



For Immediate Release:

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The Delaware Riverkeeper Network Releases Updated Fish Consumption Guide

Bristol, PA - The Delaware Riverkeeper Network has released an updated version of its publication *Eating Fish from the Delaware River Watershed: Know Which Fish Are Safe To Eat & How To Prepare Them*. Fish can be an important part of a healthy diet, but anglers should know which fish are safe to eat and how to prepare them. The purpose of the Delaware Riverkeeper Network's guide is to provide anglers with the information to help make meal-planning decisions and suggest ways to minimize exposure to contaminants in fish.

Despite restrictions and even bans on their use, toxic contaminants continue to enter our waterways, pass through the food chain into the fish we eat, and into our bodies. Accumulation of these contaminants in our environment and in our bodies could affect our health. Although many anglers catch and eat fish from waterways in the Delaware River Watershed, they may not be fully aware of which fish are safe to eat, or know how to prepare their catch in order to reduce their own and their families' exposure to toxic contaminants.

The Delaware Riverkeeper Network's updated guide, *Eating Fish from the Delaware River Watershed*, provides this information. To update the guide, the Delaware Riverkeeper Network reviewed recent fish consumption advisories issued for Delaware, New Jersey, New York and Pennsylvania, and compiled guidance from all four states of the Watershed in one publication. *Eating Fish from the Delaware River Watershed* includes the most stringent recommendations for fish consumption in order to give the most protection to anglers and their families.

"At the Delaware Riverkeeper Network, we not only seek to protect the health of the River and the environment, but also the health of those who live and recreate in the Delaware River Watershed," said **Maya van Rossum, the Delaware Riverkeeper and leader of the Delaware Riverkeeper Network**. "Fishing is one of the most popular activities in our Watershed, and is a great way to connect with the River and the environment. Whether a fish is safe to eat cannot be determined by appearance, taste, or smell. This guide can help anglers reduce their potential exposure to contaminants, providing them with the knowledge they need to help protect the health of themselves and their families."

The publication is available in English, Vietnamese, and Khmer languages and can be found on our website <https://www.delawareriverkeeper.org/free-publications>.

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