

CALGARY HERALD

REAL LIFE

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VITALS

Sustainable seafood

Looking for eco-friendly seafood? Raincoast Trading is a West Coast-based company that sells sustainable canned tuna and salmon.

Owned by a fourth-generation fishing family, Raincoast limits and monitors harvests, and releases non-targeted species.

The fish is packed in cans in natural oils; no water or oil is added during the canning process. An added bonus: "every package contains a code to trace back when and where the fish was caught, transported and processed," so, while you may never meet the captain of the fishing vessel, you can find out his or her name if you so desire.

Each can retails for about \$4.99 at gourmet food stores across Canada, including Community Natural Foods, Planet Organic, Blush Lane Organic Market and Sunnyside Market in Calgary.