















SEAFOOD






















SUSTAINABILITY










H-E-B is committed to the health, abundance and sustainability of our oceans and marine life, while offering the best variety and quality of seafood.

Description	Country Of Origin	Production Method	Species	Sustainability Source
Amberjack	USA		Seriola Dumerili	EDF Ok Choice
Bass, Striped Hybrid	USA		Morone Chrysops, Morone Saxatilis	EDF Best Choice
Buffalo	USA		Ictiobus Spp	State Management Program
Capelin Roe	Iceland		Mallotus Villosus	EDF Best Choice
Catfish	USA		Ictalurus Punctatus	EDF Best Choice
Clams, Live	USA		Arctica Islandica, Mercenaria Mercenaria, Mya Arenaria	EDF Ok Choice
Cod, Atlantic	Iceland		Gadus Morhua	EDF Best Choice
Cod, Pacific/Alaska	USA		Gadus Macrocephalus	EDF Best Choice
Crab, Blue (Live)	USA		Callinectes Sapidus	EDF Ok Choice
Crab, Blue (Trap Caught)	Mexico (Sea Of Cortez)		Callinectes Bellicosus	Fishery Improvement Project
Crab, Dungeness	USA		Cancer Magistus	EDF Best Choice
Crab, King Red	USA		Paralithodes Camtschaticus	EDF Ok Choice
Crab, Snow	Canada		Chionecetus Opilio	EDF Ok Choice
Crab, Swimming	Philippines		Portunus Pelagicus	Fishery Improvement Project
Crawfish, Live	USA		Procambarus Clarkii	EDF Best Choice
Crawfish, Frozen	China		Procambarus Clarkii	H-E-B Improvement Priority

Description	Country Of Origin	Production Method	Species	Sustainability Source
Drum, Black	USA		Pogonias Cromis	State Management Program
Drum, Freshwater	USA		Aplodinotus Grunniens	State Management Program
Flounder, Arrowtooth	USA/Canada		Atheresthes Stomias	EDF Ok Choice
Flounder, Southern	USA (Gulf)		Paralichthys Lethostigma	EDF Ok Choice
Grouper, Red	USA (Gulf)		Epinephelus Morio	EDF Ok Choice
Grouper, Red	Mexico		Epinephelus Morio	H-E-B Improvement Priority
Hake	Mexico		Merluccius Productos	EDF Ok Choice
Haddock	Iceland		Melanogrammus Aeglefinus	EDF Ok Choice
Halibut	USA		Hippoglossus Stenolepis	EDF Best Choice
Herring	Iceland/Norway		Clupea Harengus	EDF Priority Fishery
Lobster, Coldwater	USA/Canada		Homarus Americanus	EDF Ok Choice
Lobster, Spiny (Trap Caught)	Belize		Panulirus Argus (Verify)	EDF Priority Fishery
Mahi Mahi (Long Line)	USA (Hawaii)		Coryphaena Hippurus	EDF Ok Choice
Mahi Mahi (Longline)	Ecuador		Coryphaena Hippurus	Fishery Improvement Project
Mahi Mahi (Troll/Pole)	Costa Rica		Coryphaena Hippurus	EDF Ok Choice
Mussel, Black	Canada		Mytilus Edulis	EDF Best Choice
Mussel, Black	Chile		Mytilus Chilensis	EDF Best Choice
Mussel, Greenshell	New Zealand		Perna Canaliculus	EDF Best Choice
Octopus	Peru / Portugal		Octopus Mimus	Fishery Under Review
Oyster, Gulf	USA		Cassostrea Virginicus	EDF Ok Choice
Pollock	USA		Pollachius Virens	EDF Ok Choice
Redfish	USA		Sciaenops Ocellatus	State Management Program
Salmon, Atlantic	Norway		Salmo Salar	E.U. Certified Organic Farms

Description	Country Of Origin	Production Method	Species	Sustainability Source
Salmon, Atlantic	Chile		Salmo Salar	GAA Certified Farms
Salmon, Wild	USA		Oncorhynchus Nerka, Oncorhynchus Kisutch, Oncorhynchus Tshawytscha, Oncorhynchus Gorbuscha	EDF Best Choice
Sardine	USA		Sardinops Sagax Caerulea	EDF Best Choice
Scallop, Bay	China		Argopecten Irradians	EDF Best Choice
Scallop, Sea	USA		Placopecten Magellanicus	EDF Ok Choice
Seabass, Chilean	New Zealand / Australia		Dissostichus Eleginoides	Certified Fishery Only
Shrimp, Coldwater	USA		Penaeus Jordani	EDF Best Choice
Shrimp, Gulf Of Mexico	USA		Penaeus Aztecus/Setiferus	EDF Ok Choice
Shrimp, White	Thailand/Indonesia		Penaeus Vannamei	GAA Certified Farms
Shrimp, White	Ecuador		Penaeus Vannamei	GAA Certified Farms
Shrimp, White	USA		Penaeus Vannamei	EDF Ok Choice
Shrimp, Wild (Artisinal)	Mexico (Sea Of Cortez)		Litopenaeus Stylirostris/Vannamei	Fishery Improvement Project
Snapper, American Red (Gulf)	USA		Lutjanus Campechanus	Gulf Wild® Program
Snapper, Crimson	Indonesia		Etelis Radiusus	Fishery Under Review
Sole	USA (West Coast)		Microstomus Pacificus, Eopsetta Jordani	EDF Ok Choice
Squid	USA		Loligo Opalescens	EDF Ok Choice
Steelhead Trout	USA		Oncorhynchus Mykiss	EDF Best Choice
Striped Pangasius	Vietnam		Pangasius Hypothalmus	EDF Ok Choice
Swordfish	USA (North Atlantic)		Xiphias Gladius	EDF Ok Choice
Swordfish (Harpoon)	East Canada/Nova Scotia		Xiphias Gladius	EDF Ok Choice
Tilapia	China		Oreochromis Niloticus	GAA Certified Farms
Tilapia	Honduras/Costa Rica		Oreochromis Niloticus	EDF Ok Choice / Certified Farms

Description	Country Of Origin	Production Method	Species	Sustainability Source
Trout, Rainbow	USA		Oncorhynchus Mykiss	EDF Best Choice
Tuna, Albacore (Pole)	USA		Thunnus Alalunga	EDF Best Choice
Tuna, Bigeye	Marshall Islands/ Micronesia		Thunnus Obesus	Fishery Improvement Project
Tuna, Yellowfin	USA		Thunnus Albacares	EDF Ok Choice
Tuna, Yellowfin (Pole/Line)	Philippines, Indonesia		Thunnus Albacares	EDF Ok Choice
Wahoo (Ono)	USA		Acanthocybium Solandri	EDF Ok Choice
Whiting, Pacific	USA/Canada		Merluccius Productus	EDF Priority Fishery