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Fish tales: eating out and in

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By Mia Stainsby, Food Editor

Good product: Vancouver-based Raincoast Trading's canned sockeye salmon, pink salmon and albacore tuna are endorsed by the Ocean Wise program -- a sure way to know you're buying sustainably harvested fish from a regulated fishery. The tuna is caught hook and line, eliminating marine habitat destruction and dolphin-netting; the salmon is caught in portable fishing traps so bycatches are separated out and released. Also, the cans are 100 per-cent bisphenol A-free (BPA-free) and use soy-based inks. Prices range from \$2.99 to \$9.99. The products are available at Whole Foods, IGA, London Drugs, Choices Markets, Planet Organic stores and other grocers selling organic products. See www.raincoasttrading for more information.

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