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## THE OCEAN WISE™ COOKBOOK: SEAFOOD RECIPES GOOD FOR THE PLANET

**Vancouver, B.C.** – Founded by the Vancouver Aquarium in 2005, Ocean Wise is leading the way as Canada’s sustainable seafood program and is the inspiration for *The Ocean Wise Cookbook: Seafood Recipes That Are Good for the Planet*, edited by Jane Mundy.

“Overfishing is the greatest threat to our oceans today. By choosing Ocean Wise seafood when we dine in or out, our sustainable consumption practices will make a collective difference to help ensure the health of our oceans for future generations,” says Dr. John Nightingale, president, Vancouver Aquarium. “*The Ocean Wise Cookbook* takes sustainable dining one step further by offering a delicious compilation of recipes by Ocean Wise partners.”

*The Ocean Wise Cookbook* outlines simple and delicious ways for aspiring chefs to prepare sustainable seafood in fresh and innovative ways. Recipes range from abalone to yellow perch and boasts contributions from renowned chefs such as Canada’s *Iron Chef* Rob Feenie, Michael Smith from *Chef at Home* and Jamie Kennedy from Jamie Kennedy Kitchens.

With over 2,800 Ocean Wise partner locations across Canada – including restaurants, food services, retail outlets, university cafeterias, grocery stores, caterers and suppliers – sustainable seafood consumption is growing and consumers are shifting their practices and asking for Ocean Wise options.

Take your learning one step further with Ocean Wise video clips offering cooking tips and techniques by Canadian chefs. Watch executive chefs such as Rob Clark of C Restaurant fillet a salmon or Karen Barnaby of The Fish House shuck an oyster—view at: [www.youtube.com/vancouveraquarium](http://www.youtube.com/vancouveraquarium)

### **About Ocean Wise™**

The Ocean Wise logo on a restaurant menu, seafood counter or seafood product is the trusted symbol of ocean-friendly seafood choices. With more than 360 partners and over 2,800 locations across Canada, Ocean Wise makes it easy for consumers to make sustainable seafood choices that ensure the health of our oceans for years to come. Learn more at [www.oceanwise.ca](http://www.oceanwise.ca).

### **About Whitecap Books**

Whitecap Books is one of Canada’s leading independent book publishers. Our diverse list features full-colour gift books on almost every North American state, province and major city along with books on food, wine, gardening, health and well-being, regional history and regional guidebooks. We publish books for children and youth under our Walrus Books imprint. Learn more at [www.whitecap.ca](http://www.whitecap.ca).

### **About Vancouver Aquarium**

The Vancouver Aquarium is a global leader in connecting people to our natural world, and a self-supporting, non-profit association dedicated to effecting the conservation of aquatic life through display and interpretation, education, research, and direct action. Learn more at [www.vanaqua.org](http://www.vanaqua.org).

In attached photo (from left to right): John Nightingale, president of Vancouver Aquarium; Jane Mundy, editor of *The Ocean Wise Cookbook*; Rob Clark, executive chef of C Restaurant; and Mike McDermid, Ocean Wise coordinator.

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