

The hidden harms of your Christmas salmon

And why supermarkets should stop promoting it

1. **Salmon farms rely on wild fish for their feed, which leads to overfishing.**



Sometimes up to 6 kg of wild fish is needed to feed the salmon.



2.

The salmon farming industry causes food shortages for local communities on the coast of West Africa, where the ocean is being depleted to produce fish oil and fishmeal to feed farmed salmon in Norway.

3.

Certification labels do not always go far enough in their assessments, with some requirements not strict enough.

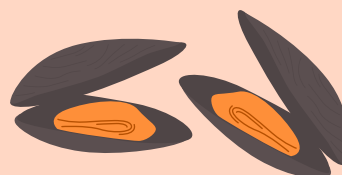


4.

Supermarkets must stop promoting farmed salmon, as it comes from a polluting and unfair industry.

5.

There are alternatives that can be promoted! Consider local shellfish, seaweed, small local fish, and fish replacements.



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