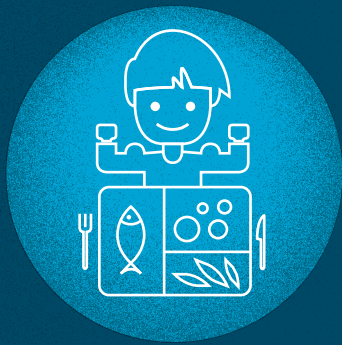


# OCEANS OF POSSIBILITIES

Reel in the benefits. Eating local fish can make you:  
**stronger, smarter, healthier!**



## Health

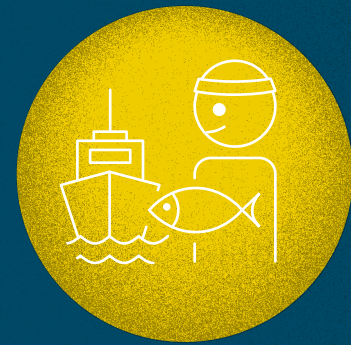
Local seafood is an incredibly nutritious (and delicious) protein with benefits. It is good for our kids' growing bodies and brains!

Seafood is full of vitamins, minerals, and healthy omega-3 fatty acids.



## Environment

Seafood is a climate-friendly protein option and many fish caught in New England are abundant and responsibly harvested.

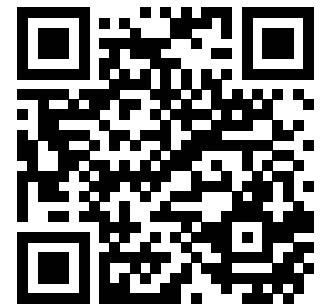


## Economy

With 90% of the seafood that we eat in the US being imported, eating local seafood helps strengthen our region's economy and supports local fishing families.

### Excited about seafood?

Ask your librarian for recipe cards and check out these resources for cooking seafood at home.



Learn more about our local seafood project at: [gmri.org/seafood](http://gmri.org/seafood)



Learning Ecosystems  
Northeast



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