Iceland, Norway		Day Boat Bottom Longline	Gadus morhua	RFM, MSC
Crab, Blue	Mexico (Sea Of Cortez)		Pot/Trap	Callinectes bellicosus	FIP
Crab, Blue (Live)	USA		Pot/Trap	Callinectes sapidus	SFW Good Alternative
Crab, Dungeness	USA, Canada		Pot/Trap	Metacarcinus magister	SFW Good Alternative
Crab, Gold King	USA		Pot/Trap	Lithodes aequispinus	SFW Best Choice

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Crab, Red King	USA		Pot/Trap	Paralithodes camtschaticus	RFM
Crab, Snow	Canada		Pot/Trap	Chionoecetes opilio	RFM, MSC, FIP
Crab, Snow	USA		Pot/Trap	Chionoecetes bairdi	SFW Best Choice
Crab, Swimming	Philippines, Indonesia		Pot/Trap, Gill Net	Portunus pelagicus	FIP
Crawfish	USA		Pot/Trap	Procambarus clarkii	SFW Best Choice
Drum, Black	USA		Trotline	Pogonias cromis	State Management Program
Drum, Freshwater	USA		Hook and Line, Gill Net	Aplodinotus grunniens	State Management Program
Flounder, Arrowtooth	USA, Canada		Bottom Otter Trawl	Atheresthes stomias	SFW Best Choice & SFW Good Alternative
Grouper, Black	USA		Longline	Mycteroperca bonaci	SFW Good Alternative
Grouper, Red	USA		Longline	Epinephelus morio	SFW Good Alternative
Grouper, Yellowedge	USA		Longline	Hyporthodus flavolimbatus	SFW Good Alternative
Haddock	Iceland		Longline, Bottom Trawl	Melanogrammus aeglefinus	RFM
Haddock	USA		Longline, Bottom Trawl	Melanogrammus aeglefinus	SFW Good Alternative
Halibut, Alaska/Pacific	USA		Longline	Hippoglossus stenolepis	RFM, MSC, FIP
Herring	Iceland/Norway		Purse Seine	Clupea harengus	MSC
Lobster, Coldwater	Canada		Pot/Trap	Homarus americanus	MSC
Lobster, Coldwater	United Kingdom		Pot/Trap	Jasus tristani	MSC
Lobster, Coldwater	USA		Pot/Trap	Homarus americanus	Priority Fishery
Lobster, Spiny	Bahamas, Belize, Honduras, Nicaragua		Pot/Trap	Panulirus argus	FIP
Mackerel, Spanish	Iceland		Purse Seine, Midwater Trawl	Scomber scombrus	FIP
Mahi Mahi	Costa Rica		Troll/Pole	Coryphaena hippurus	FIP
Mahi Mahi	USA		Longline	Coryphaena hippurus	SFW Good Alternative
Mahi Mahi	Ecuador/Peru		Longline	Coryphaena hippurus	FIP
Mussel, Black	Canada, Chile		Bottom/Off-Bottom Culture, Rope	Mytilus edulis	SFW Best Choice

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Octopus	Portugal		Pot/Trap	Octopus vulgaris	SFW Good Alternative
Opah	USA		Longline	Lamprus guttatus	SFW Good Alternative
Orange Roughy	New Zealand		Trawl Caught w/Observer Coverage	Hoplostethus atlanticus	MSC
Oyster	USA, Canada		Bottom/Off-Bottom Culture	Crassostrea gigas, Crassostrea virginicus	SFW Best Choice
Oyster	USA		Towed Dredge	Crassostrea virginicus	SFW Good Alternative
Pangasius, Striped	Vietnam		Pond	Pangasius hypophthalmus	BAP
Pollock, Atlantic	USA		Longline	Pollachius virens	MSC
Pompano	USA		Strike Net	Trachinotus carolinus	SFW Good Alternative
Redfish (Red Drum)	USA		Pond	Sciaenops ocellatus	SFW Best Choice
Rockfish, Pacific	USA		Otter Trawl	Sebastes spp.	MSC
Rockfish, Pacific	Canada		Otter Trawl	Sebastes spp.	SFW Good Alternative
Sablefish	USA		Otter Trawl	Anoplopoma fimbria	RFM
Salmon, Alaska	USA		Gill Net, Troll	Oncorhynchus nerka, O. kisutch, O. tshawytschus, O. gorbuscha	RFM
Salmon, Atlantic	Norway		Marine Netpen	Salmo salar	ASC, BAP
Salmon, Atlantic	USA		Indoor Recirculating Tanks	Salmo salar	ASC, BAP
Salmon, Atlantic	Canada, Chile, Norway		Marine Netpen	Salmo salar	ASC, BAP
Salmon, King Ora	New Zealand		Marine Netpen	Oncorhynchus, tshawytschus	ASC
Sardine	Morocco		Pelagic Trawl and Seine	Sardina pilchardus	FIP
Scallop, Bay	Peru		Suspended Lantern Nets	Argopecten purpuratus	SFW Best Choice
Scallop, Sea	USA, Canada		Dredge	Placopecten magellanicus	MSC
Sea Bass, Chilean	Australia, (Antartic Indian Ocean)		Longline	Dissostichus eleginoides	MSC
Sea Bass, Chilean	France, (Antartic Indian Ocean)		Longline	Dissostichus eleginoides	MSC
Sea Bass, European	Turkey		Marine Netpen	Dicentrarchus labrax	BAP
Sheepshead	USA		Pole Caught	Archosargus probatocephalus	State Management Program
Shrimp, Black Tiger	India		Pond	Penaeus monodon	ASC, BAP
Shrimp, Brown/White	USA		Otter Trawl	Penaeus aztecus, Penaeus setiferus	RFM

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Shrimp, Coldwater	USA		Otter Trawl	Penaeus jordani	SFW Good Alternative
Shrimp, Red	Argentina		Otter Trawl	Pleoticus muelleri	FIP
Shrimp, White	Indonesia, India, Vietnam, Thailand		Pond	Penaeus vannamei	ASC, BAP
Shrimp, White	Ecuador		Pond	Penaeus vannamei	BAP
Shrimp, White	USA		Pond	Penaeus vannamei	SFW Best Choice
Snapper, American Red	USA		Longline	Lutjanus campechanus	SFW Good Alternative
Snapper, Carribbean Red	Brazil		Pot/Trap	Lutjanus perperus	FIP
Snapper, Crimson	Indonesia		Longline	Etelis radiosus	FIP
Sole, Dover/Petrale	USA (West Coast)		Otter trawl	Microstomus pacificus, Eopsetta jordani	SFW Best Choice
Sole, Yellowfin	USA (Alaska)		Bottom trawl	Limanda aspera	MSC
Squid	USA		US Pacific Purse Seine	Loligo opalescens, Doryteuthis pealeii	SFW Best Choice
Squid	Peru		Jig	Dosidicus gigas	SFW Good Alternative
Swordfish	USA		Longline	Xiphias gladius	SFW Good Alternative
Swordfish	Canada (Atlantic)		Harpoon	Xiphias gladius	SFW Best Choice
Tilapia	Honduras, Mexico, Colombia, Costa Rica		Freshwater Netpen	Oreochromis niloticus	BAP
Tilapia	Hainan Island, China		Pond	Oreochromis niloticus	BAP
Tilapia	Vietnam		Pond	Oreochromis niloticus	BAP
Trout, Rainbow / Steelhead	USA		Freshwater Raceway/Netpen	Oncorhynchus mykiss	SFW Best Choice
Tuna, Albacore	Southwest Pacific Ocean		Pole & Line	Thunnus alalunga	SFW Best Choice
Tuna, Albacore	Western Central Pacific Ocean		Purse Seine	Thunnus alalunga	MSC
Tuna, Albacore	Western Central Pacific Ocean		Longline	Thunnus alalunga	MSC
Tuna, Albacore	Japan (North, Northwest Pacific Ocean)		Troll/Pole	Thunnus alalunga	MSC
Tuna, Albacore	Cook Islands, Fiji		Longline	Thunnus alalunga	MSC
Tuna, Albacore	USA (Northern Pacific Ocean)		Troll/Pole	Thunnus alalunga	SFW Best Choice

Description	Country Of Origin	Source	Production Method	Species	Sustainability Source
Tuna, Skipjack	Western Central Pacific Ocean		Purse Seine	Katsuwonus pelamis	MSC
Tuna, Skipjack	Western Central Pacific Ocean		Longline	Katsuwonus pelamis	MSC
Tuna, Skipjack	Thailand (Western Tropical Pacific)		Purse Seine	Katsuwonus pelamis	MSC
Tuna, Skipjack	Marshall Islands, Micronesia (Western Central Pacific)		Purse Seine, Non-FAD	Katsuwonus pelamis	MSC
Tuna, Skipjack	Marshall Islands, Micronesia (Western Central Pacific)		Pole & Line, Troll Line	Katsuwonus pelamis	SFW Best Choice
Tuna, Skipjack	Western Central Pacific Ocean		Pole & Line	Katsuwonus pelamis	SFW Best Choice
Tuna, Tonggol	Western Central Pacific Ocean		Purse Seine, Non-FAD	Thunnus tonggol	SFW Good Alternative
Tuna, Yellowfin	Western Central Pacific Ocean		Purse Seine	Thunnus albacares	MSC
Tuna, Yellowfin	USA		Longline	Thunnus albacares	MSC
Tuna, Yellowfin	Vietnam, Marshall Islands, Cook Islands, Thailand		Handline	Thunnus albacares	SFW Best Choice
Tuna, Yellowfin	Indonesia		Handline	Thunnus albacares	SFW Best Choice
Tuna, Yellowfin	Western Central Pacific Ocean		Pole & Line	Thunnus albacares	SFW Best Choice
Wahoo (Ono)	USA		Longline	Acanthocybium solandri	SFW Good Alternative

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.

KEY

ASC (Aquaculture Stewardship Council)	Meets the standards set forth by Aquaculture Stewardship Council.
BAP (Best Aquaculture Practices)	Meets the standards set forth by Global Seafood Alliance.
FIP (Fishery Improvement Project)	A multi-stakeholder effort to improve the sustainability of a fishery.
GSSI (Global Seafood Sustainability Index)	H-E-B accepts eco-certifications that are recognized through the GSSI Benchmarking Tool.
RFM (Responsible Fisheries Management)	A fishery certified as sustainable by the Certified Seafood Collaborative.
MSC (Marine Stewardship Council)	A fishery certified as sustainable by the Marine Stewardship Council.
Priority Fishery - U.S. American Lobster	H-E-B looks for meaningful opportunities to aid improvements in U. S. American Lobster industry, and when available, prioritize sourcing from fishery improvement projects and/or American lobster caught with ropeless gear.
SFW (Seafood Watch) Best Choice	Best Choice seafood is well managed and caught or farmed responsibly. It poses a low environmental risk.
SFW (Seafood Watch) Good Alternative	Good Alternative seafood poses a moderate environmental risk.
State Management Program	This fishery is managed by one or more state resource agencies.