

SEAFOOD WEEK



AT THE OAK BARN RESTAURANT



WHAT'S IT ALL ABOUT?

We will be celebrating Seafood Week at The Oak Bar Restaurant from Mon 8th Jul - Sat 13th Jul. We are doing this to help raise awareness about the importance of eating sustainable seafood, as well to show how eating fish can help maintain a healthy and balanced diet.

More than a third of global fisheries have been fished beyond sustainable limits and world demand for seafood continues to grow. Sustainable fishing can reverse this decline and ensure that there are enough fish left in the sea so that fishing can take place indefinitely into the future. Fishing is sustainable if it leaves enough fish in the oceans and minimises impacts on habitats and ecosystems.

Sustainable fishing helps maintain healthy and diverse ocean ecosystems and minimises impacts on endangered, threatened, and protected species. It's not just fish stocks that benefit from a healthy ecosystem, it can also help the ocean regulate the climate.

MSC CERTIFIED

The Marine Stewardship Council recognises and rewards fisheries operating sustainably through their fisheries certification program and label.

Fisheries are assessed on three criteria:

- **Sustainable fish stocks** - enough fish left in the sea.
- **Minimising environmental impacts** - this includes all marine life eg. plants & natural habitats.
- **Effective fishery management** - must comply with relevant laws, and adapt to changes in the environment



A HEALTHY CHOICE

- Fish is a high protein - low fat option
- It contains lots of nutrients like Omega 3, fatty acids & Vitamins D & B2.
- It is recommended to eat two portions of fish per week as part of a healthy diet.

