

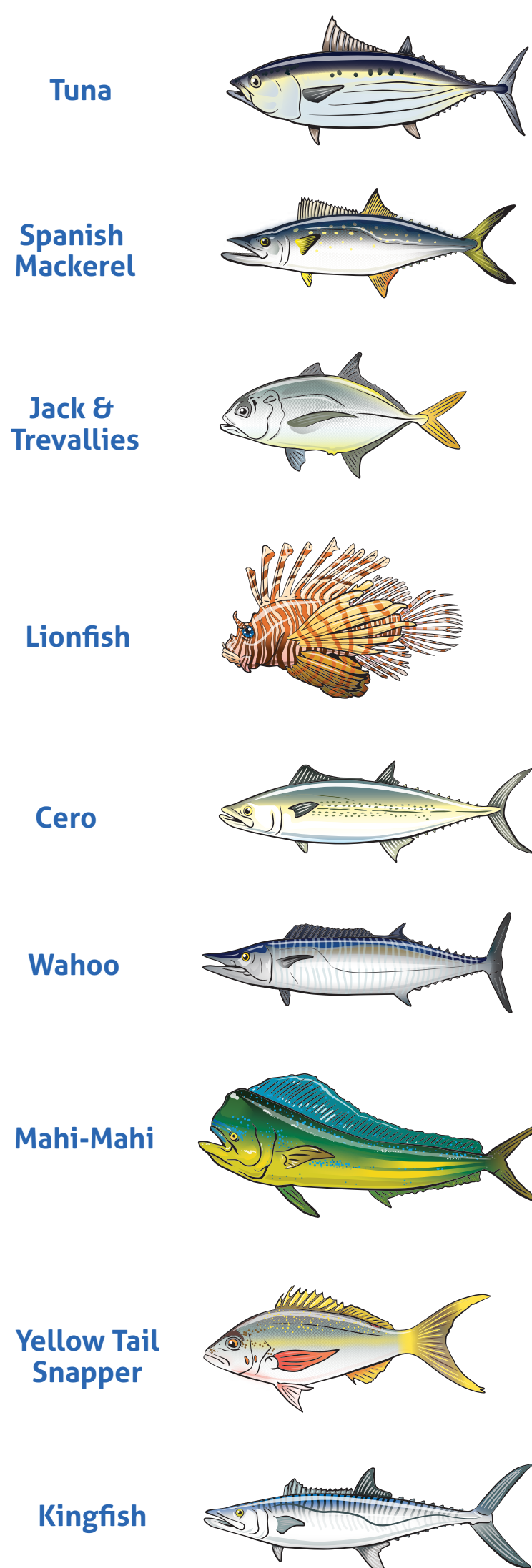
# BAY ISLANDS RESPONSIBLE SEAFOOD GUIDE

Bay Islands, Honduras

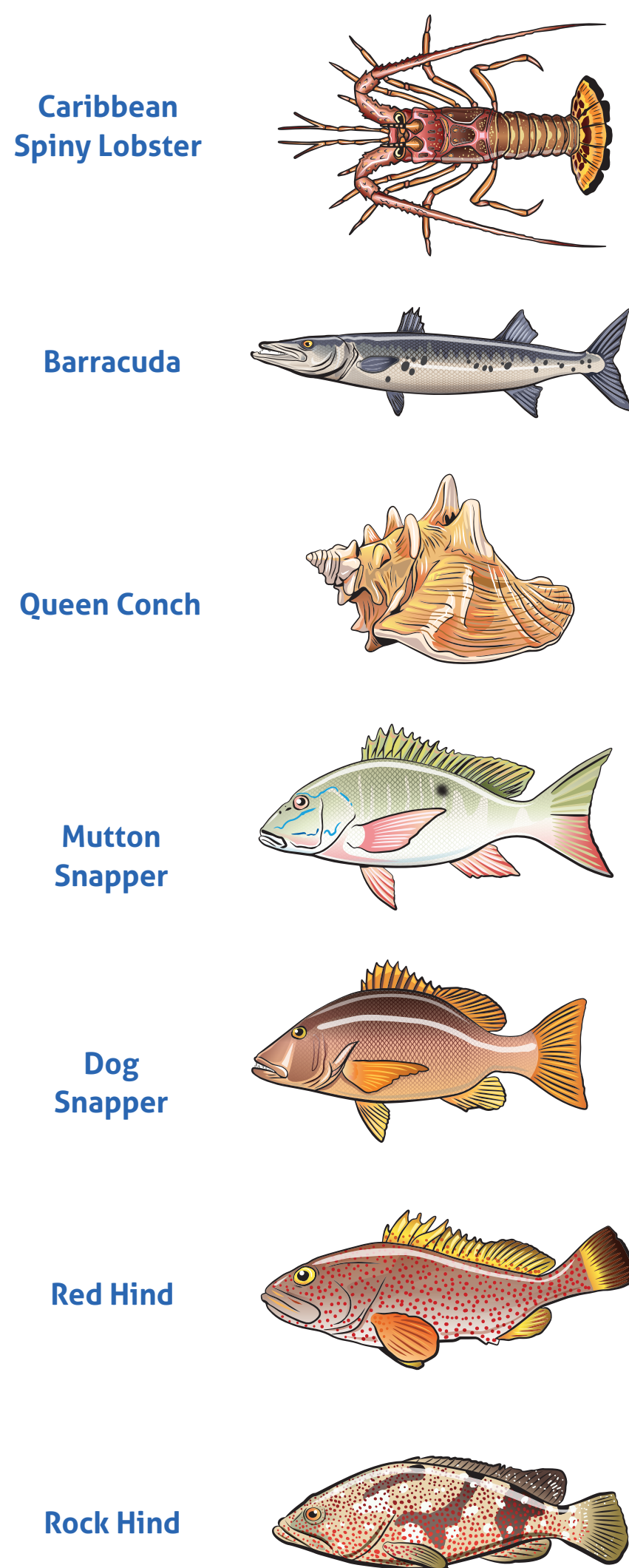
THIS IS  
**OUR**  
WAY

Because we serve and cherish the island life, its natural life and resources, we present to you the guide for taking informed decisions about the consumption of seafood. This is our way.

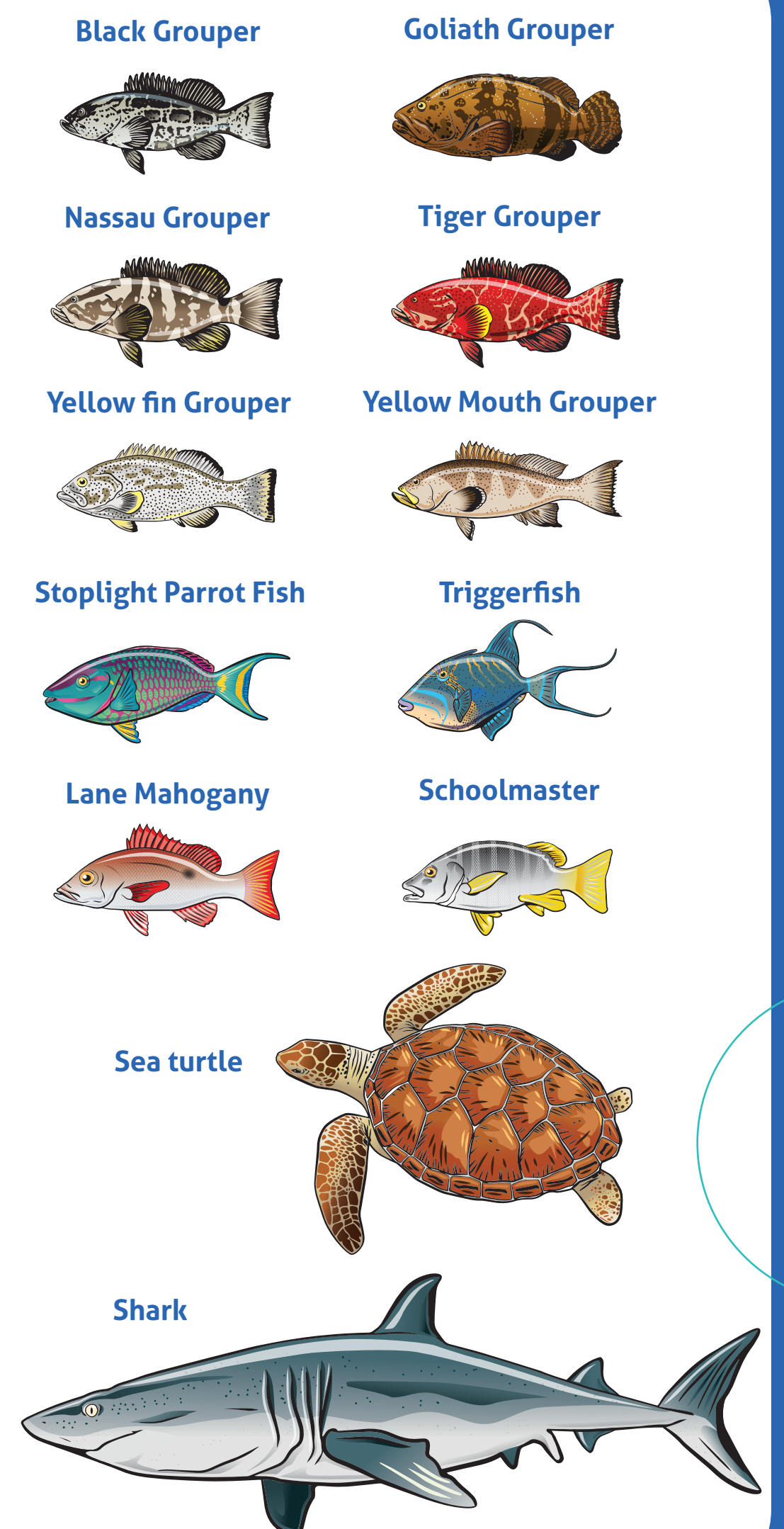
## BEST OPTIONS



## CAUTION



## DO NOT CONSUME



Best options include species that:

1. Healthy populations in the wild
2. Grow fast & reach sexual maturity at an early age
3. Produce lots of eggs

Choices with caution include species that have certain restrictions to consider such as:

- Minimum length:  
Lobster tail length > 5.5in/14cm  
Barracuda 36in/91cm  
Closed seasons:  
Lobster / Lobsters: March 1st - June 30th  
Conch must be bought from legally registered providers

Do not consume include species that:

1. Are overfished and Listed as Vulnerable / Endangered
2. Are illegal to fish in Honduras
3. Are vital to the overall health of the reef

