NUESTRO MAR, NUESTRO FUTURO

A SUSTAINABLE SEAFOOD GUIDE

AUTHORS:
MELISSA MARQUEZ, ZLATKA REBOLLEDO SANCHEZ, SOFÍA BARBOZA

Hispanic Access Foundation

WAYS TO GIVE

Make a contribution in a way that best meets your philanthropic goals.
Visit hispanicaccess.org/ get-involved or call (202) 640-4342 to speak with a team member.

DONATE ONLINE

Contribute today by visiting hispanicaccess.org/get-involved.

SPONSORSHIPS

Hispanic Access offers numerous sponsorship opportunities and events throughout the year.

MAIL YOUR GIFT

Contribute today by mailing your gift to Hispanic Access Foundation, 1030 15th St NW, Suite B/1 #150, Washington, DC 20005

PARTNERSHIPS

Explore opportunities to create innovative programs that benefit the community and your mission/brand.

HISPANIC ACCESS FOUNDATION
ELEVACIÓN
MONTHLY GIVING CLUB

JOIN OUR MONTHLY GIVING CLUB

Join the Elevación community today and become a champion for Latino leaders and the people they serve.

Hispanic Access Foundation

TABLE OF CONTENTS

INTRODUCTION

Welcome to our "Nuestro Mar, Nuestro Futuro: A Sustainable Seafood Guide" toolkit. This resource has been designed for you–individuals and communities–to better understand the critical challenges facing our ocean and fisheries today. From overfishing to habitat destruction to the impacts of climate change and pollution, marine ecosystems are under unprecedented pressure. These issues not only threaten ocean biodiversity, but also the livelihoods and food security of many across our country, and beyond. However, through informed choices and both individual and collective action, we can contribute to the health of our ocean, which is vital for both human and planetary health. This toolkit, available in both English and Spanish, explains key issues and provides practical guidance on how to engage in sustainable seafood practices—empowering anyone and everyone to make decisions that support resilient fisheries and a thriving marine environment.

HOW TO USE THIS TOOLKIT

Developed by Hispanic Access Foundation, this toolkit was specifically created for Latino communities to gain an understanding of and to be able to champion sustainable fisheries and ocean conservation issues. Readers of this toolkit will walk away well-versed in these challenges and aware of concrete, practical steps they can take to benefit their own health and the health of our ocean. Latinos comprise around 20% of the U.S. population and are growing. With this in mind, it is more important than ever that we raise our voices. We have the potential to influence policies, cultural norms, and more.

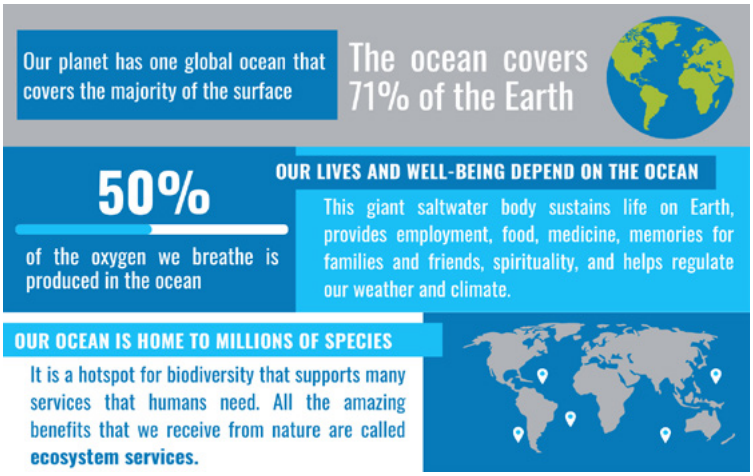
As you dive in:

- Keep an eye out to learn new keywords
- Take a look at graphics that explain marine concepts
- Check out the blurbs for fun and informative facts
- Grab your phone to scan QR codes and learn even more
- Consider signing our "One Ocean, One Future" Pledge to demonstrate your commitment

Thank you for picking up this resource and taking the time to learn about the importance of sustainable seafood and fisheries.

If you have any questions, you may contact Sofia Barboza, Ocean Program Manager here.

HOW DOES OUR BLUE PLANET SUSTAIN LIFE?



Thank you for starting this journey and learning about the ocean and sustainable fisheries, their importance, the challenges they face, and the actions we can take to preserve both marine life and our well-being. First, we will focus on our blue planet, the Earth, and its massive ocean, which comprises over 90% of the habitable space on the planet![1] The ocean sustains all life on Earth[2] and is an incredibly diverse environment that is home to millions of species[3,4]. The ocean gives us jobs, medicine, and cherished memories. It feeds our bodies and nurtures our spirits, helps regulate the weather and climate, and even produces the air we breathe[5].

Our ocean supports many services that humans need. Coastal and marine ecosystems provide a variety of positive benefits — these are called **ecosystem services**[6,7] and are typically classified into four groups[8]:

- **Provisioning services** are directly extracted from nature, like using the ocean as a food source for our fisheries and aquaculture. At a global scale, in 2022, fisheries and aquaculture production reached an all-time record of 223.2 million tonnes, divided into 37.8 million tonnes of algae, and 185.4 million tonnes of aquatic animals[9]. In the United States alone, the ocean economy supports 2.4 million jobs per year and achieves $777 billion in sales, according to NOAA[10]. Recent national seafood consumption was approximately 20.6 kilograms per capita[11]. The ocean also provides materials like minerals, oil and gas, salt, and medicinal benefits, among others.
- **Supporting services**[8] are fundamental benefits from natural processes that allow the Earth to function as we know it, such as the water cycle and nutrient cycling. The ocean has many plants (from tiny free-floating plants called phytoplankton to large kelp forests) that produce oxygen and clean the air, absorbing carbon dioxide via photosynthesis. The process of photosynthesis is a supporting service.
- **Regulating services** are the ones that help make life on our planet possible. The ocean can handle a large amount of heat absorption; around 90%[12] of the excess heat generated by emissions is captured in the ocean. This keeps our air and atmosphere clean while storing carbon dioxide in the ocean carbon pool and vegetated coastal wetlands (like seagrasses, salt marshes, and mangroves)[13]. The ocean absorbs around 25% of all CO_2 emissions[12].
- **Cultural services**[14] are non-material benefits that are important for our cultural identity, recreation, and tourism. The ocean inspires art and can help us create a sense of belonging, offering excellent educational benefits[15]. The ocean can be highly economically valued for its scenic beauty, which increases tourism and recreation. Many people are interested in and enjoy the ocean, engaging in activities such as scuba diving, surfing, windsurfing, and many other recreational activities.

A SEA OF CHALLENGES: WHAT THREATS DO FISHERIES FACE?

Our ocean is facing many challenges that demand our attention and collective action. These challenges impact marine ecosystems, the communities that depend on them, and the global climate system. Below, we describe the key issues and share why it is important to address them.

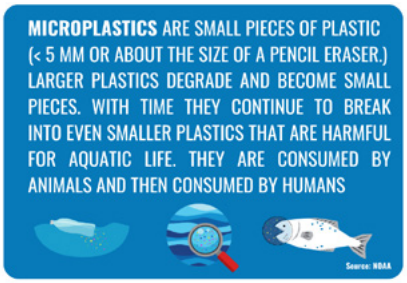
The ocean plays a critical role in regulating the Earth's climate, but **rising global temperatures** are changing its dynamics. Warmer ocean temperatures disrupt ocean currents, push species into new areas, slow down fish growth– making it harder for them to reproduce– and overall create instability within marine ecosystems[16]. For example, coral reefs, which are vital for biodiversity and coastal protection, are experiencing mass bleaching[17] events in at least 83 countries and 84% of all coral reefs worldwide have been impacted by major bleaching events (from January 2023 to April 2025)[18]. Warming waters are also causing **increased frequency and intensity of storms**. According to the EPA, Latinos in the U.S. are more likely than non-Hispanic Whites to experience intense hurricanes, sea level rise, and floods. Fisheries are affected directly by the disruption of operations and the damage to coastal infrastructure.

CORALS ARE ESSENTIAL MARINE ANIMALS THAT HAVE A MUTUALISTIC RELATIONSHIP WITH ALGAE. THE ALGAE LIVE HAPPILY INSIDE THE CORALS AND PRODUCE OXYGEN AND NUTRIENTS VIA PHOTOSYNTHESIS, WHICH IS VITAL FOR THE SURVIVAL OF THE CORALS. BUT, THE ALGAE CANNOT TOLERATE HIGH WATER TEMPERATURES, CAUSING THEM TO LEAVE THE CORALS.

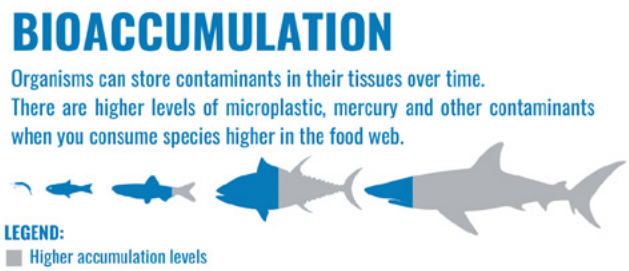
THIS PROCESS IS CALLED **CORAL BLEACHING**. BLEACHED CORALS ARE MORE SUSCEPTIBLE TO DISEASES, WHICH CAN LEAD TO MASS MORTALITY EVENTS.

The increased absorption of carbon dioxide by our ocean **lowers the pH levels** of the water, making it much more acidic. This phenomenon is referred to as ocean acidification and creates multiple challenges in the ocean. One important issue is that it makes it harder for organisms to extract calcium carbonate, which makes up shells and skeletons. Sadly, this impacts marine organisms like

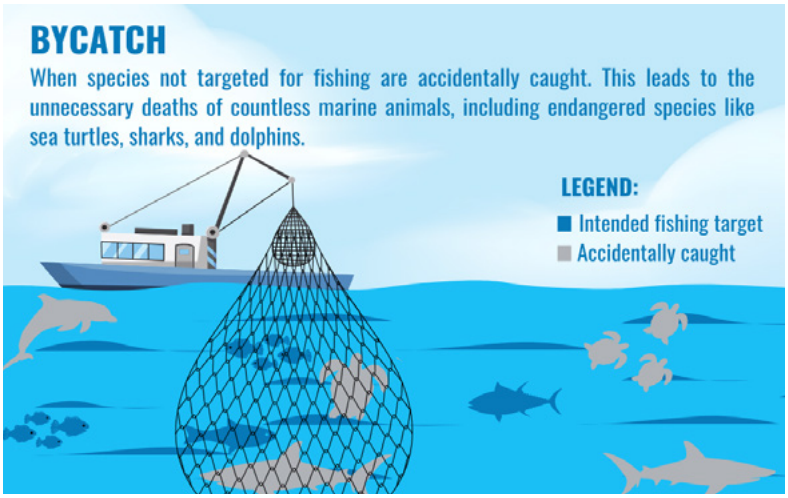
shellfish, plankton, and corals, which are very important as they are the foundation of the marine food webs. If these animals aren't healthy, they shrink both in size and in population, which sets off a chain reaction that affects all the other levels in the food web. A trophic level indicates how far a creature is from the beginning of the food chain. For example, plants and other primary producers sit at the first level of the food chain. Next are herbivores (like zooplankton, small mollusks, and crustaceans) at the second level. Small carnivores, such as small fish and jellyfish, are in the third trophic level. From there, it keeps going with bigger and bigger predators until reaching the top carnivores. Ocean food webs are often much longer and more complex than those on land.



The ocean is accumulating waste from many different sources. **Plastic pollution**[19,20], including **microplastics**[21], toxins from agricultural runoff, chemical and oil spills, all damage marine life and enter the human food chain through **bioaccumulation**, which is when organisms store contaminants in their tissues over time. In the following graphic, you can see a representation of how contaminants accumulate through the food web. Studies have revealed alarming levels of microplastic contamination in seafood consumed globally, with microplastics being found in 99% of samples from a recent study of U.S. West Coast seafood species[22,23]. This toolkit will give you important tips and tricks to avoid seafood with higher bioaccumulation that can potentially harm you.



Humans overexploit the ocean through overfishing, mining, and shipping activities, which are draining our resources and causing habitat destruction. Over one-third of global fish populations are exceeding their sustainable limits[24], with a continuous decline impacting their long-term survival as a species and limiting a possible recovery. **Loss of important habitats**[25], like seagrasses, mangroves, and coral reefs, are occurring at alarming rates, threatening biodiversity and the highly valuable ecosystem services they provide. **Bycatch**[26], which is when species not targeted for fishing are accidentally caught, is another serious issue. Bycatch often occurs with species that are already endangered and many of these vulnerable marine animals die after being discarded, leading to population decline and ecosystem disruption.



Illegal, unreported, and unregulated (IUU) fishing[27] is yet another challenge which undermines conservation efforts and makes it difficult to manage fish stocks sustainably. Some examples of IUU fishing include fishing in prohibited areas, fishing without proper permits, fishing during closed seasons, using prohibited gear, and making false reports or failing to report when required.

UNDERSTANDING OVERFISHING AND ITS IMPACT

Overfishing is the main threat fisheries face, so let's dive deeper. Overfishing depletes fish populations at a rate faster than they can reproduce, leading to species decline and disrupting the delicate balance of marine food webs. Unsustainable fishing practices have far-reaching consequences that threaten marine ecosystems and biodiversity. Habitat destruction, particularly from destructive fishing methods such as bottom trawling devastates delicate ocean environments like coral reefs and seagrass beds, which serve as essential breeding and feeding grounds for many marine species. This can weaken its resilience, reduce biodiversity, and impair the ocean's ability to provide vital services like carbon storage and oxygen production. In some cases, these disruptions can also contribute to the development of dead zones (areas in the ocean with little or no oxygen where most marine life cannot survive).

BOTTOM TRAWLING IS A FISHING METHOD WHERE HEAVY NETS ARE DRAGGED ALONG THE SEAFLOOR TO CATCH BOTTOM-DWELLING SPECIES LIKE COD OR SHRIMP. THIS TECHNIQUE CAN CAUSE SIGNIFICANT AND OFTEN LONG-LASTING DAMAGE BY CRUSHING OR UPROOTING FRAGILE HABITATS SUCH AS CORAL REEFS AND SEAGRASS BEDS.

These impacts not only threaten ocean health but also jeopardize the livelihoods of coastal communities that rely on fishing for food and income, highlighting the urgent need for more sustainable management practices.

We are in a critical moment; the best way to handle these threats is through preparation, planning, and policies that keep all communities safe. Collective action will lead to a positive impact. Luckily, we have signs of hope! Sustainable practices have led to the recovery of certain U.S.[28] and European[29] fish stocks. In the U.S., we have success stories of fully rebuilt stocks[30] with the New England scallops (populations of the highest valued wild scallop fishery worldwide reached full recovery in 2001), the Mid-Atlantic bluefish (went from having a very unhealthy level in the late 1990s to being fully rebuilt in 2009), and the Pacific lingcod (was depleted in the Pacific Ocean and the population was successfully rebuilt in less than 10 years).

However, if we do not take further action, biodiversity loss and ecosystem collapse could become irreversible in some areas, and many of our coastal communities that rely on fisheries for food, income, and cultural identity will face increasing hardships.

Together, we can make a difference if we all prioritize sustainability, and advocate for change. There are tangible changes each of us can make in our daily lives to help decrease these negative effects, but advocating for the protection of our oceans from industrial polluters through regulatory practices and legislation is necessary to accomplish higher conservation goals. Together, we can protect the oceans and ensure fisheries continue to thrive for many generations. Keep reading for more specific actions you can take in the following pages of our toolkit!

MOST PEOPLE DON'T SPEND A LOT OF TIME THINKING ABOUT WHERE THEIR SEAFOOD COMES FROM, LET ALONE HOW IT'S MANAGED. THINK BACK TO THE KINDS OF SEAFOOD YOU ENJOY EATING. HOW OFTEN DO YOU STOP TO CONSIDER WHERE THAT SEAFOOD COMES FROM, OR THE CHALLENGES MARINE LIFE AND THE PEOPLE WHO CATCH IT FACE TO MAKE IT AVAILABLE TO YOU? SUSTAINABLE FISHERIES MANAGEMENT PLAYS A HUGE ROLE IN ENSURING THAT THE FISH WE CATCH TODAY WILL STILL BE AROUND FOR FUTURE GENERATIONS.

WHAT IS FISHERIES MANAGEMENT?

At its core, sustainable fisheries management is about setting rules for how, when, where, and how much fish can be caught. These rules are based on science, but also take into account the needs of local communities, commercial fishers, recreational anglers, and environmental health. In the U.S., much of this work is done through Regional Fishery Management Councils. There are eight of these councils across the country, and each one is responsible for managing fisheries in its region (such as the Pacific Northwest, for example). These councils are made up of a mix of scientists, industry representatives, state and federal officials, and community members. Together, they recommend regulations like catch limits, gear restrictions, and closed seasons of certain areas to help maintain healthy fish populations.

BLUE FOODS ARE FOODS THAT COME FROM AQUATIC ENVIRONMENTS (LIKE OCEANS, RIVERS, AND LAKES). THIS INCLUDES FISH, SHELLFISH, SEAWEED, AND EVEN ALGAE! THEY PLAY A HUGE ROLE IN GLOBAL NUTRITION AND FOOD SECURITY, FEEDING BILLIONS OF PEOPLE AND SUPPORTING THE LIVELIHOODS OF 800 MILLION MORE AROUND THE WORLD!

DELVING DEEPER INTO FISHERIES MANAGEMENT AND POLICY REFORMS

Take a moment to familiarize yourself with these key terms and concepts related to fisheries management!

CATCH QUOTAS

The Regional Fishery Management Councils (RFMCs) set catch limits so fish populations don't get wiped out. These limits are based on how many fish are out there, how fast they reproduce, and ocean conditions. It gives fish time to bounce back.

SEASONAL CLOSURES

Fish need time and space to mate and migrate. That's why some areas close to fishing during key times of year — it's like letting nature hit the reset button.

MARINE PROTECTED AREAS (MPAS)

Think of these as ocean "safe zones." Some MPAs are fully protected with no fishing allowed, while others allow limited activities like certain types of fishing. Either way, they give marine life a break, let populations grow, and actually help nearby fisheries too. Just look at the Galápagos — MPAs there boosted fish and biodiversity big time.

ECOSYSTEM-BASED MANAGEMENT

It's not just about one species — everything's connected! This approach looks at the whole food web, ocean health, and even climate change to make smarter decisions for the long haul. If you would like to learn more, click here.

GLOBAL COLLABORATION

Big problems need big teamwork. International agreements like the High Seas Treaty and global commitments like the UN's Sustainable Development Goal 14 push for healthier oceans for everyone, everywhere.

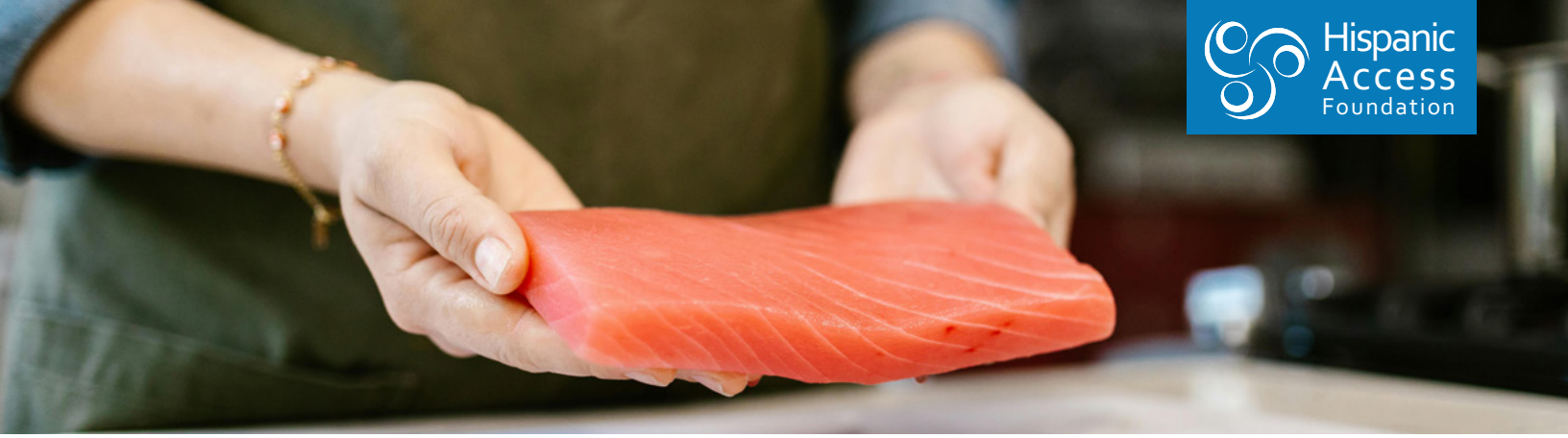
INDUSTRY HAS A ROLE TOO

Fishing, shipping, farming: these all affect the ocean. The more sustainable their practices, the better for marine life and for us.

THE IMPORTANCE OF SUSTAINABLE FISHING

AQUACULTURE, OR FISH FARMING, HELPS MEET GLOBAL SEAFOOD DEMAND WHILE EASING PRESSURE ON WILD FISH POPULATIONS AND SUPPORTING COASTAL ECONOMIES. WHEN MANAGED WELL, IT CAN BE EFFICIENT AND ENVIRONMENTALLY FRIENDLY, BUT POORLY RUN FARMS MAY CAUSE POLLUTION, SPREAD DISEASE, OR DAMAGE HABITATS.

Sustainable fishing practices are essential for maintaining healthy marine ecosystems and ensuring long-term food security. Fishing methods like pole-and-line make it easier to catch only the fish you want, which helps protect other marine animals from becoming bycatch. Setting science-based catch limits and implementing seasonal closures are other important strategies, giving fish populations time to recover and reproduce. These improvements offer a way to keep up with the world's growing demand for seafood without putting too much strain on wild fish in the ocean. By adopting these and other sustainable approaches, fisheries can help prevent overexploitation, protect vital habitats, and support the resilience of marine species. Sustainable fishing practices also benefit coastal communities by ensuring the stability of fish stocks for future generations and promoting ethical seafood sourcing.



HOW CAN YOU MAKE A DIFFERENCE?

One simple way consumers can make a difference is by choosing to avoid overfished species such as bluefin tuna, orange roughy, Chilean sea bass, and certain types of shrimp and grouper. Instead, opting for seafood certified by sustainability programs or sourced from well-managed fisheries can help reduce pressure on vulnerable populations and support healthier oceans. To see more overfished species specific to your region, scan this QR code.

SCAN ME

Have you ever used the Seafood Watch guide from the Monterey Bay Aquarium? They've evaluated how different fisheries and fish farms operate (such as looking at things like overfishing, bycatch, and environmental impact) and then sorted seafood into three groups — Best Choices (green), Good Alternatives (yellow), and Avoid (red). This makes it so much easier to know what to order at a restaurant or buy at the store if you're trying to be more ocean-friendly! The program offers regional and bilingual online guides, making it easy for individuals to check seafood sustainability ratings while shopping or dining. And the cool part? By choosing sustainably sourced seafood, you're helping push the market toward better, more responsible fishing practices. It's a simple way to support healthier oceans, protect at-risk species, and ensure we can all enjoy seafood for years to come.

Check out this step-by-step guide so that you know exactly how to utilize this resource.

Hispanic Access Foundation

SIMPLE WAYS YOU CAN HELP EVERY DAY

LEARN HOW TO READ SEAFOOD LABELS WHEN OUT SHOPPING

Many seafood products display a Country of Origin Label (COOL) — knowing where your seafood is from can help you determine sustainability, since fishing and farming practices vary widely between countries and regions.

Look for information about the harvest method, such as:

- **Pole-and-line or handline fishing:** Low environmental impact, reduces bycatch.
- **Trawl or dredge:** Damaging to habitats, avoid when possible.
- **Farmed vs. wild:** Not all farmed seafood is bad, but look for ASC or BAP certifications.

Other terms to watch out for:

- **"Fresh"** – Usually used for marketing purposes, but the "fresh" fish at your grocery store most likely has been previously frozen (for shipping and storage purposes).
- **"Natural" or "Eco-Friendly"** – These are not regulated terms and don't guarantee sustainability.
- **"Wild-Caught"** – Can be sustainable or not, depending on the fishery practices. Look for MSC certification!

THERE ARE OTHER SUSTAINABLE SEAFOOD CERTIFICATIONS, TOO! HERE ARE THE MAIN ONES TO LOOK OUT FOR:

- **MARINE STEWARDSHIP COUNCIL (MSC)** – WILD-CAUGHT, SUSTAINABLE FISHERIES
- **AQUACULTURE STEWARDSHIP COUNCIL (ASC)** – RESPONSIBLE AQUACULTURE
- **BEST AQUACULTURE PRACTICES (BAP)** – SUSTAINABILITY IN FARMED SEAFOOD
- **FAIR TRADE CERTIFIED SEAFOOD** – ETHICAL & SUSTAINABLE FISHING PRACTICES

OUT TO EAT AND EYEING THE SEAFOOD MENU?

Don't be shy — it's totally okay to ask your server a few quick questions to learn more about where your food comes from. Try something like:

- *"Hi, do you know where this seafood was caught or farmed?"*
- *"Is any of the seafood here certified sustainable?"*
- *"Does the restaurant have a sustainable seafood policy?"*

Most servers are happy to ask the kitchen or manager if they're not sure, and asking these questions shows there's real interest in ocean-friendly dining. The more we ask, the more restaurants realize that sustainability matters to their customers — and that can lead to real change on menus!

WANT TO TAKE IT A STEP FURTHER? HERE'S A SAMPLE SCRIPT YOU CAN USE TO TALK TO RESTAURANT STAFF OR MANAGERS:

"HI! I REALLY ENJOY DINING HERE, AND I WANTED TO ASK IF YOUR SEAFOOD IS SUSTAINABLY SOURCED. I'M TRYING TO MAKE MORE OCEAN-FRIENDLY CHOICES, AND I KNOW A LOT OF OTHER PEOPLE ARE INTERESTED IN THAT TOO. HAVE YOU CONSIDERED CREATING A SUSTAINABLE SEAFOOD POLICY OR WORKING WITH PROGRAMS LIKE THE MONTEREY BAY AQUARIUM'S SEAFOOD WATCH OR MSC CERTIFICATION? IT'S A GREAT WAY TO SUPPORT HEALTHY OCEANS AND SHOW CUSTOMERS YOU CARE ABOUT WHERE YOUR INGREDIENTS COME FROM. I'D LOVE TO KEEP SUPPORTING THIS RESTAURANT AND WOULD BE EXCITED TO SEE MORE SUSTAINABLY SOURCED OPTIONS ON THE MENU!"

LOOKING TO MAKE OCEAN-FRIENDLY CHOICES WITH YOUR MEALS?

One easy way is to go for seafood that has a smaller environmental footprint. Some great low-impact options include mussels, clams, sardines, or anchovies. These species are lower on the food chain (and thus have less bioaccumulation), which means they don't need a ton of resources or space to grow and reproduce, and harvesting them tends to cause less harm to ocean ecosystems. For example, small fish like sardines and anchovies are fast-growing and can be very abundant when well-managed. Because they don't need to be fed other fish to survive (unlike some farmed species), they're often considered a smart and sustainable seafood choice, though it's still important to not over consume them and choose sources that support healthy fish populations. Farmed mussels and clams are another fantastic choice. Not only do they require minimal inputs to grow, but they actually help clean the water as they filter it to feed (i.e. removing excess nutrients in the ocean and improving its water quality in the process). They're like the ocean's natural Brita filters!

FUN FACT: IN MANY LATIN AMERICAN COUNTRIES, SEAFOOD ISN'T JUST FOOD — IT'S PART OF FAITH! DURING LENT AND HOLY WEEK, CATHOLICS OFTEN SWAP RED MEAT FOR FISH DISHES LIKE BACALAO AND SHRIMP STEW. COASTAL COMMUNITIES ALSO HOLD SEA BLESSINGS, ASKING FOR SAFE VOYAGES AND GOOD CATCHES, AND CELEBRATE PATRON SAINTS LIKE SAN PEDRO WITH FESTIVE PROCESSIONS.

THINKING ABOUT CUTTING BACK ON ANIMAL PRODUCTS?

Start with ocean-friendly picks like seaweed and kelp — they grow without freshwater, fertilizers, or feed, and even help absorb carbon dioxide from the ocean. Then mix in plant-based staples like tofu, tempeh, beans, lentils, peas, nuts, and seeds. Tasty, good for you, and good for the planet!

SUPPORTING LOCAL AND SUSTAINABLE FISHERIES IS A GREAT WAY TO HELP PROTECT THE OCEAN WHILE ALSO UPLIFTING COASTAL COMMUNITIES.

When you choose seafood that's sustainably caught or farmed responsibly and close to home, you're reducing the carbon footprint that comes from long-distance transport and supporting fishers who are working hard to do things the right way.

GET INTO THE KITCHEN

Want to bring the vibrant flavors of the ocean to your kitchen? There are endless delicious options to explore. Try your hand at making refreshing ceviche or whip up a simmering moqueca. Pescado a la Veracruzana offers a taste of Latin America and for a crispy treat, you can't go wrong with Puerto Rico's savory bacalaitos, perfect for snacking. Each dish brings a unique taste of the sea to your table, no passport required! Here are our favorite recipes for each dish.

FOR CENTURIES, THE OCEAN HAS BEEN CENTRAL TO LATIN AMERICAN LIFE BY FEEDING FAMILIES, SUPPORTING LIVELIHOODS, AND SHAPING RICH CULTURAL TRADITIONS. INDIGENOUS GROUPS LIKE THE MOCHE OF PERU[14] AND THE TAÍNO[15] OF THE CARIBBEAN ORIGINATED FISHING METHODS AND HELD DEEP SPIRITUAL TIES TO THE SEA. MANY COASTAL COMMUNITIES STILL PRACTICE TRADITIONAL FISHING TODAY — AND THE REGION IS HOME TO SOME OF THE WORLD'S MOST ICONIC SEAFOOD DISHES!

RECIPE CARD

DISH: **PERUVIAN CEVICHE**

PREP TIME: 20 MINUTES | COOK TIME: 10 MINUTES MARINATING

SERVES: 2-3 PEOPLE | CEVICHE IS BEST ENJOYED FRESH – DON'T LET IT SIT FOR HOURS OR THE FISH WILL OVER-MARINATE AND TURN RUBBERY!

INGREDIENTS: (LIKE SEA BASS, SNAPPER, OR HALIBUT)	DIRECTIONS:
1 LB (450G) FRESH WHITE FISH ✓	WASH AND DRY THE FISH. CUT INTO BITE-SIZED PIECES AND PLACE IN A GLASS OR CERAMIC BOWL.
½ CUP FRESH LIME JUICE (~ 6-8 LIMES)	WASH THE LIMES. SQUEEZE INTO A LARGE BOWL AND STRAIN TO REMOVE ANY SEEDS.
1 SMALL RED ONION (THINLY SLICE)	POUR THE FRESH JUICE OVER THE FISH UNTIL IT'S FULLY COVERED. ADD A PINCH OF SALT AND LET IT MARINATE FOR ABOUT 10-15 MINUTES, OR UNTIL THE FISH IS OPAQUE. TURN SO EACH PIECE GETS PLENTY OF CONTACT WITH THE JUICE.
½ CUP FRESH CILANTRO	
1-2 CLOVES GARLIC (MINCE)	ADD THE MINCED GARLIC, CHOPPED CHILI, SLICED RED ONION, AND CILANTRO. MIX TO COMBINE.
1 SMALL RED CHILI PEPPER (FINELY CHOP)	ADD MORE SALT OR LIME JUICE IF NEEDED. LET SIT ANOTHER 5 MINUTES FOR FLAVORS TO MELD.
SALT TO TASTE	PUT CEVICHE IN THE REFRIGERATOR UNTIL TIME TO SERVE.
	TRADITIONAL GARNISHES (OPTIONAL BUT RECOMMENDED): COOKED SWEET POTATO (SLICED), BOILED CORN ON THE COB OR PERUVIAN CHOCLO, LETTUCE LEAVES FOR SERVING.

RECIPE CARD

DISH: **BRAZILIAN MOQUECA**

PREP TIME: 10 MINUTES | COOK TIME: 25 MINUTES

SERVES: 4-5 PEOPLE | PRO TIP: FULL FAT COCONUT MILK IS THE BEST AND YOU CAN SUBSTITUE FISH BROTH/STOCK WITH CHICKEN OR VEGETABLE.

INGREDIENTS: (LIKE SEA BASS, COD, ESCOLAR OR HALIBUT)	DIRECTIONS:
1 LB (450G) FRESH WHITE FISH ✓	COMBINE FISH, LIME JUICE, OIL, SALT & PEPPER IN A BOWL. COVER & REFRIGERATE FOR 20 MINUTES.
1 SMALL WHITE ONION (FINELY DICE)	HEAT A LARGE SKILLET OVER HIGH. ADD OLIVE OIL, AND COOK FISH UNTIL LIGHTLY GOLDEN.
1 RED CAPSICUM (HALVE & SLICE)	SET THE FISH ASIDE & HEAT OIL OVER MEDIUM-HIGH. THEN COOK GARLIC AND ONION FOR 5½ MINUTES UNTIL TRANSLUCENT.
1-2 CLOVES GARLIC (MINCE)	ADD THE CAPSICUM AND COOK FOR 2 MINUTES. ADD COCONUT MILK AND FISH BROTH.
1 TBSP LIME JUICE, CUMIN & PAPRIKA POWDER (EACH), ½ TSP SALT	ADD DENDÊ OIL, CANNED TOMATOES, CUMIN POWDER, PAPRIKA, SUGAR, CAYENNE PEPPER, & SALT.
2 TABLESPOONS DENDÊ OIL	SIMMER ON MEDIUM FOR 15-20 MINUTES UNTIL THICKENED, THEN SEASON TO TASTE.
14 OZ (400ML) OF COCONUT MILK & CANNED CRUSHED TOMATOES	RETURN THE FISH TO THE BROTH TO REHEAT (ABOUT 2 MINUTES). STIR THROUGH LIME JUICE.
1 CUP FISH BROTH/STOCK	*TRADITIONAL GARNISHES (OPTIONAL BUT RECOMMENDED):* ROUGHLY CHOPPED FRESH CILANTRO, SOME EXTRA SQUEEZES OF LIME JUICE (ADD ZEST FOR EXTRA PUNCH), AND CAYENNE PEPPER.

FOR ALL OF OUR RECIPES, VISIT THE RECIPE SECTION OF THIS GUIDE

HOW TO MAKE YOUR FISHING ENVIRONMENTALLY FRIENDLY

People who are more directly involved in fisheries should consider a few more things.

Recreational fishing is a kind of fishery where people fish for sport, competition, and fun! In the Hispanic community in the U.S., there has been a 45% increase in recreational fishing over the last decade[31]. The boats are usually small and only have up to four to five people. We also have subsistence fishing, which is a kind of fishing to feed the fisher's family. Are you a recreational or subsistence fisher? If you answer yes, please consider these tips:

Know the rules and regulations, obtain proper permits, and stay informed of law changes. Each state or region has different rules. Use this list of resources for finding more information in your state here.

Report your catch. Some recreational or subsistence fisheries must report the number of fish, species, and sizes, depending on the region you are fishing in and the type of fishery. When you report your catch you are helping to maintain sustainable fish stocks and ecosystem health–it helps managers set regulations and prevent overfishing[32]. You can use your smartphone to complete the report online or the printed reporting cards that are placed in bait and tackle shops or other areas.

Avoid damaging habitats at all costs. Please avoid abandoning fishing lines and creating ghost gear, which is "any discarded, lost, or abandoned fishing gear in the marine environment"[33,34], and do not leave trash.

Respect protected areas where you cannot fish and make sure that you read the signage; some signage might even warn you of water contamination threats.

WORKING TOWARDS MORE SUSTAINABLE FISHERIES

This toolkit reminded us that we all rely on the ocean. That's why it's important to make informed choices that keep our oceans and fisheries healthy. Doing so protects our food, jobs, cultures, and even global weather. We want our businesses to thrive, our fisheries to stay productive and sustainable, and our communities to remain strong and healthy for generations. To make that happen, we need to collaborate across industries, value different perspectives, and share responsibility for our natural resources. By combining traditional knowledge with scientific innovation, we can tackle the environmental, social, and economic challenges we face together. Are you a scientist, fisher, community member, student, policymaker, artist, or an active member of a faith-based group? You are already impacting people's lives, and you just took one of the most critical steps to take action: understanding the situation. Now it's time to put your learning into action!

Please consider signing the **"Our Ocean, Our Future"** Pledge. This pledge serves as a reminder that caring for the ocean is something we can all be part of. By signing, you recognize that a healthy ocean is essential for all life, and that fisheries are about much more than just food. We want to make everyday choices that protect marine ecosystems, support sustainable seafood, and lift up the voices of all communities in ocean spaces. Every action matters. We invite you to sign up and join a growing community of people who care about each other and the future we are building together.

SCAN ME

OUR OCEAN, OUR FUTURE PLEDGE

I, _____, acknowledge that a healthy ocean is essential for all life on our planet. I also believe fisheries are more than just food; they are culture, community and important pillars of marine life and ocean health. Because I care about the ocean and the people who depend on it, I pledge to:

- ☐ Be mindful of how my actions (on land and at sea) impact marine and coastal ecosystems.
- ☐ Keep learning more about ocean conservation and sustainable fisheries.
- ☐ Purchase seafood products that have been certified for sustainability.
- ☐ Fish responsibly by learning about the proper permits and regulations in my area. Follow local rules and use sustainable practices that protect our marine resources.
- ☐ Be intentional about reducing plastic, choosing reusable over single-use plastics, and adequately recycle and dispose of waste.
- ☐ Prioritize buying seafood from local small scale providers, when possible.
- ☐ Use my voice to speak up for my community and increase the representation of Latinos and Hispanics in fisheries, ocean science, policy, decision-making and advocacy.
- ☐ Work with others across backgrounds, disciplines, and communities to create the sustainable future we all want to see.

Thank you for your commitment! It is our collective job to take care of the ocean, its resources and each other.

Interested in engaging further with our ocean conservation work? Take the next step and join our Conservation Network! The Hispanic Access Foundation Conservation Network connects, builds, and empowers Latino professionals committed to tackling pressing challenges in land, ocean, and waterways conservation, climate action, and ensuring equitable access to public lands.

SCAN ME

AUTHORS AND CONTRIBUTORS

MELISSA MARQUEZ, MARINE CONSERVATIONIST

About: Melissa Cristina Márquez is a marine biologist, wildlife educator, and science communicator passionate about promoting ocean conservation and inclusive science storytelling.

Message to the reader: Protecting our oceans starts with informed choices. By supporting sustainable fishing practices, you play a vital role in preserving marine ecosystems and ensuring seafood remains a resource for the future.

ZLATKA REBOLLEDO SANCHEZ, PH.D. CANDIDATE IN ECOLOGICAL SCIENCES

About: Zlatka is a biologist working on marine and coastal ecosystems with a spatial ecology perspective. She has a passion for outreach efforts and science communication.

Message to the reader: I hope you enjoy this toolkit and that it helps increase your connection and passion for the ocean and nature. We all need to work together to accomplish the necessary conservation goals.

SOFIA BARBOZA, HISPANIC ACCESS FOUNDATION'S OCEAN PROGRAM MANAGER

About: Sofia Barboza, MA, is a climate science expert, anthropologist, Fulbright Scholar, and ocean advocate. She works at the ocean-climate intersection via outreach, community engagement, and advocacy work to raise awareness about the vital role the ocean has within our climate.

DR. CAMILA CÁCERES, HISPANIC ACCESS FOUNDATION CONSERVATION NETWORK MEMBER

About: Dr. Camila Cáceres is a marine biologist, fisheries scientist and ocean advocate. She works on Environmental Justice issues, fishing communities engagement, outreach and education in ocean conservation, and water equity policy.

FOOTNOTES

[1] Santoro, F., Selvaggia, S., Scowcroft, G., Fauville, G., & Tuddenham, P. (2017). Ocean literacy for all: a toolkit (Vol. 80). UNESCO Publishing.
[2] Chivian, E., & Bernstein, A. (Eds.). (2008). Sustaining life: How human health depends on biodiversity. Oxford University Press.
[3] Palmer, C. P. (2017). Marine biodiversity and ecosystems underpin a healthy planet and social well-being. UN Chronicle, 54(2), 59-61.
[4] Adams, J. S., Kutner, L. S., & Stein, B. A. (Eds.). (2000). Precious heritage: The status of biodiversity in the United States. Oxford University Press.
[5] Hispanic Access Foundation. (2023). Nuestro Océano y la Costa: Latino connections to the ocean and coast. Hispanic Access Foundation. https://www.hispanicaccess.org/ourocean
[6] Millennium Ecosystem Assessment. (2003). Ecosystems and human well-being: A framework for assessment. Island Press.
[7] Samhouri, J. F., Lester, S. E., Selig, E. R., Halpern, B. S., Fogarty, M. J., Longo, C., & McLeod, K. L. (2012). Sea sick? Setting targets to assess ocean health and ecosystem services. Ecosphere, 3(5), 1-18.
[8] National Wildlife Federation. (2018). Ecosystem services. https://www.nwf.org/Educational-Resources/Wildlife-Guide/Understanding-Conservation/Ecosystem-Services
[9] FAO. 2024. The State of World Fisheries and Aquaculture 2024 – Blue Transformation in action. Rome. https://doi.org/10.4060/cd0683en
[10] National Oceanic and Atmospheric Administration. (2022). Marine economy fast facts. NOAA Office for Coastal Management. https://coast.noaa.gov/states/fast-facts/marine-economy.html
[11] FAO. (2025). Consumption of Aquatic Products. In: Fisheries and Aquaculture. https://www.fao.org/fishery/en/collection/global_fish_consump
[12] United Nations. (2022). How is climate change impacting the world's ocean. UN Climate Change. https://www.un.org/en/climatechange/science/climate-issues/ocean
[13] Barbier, E. B., Hacker, S. D., Kennedy, C., Koch, E. W., Stier, A. C., & Silliman, B. R. (2011). The value of estuarine and coastal ecosystem services. Ecological monographs, 81(2), 169-193.
[14] Rodrigues, J. G., Conides, A. J., Rivero Rodriguez, S., Raicevich, S., Pita, P., Kleisner, K. M., ... & Villasante, S. (2017). Marine and coastal cultural ecosystem services: knowledge gaps and research priorities. One Ecosystem 2 (2017), e12290. https://doi.org/10.3897/oneeco.2.e12290
[15] Le, J. T. (2016). Ecosystem services of the deep ocean. In Océan & Climat (Ed.), Océan et climat, 2016 – Fiches scientifiques (2nd ed., Tome 2, p. 49). Océan & Climat. https://www.ocean-climate.org
[16] Hoegh-Guldberg, O., & Poloczanska, E. S. (2017). The effect of climate change across ocean regions. Frontiers in Marine Science, 4, 361.
[17] NOAA. (2024, April 15). NOAA confirms 4th global coral bleaching event. National Oceanic and Atmospheric Administration. https://www.noaa.gov/news-release/noaa-confirms-4th-global-coral-bleaching-event
[18] NOAA Coral Reef Watch. (2025). Current global bleaching: Status update & data submission. National Oceanic and Atmospheric Administration. https://coralreefwatch.noaa.gov/satellite/research/coral_bleaching_report.php
[19] Baechler, B. R., De Frond, H., Dropkin, L., Leonard, G. H., Proano, L., & Mallos, N. J. (2024). Public awareness and perceptions of ocean plastic pollution and support for solutions in the United States. Frontiers in Marine Science, 10, 1323477.
[20] Law, K. L., Starr, N., Siegler, T. R., Jambeck, J. R., Mallos, N. J., & Leonard, G. H. (2020). The United States' contribution of plastic waste to land and ocean. Science advances, 6(44), eabd0288.
[21] Bajt O. (2021). From plastics to microplastics and organisms. FEBS open bio, 11(4), 954–966. https://doi.org/10.1002/2211-5463.13120
[22] Perkins, T. (2025, February 3). Study finds microplastic contamination in 99% of seafood samples. The Guardian. https://www.theguardian.com/us-news/2025/feb/03/seafood-microplastic-contamination-study
[23] Traylor, S. D., Granek, E. F., Duncan, M., & Brander, S. M. (2024). From the ocean to our kitchen table: anthropogenic particles in the edible tissue of US West Coast seafood species. Frontiers in Toxicology, 6, 1469995.
[24] Marine Stewardship Council. (2018). What is sustainable fishing? https://www.msc.org/what-we-are-doing/our-approach/what-is-sustainable-fishing
[25] Worm, B., Barbier, E. B., Beaumont, N., Duffy, J. E., Folke, C., Halpern, B. S., ... & Watson, R. (2006). Impacts of biodiversity loss on ocean ecosystem services. Science, 314(5800), 787-790.
[26] National Oceanic and Atmospheric Administration. (2019). Understanding bycatch. NOAA Fisheries. https://www.fisheries.noaa.gov/insight/understanding-bycatch
[27] National Oceanic and Atmospheric Administration. (2018). Understanding illegal, unreported, and unregulated fishing. NOAA Fisheries. https://www.fisheries.noaa.gov/insight/understanding-illegal-unreported-and-unregulated-fishing
[28] National Oceanic and Atmospheric Administration. (2021). Fish stock sustainability. NOAA Fisheries. https://www.fisheries.noaa.gov/

FOOTNOTES

[29] European Commission. (2024). Progress on recovery of fish populations, but more efforts needed to build resilient and sustainable fisheries sector. European Commission - Press release. https://ec.europa.eu/commission/presscorner/detail/en/ip_24_3141
[30] Pew Charitable Trusts. (2020). Rebuilding U.S. fisheries: Success stories. https://www.pewtrusts.org/~/media/legacy/uploadedfiles/peg/publications/fact_sheet/fact20sheetmsa20success20stories202011finalpdf.pdf
[31] Hispanic Access Foundation. (2024). Exploring Latinos' role in U.S. fisheries: Insights, challenges, and recommendations. https://hispanicaccess.org/news-resources/research-library/item/3317-exploring-latinos-role-in-u-s-fisheries-insights-challenges-and-recommendations
[32] National Marine Fisheries Service. (n.d.). Recreational fishing data. NOAA Fisheries. https://www.fisheries.noaa.gov/topic/recreational-fishing-data
[33] National Oceanic and Atmospheric Administration. (2024). What is ghost fishing? NOAA's National Ocean Service. https://oceanservice.noaa.gov/facts/ghostfishing.html
[34] World Wildlife Fund. (2021). Stopping ghost gear. https://www.worldwildlife.org/projects/stopping-ghost-gear
[35] López de la Lama, R., de la Puente, S., Sueiro, J. C., & Chan, K. M. (2021). Reconnecting with the past and anticipating the future: A review of fisheries-derived cultural ecosystem services in pre-Hispanic Peru. People and Nature, 3(1), 129-147.
[36] Prieto, Gabriel. "The early initial period fishing settlement of Gramalote, Moche Valley: a preliminary report." Peruvian Prehistory 1, no. 1 (2014): 1-46.
[37] Gomez-Gomez, A., L. Malpica-Cruz, C. G. Montaño-Moctezuma, A. M. Cisneros-Montemayor, A. K. Salomon, and G. Seingier. "Diversity, challenges, and opportunities of Fishery Improvement Projects in the Latin America and the Caribbean region." Marine Policy 163 (2024): 106116.
[38] M. Tambutti and J.J. Gómez (eds.), "The outlook for oceans, seas and marine resources in Latin America and the Caribbean: conservation, sustainable development and climate change mitigation", Project Documents (LC/TS.2020/167), Santiago, Economic Commission for Latin America and the Caribbean (ECLAC), 2020.

RECIPES

RECIPE CARD

DISH: **PERUVIAN CEVICHE**

PREP TIME: 20 MINUTES

COOK TIME: 10 MINUTES MARINATING

SERVES: 2–3 PEOPLE

CEVICHE IS BEST ENJOYED FRESH – DON'T LET IT SIT FOR HOURS OR THE FISH WILL OVER-MARINATE AND TURN RUBBERY!

INGREDIENTS (LIKE SEA BASS, SNAPPER, OR HALIBUT)	DIRECTIONS
1 LB (450G) FRESH WHITE FISH	WASH AND DRY THE FISH. CUT INTO BITE-SIZED PIECES AND PLACE IN A GLASS OR CERAMIC BOWL.
½ CUP FRESH LIME JUICE (~ 6–8 LIMES)	WASH THE LIMES. SQUEEZE INTO A LARGE BOWL AND STRAIN TO REMOVE ANY SEEDS.
1 SMALL RED ONION (THINLY SLICE)	POUR THE FRESH JUICE OVER THE FISH UNTIL IT'S FULLY COVERED. ADD A PINCH OF SALT AND LET IT MARINATE FOR ABOUT 10–15 MINUTES, OR UNTIL THE FISH IS OPAQUE. TURN SO EACH PIECE GETS PLENTY OF CONTACT WITH THE JUICE. (IT'S "COOKED" IN THE CITRUS)
½ CUP FRESH CILANTRO	
1–2 CLOVES GARLIC (MINCE)	ADD THE MINCED GARLIC, CHOPPED CHILI, SLICED RED ONION, AND CILANTRO. MIX TO COMBINE.
1 SMALL RED CHILI PEPPER (FINELY CHOP)	ADD MORE SALT OR LIME JUICE IF NEEDED. LET SIT ANOTHER 5 MINUTES FOR FLAVORS TO MELD.
SALT TO TASTE	PUT CEVICHE IN THE REFRIGERATOR UNTIL TIME TO SERVE.
	TRADITIONAL GARNISHES (OPTIONAL BUT RECOMMENDED): COOKED SWEET POTATO (SLICED), BOILED CORN ON THE COB OR PERUVIAN CHOCLO, LETTUCE LEAVES FOR SERVING.

RECIPE CARD

DISH: **BRAZILIAN MOQUECA**

PREP TIME: 10 MINUTES

COOK TIME: 25 MINUTES

SERVES: 4–5 PEOPLE

PRO TIP: FULL FAT COCONUT MILK IS THE BEST AND YOU CAN SUBSTITUTE FISH BROTH/STOCK WITH CHICKEN OR VEGETABLE.

INGREDIENTS (LIKE SEA BASS, COD, ESCOLAR OR HALIBUT)	DIRECTIONS
1 LB (450G) FRESH WHITE FISH	COMBINE FISH, LIME JUICE, OIL, SALT & PEPPER IN A BOWL. COVER & REFRIGERATE FOR 20 MINUTES. (CUBE'S SET ASIDE)
1 SMALL WHITE ONION (FINELY DICE)	HEAT A LARGE SKILLET OVER HIGH, ADD OLIVE OIL, AND COOK FISH UNTIL LIGHTLY GOLDEN.
1 RED CAPSICUM (HALVE & SLICE)	SET THE FISH ASIDE & HEAT OIL OVER MEDIUM-HIGH, THEN COOK GARLIC AND ONION FOR 1½ MINUTES UNTIL TRANSLUCENT.
1–2 CLOVES GARLIC (MINCE)	ADD THE CAPSICUM AND COOK FOR 2 MINUTES. ADD COCONUT MILK AND FISH BROTH.
1 TBSP LIME JUICE, CUMIN & PAPRIKA POWDER (EACH), ½ TSP SALT	ADD DENDÊ OIL, CANNED TOMATOES, CUMIN POWDER, PAPRIKA, SUGAR, CAYENNE PEPPER, & SALT.
2 TABLESPOONS DENDÊ OIL	SIMMER ON MEDIUM FOR 15–20 MINUTES UNTIL THICKENED, THEN SEASON TO TASTE.
14 OZ (400ML) OF COCONUT MILK & CANNED CRUSHED TOMATOES	RETURN THE FISH TO THE BROTH TO REHEAT (ABOUT 2 MINUTES). STIR THROUGH LIME JUICE.
1 CUP FISH BROTH/STOCK	*TRADITIONAL GARNISHES (OPTIONAL BUT RECOMMENDED):* ROUGHLY CHOPPED FRESH CILANTRO, SOME EXTRA SQUEEZES OF LIME JUICE (ADD ZEST FOR EXTRA PUNCH), AND CAYENNE PEPPER

RECIPES

RECIPE CARD

DISH: **PESCADO A LA VERACRUZANA**

PREP TIME: 10 MINUTES

COOK TIME: 30 MINUTES

SERVES: 4-5 PEOPLE

FUN FACT: TRADITIONALLY THIS RECIPE IS COOKED WITH A WHOLE HUACHINANGO (RED SNAPPER)!

INGREDIENTS:

- 4 TILAPIA (OR SEA BASS) FILLETS
- 2 TBSP SABROSANO OIL
- ¼ ONION, 2 GARLIC CLOVES (FINELY CHOP)
- 4 PICKLED JALAPEÑOS (FINELY CHOP)
- 6 TOMATOES (DICE)
- ½ TSPN DRIED OREGANO, 1 BAY LEAF
- ½ CUP SLICED OLIVES & BELL PEPPER (EACH)
- SALT & PEPPER TO TASTE

DIRECTIONS:

- PREHEAT THE OVEN TO 350°F.
- HEAT SABROSANO OIL IN A LARGE SKILLET, ADD THE ONION & GARLIC, SAUTÉ FOR 1 MINUTE.
- MASH THE TOMATOES WITH A FORK AND ADD THEM TO THE SKILLET. ADD THE JALAPEÑOS, OREGANO, BAY LEAF, OLIVES, AND BELL PEPPER. LET IT SIMMER FOR 2 MINUTES
- SEASON THE FISH FILLETS WITH SALT AND PEPPER TO TASTE.
- PLACE THEM ON A BAKING TRAY. SPOON THE MIXTURE OVER THE FISH.
- BAKE FOR 15 MINUTES OR UNTIL FULLY COOKED.
- *TRADITIONAL GARNISHES (OPTIONAL BUT RECOMMENDED):* WHITE RICE, SOME SQUEEZES OF LIME JUICE, SLICES OF AVOCADO.

RECIPE CARD

DISH: **BACALAITOS**

PREP TIME: 15 MINUTES

COOK TIME: 40 MINUTES

SERVES: 12 PEOPLE

TO DE-SALT BACALAO, SOAK OVERNIGHT OR BOIL IN FRESH WATER FOR 15 MINUTES, CHANGING WATER ONCE OR TWICE.

INGREDIENTS:

- 1 ½ LBS BACALAO
- 1 SMALL ONION (CHOP)
- ¼ CILANTRO (FINELY CHOP)
- 2 CUPS FLOUR
- 2 TBSP BAKING POWDER
- ½ TSP SAZÓN SEASONING
- 3 CUPS WATER (ROOM TEMPERATURE)
- 2 - 3 CUPS VEGETABLE OIL (FOR FRYING)

DIRECTIONS:

- CHOP THE BACALAO INTO BITE-SIZE CHUNKS. ADD THE DICED ONION AND CILANTRO. MIX WELL.
- FOLD IN THE FLOUR, WATER, AND SAZON, MIXING UNTIL FULLY BLENDED.
- POUR SEVERAL INCHES OF OIL INTO A WIDE, SHALLOW PAN AND HEAT OVER MEDIUM-HIGH.
- WHEN THE OIL REACHES 350°F, SCOOP BACALAITO BATTER AND SLIDE IT INTO THE HOT OIL.
- REPEAT WITHOUT OVERCROWDING PAN.
- FRY THE FIRST SIDE FOR 2-3 MINUTES UNTIL GOLDEN BROWN, FLIP & BROWN THE OTHER SIDE.
- REMOVE EACH BACALAITO & PLACE IT ON A PAPER TOWEL-LINED PLATE TO ABSORB EXCESS OIL.
- *MAKE SURE TO SERVE HOT!*

Hispanic Access Foundation

Hispanic Access Foundation is a 501(c)(3) non-profit organization that connects Latinos with partners and opportunities improving lives and creating an equitable society. Our vision is that all Hispanics throughout the U.S. enjoy good physical health, a healthy natural environment, a quality education, economic success and civic engagement in their communities with the sum improving the future of America.

WWW.HISPANICACCESS.ORG