



# News Release

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FOR IMMEDIATE RELEASE

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## **SHEDD AQUARIUM SERVES UP SEA-SMART FUN FOR NATIONAL SEAFOOD MONTH IN OCTOBER**

*Shedd hosts sustainable seafood events and shares new updates on Right Bite card*

**CHICAGO** – October is well-known as a time for tricks and treats with Halloween, but it's also National Seafood Month, a time to treat the planet by eating the right fish for the environment. [Shedd Aquarium's](#) award-winning [Right Bite](#) program is cooking up a menu of sustainable seafood events to celebrate in October by sharing information about how to eat seafood that's good for you and the planet.

Our seafood choices have a big impact on the health of our waters worldwide. It's estimated that about 75 percent of the world's fisheries are currently overfished, overexploited or have collapsed. So, it's more important than ever to choose sustainable seafood.

Whether learning how to roll your own sustainable sushi or using your *Right Bite* wallet guide to help make the best seafood choices, Shedd is offering seafood fanatics fun and delicious activities to eat up the month, while making a difference in the health of our oceans.

Choosing sustainable seafood is easy and convenient. It's as simple as downloading Shedd's updated pocket [Right Bite guide](#) that organizes species of fish by the sustainability of their wild populations and method of capture. With some help from Whole Foods Market, Shedd offers other convenient ways to bring sustainable seafood into your home with the [Fish of the Month](#) initiative, which shares recipes and demonstrations for a sustainable seafood choice each month. If cooking isn't your thing, check out one of our [Right Bite partners](#) for a sustainable seafood feast served right.

This October, check out Shedd's [website](#) for a full menu of events that feed the mind and your stomach.

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## **NATIONAL SEAFOOD MONTH AT SHEDD AQUARIUM**

### Sustainable Sushi Class

On Oct. 1, test your talent for sushi rolling with experts from Fortune Fish Seafood Company as you learn the steps to creating your own sustainable seafood sushi and then feast on the results. To register, please call (312) 692-3206. For questions, please e-mail [adults@sheddaquarium.org](mailto:adults@sheddaquarium.org).

Saturday, Oct. 1, 11 a.m. – 1 p.m.

\$40 a person (\$35 Shedd members)

### Whole Fish Demo Class

Bring sustainable seafood home with you! During this educational event, learn how to purchase and prepare a whole fish sustainably with Shedd on Oct. 18 at Dirk's Fish & Gourmet Shop. Pick up new recipes and enjoy the tasty results of the demonstration. To register, please call (312) 692-3206. For questions, please e-mail [adults@sheddaquarium.org](mailto:adults@sheddaquarium.org).

Tuesday, Oct. 18, 7:30 – 9:30 p.m.

\$45 a person (\$40 Shedd members)

### Fish of the Month

Calling all seafoodies! Simply choosing sustainable seafood is one of the easiest and yummiest ways that you can do to protect the health of our waters. So, Shedd and Whole Foods Market are making it easy for you to bring it home by highlighting a sustainable seafood each month and sharing recipe cards through our Fish of the Month program. In addition to tasty recipes, the program offers on-site cooking demonstrations at Shedd and a lunch special at Shedd's [Soundings Café](#).

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*Shedd Aquarium is supported by the people of Chicago and the State of Illinois.  
Shedd Aquarium is an accredited member of the Association of Zoos & Aquariums (AZA) and the  
Alliance of Marine Mammal Parks and Aquariums*

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