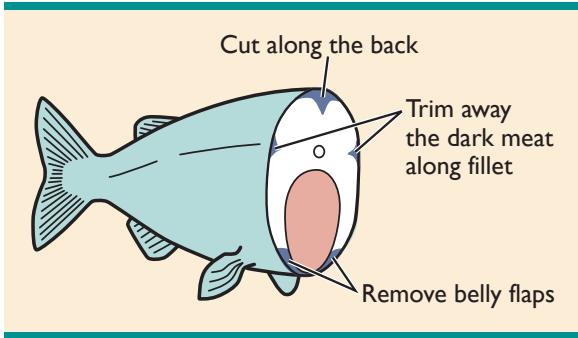


YOU CAN REDUCE THE HARMFUL CHEMICALS YOUR FAMILY EATS IF YOU...



- Fillet the fish and throw away the skin, head, guts, kidney, and liver.
- Harmful chemicals build up in the fatty meat of fish. Trim the fillet to remove the fatty meat.



- Bake, broil, steam or grill fish.
- Throw away cooking juices.
- Avoid frying, which seals in chemical pollutants contained in the fish's fat.
- Use only trimmed fillets when preparing soups, stews or chowder.

Note: Proper trimming and cooking reduces most harmful chemicals, but does not reduce the level of mercury in fish.

NOTICE!



Chemicals in fish can be harmful to health, especially to babies and young children. For this reason, it is important that people follow the advice in this brochure, particularly women who are pregnant or might become pregnant, nursing women and the parents of young children.

For more information on fish caught in Delaware:

- **Delaware Department of Natural Resources and Environmental Control:** 302-739-9902
www.fw.delaware.gov
- **Delaware Health and Social Services Division of Public Health:** 302-744-4546

Fish consumption advisories are a result of joint action taken by the Delaware Department of Natural Resources and Environmental Control (DNREC) and the Delaware Department of Health and Social Services' Division of Public Health (DPH). Advisory signs are posted by DPH at waterways where fish consumption advisories have been issued.

DNREC continues to monitor water quality in Delaware's waterways and test fish for harmful chemicals. Additional advisories may be issued throughout the year. For the latest fish consumption advisory information, visit DNREC's web site, www.fw.delaware.gov or contact DNREC at (302) 739-9902.

Eating fish in moderation and as part of a healthy diet may provide cardiovascular and other health benefits. Fish consumption advisories are issued to help people make informed decisions that will maximize the health benefits of eating fish while minimizing the risks of exposure to potentially harmful chemicals.

This brochure is a collaborative effort of:



Delaware Department of Natural Resources and Environmental Control



Delaware Health and Social Services Division of Public Health



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Partnership for the Delaware Estuary



Pennsylvania Sea Grant



Temple University



U.S. Environmental Protection Agency

FISH SMART, EAT SMART

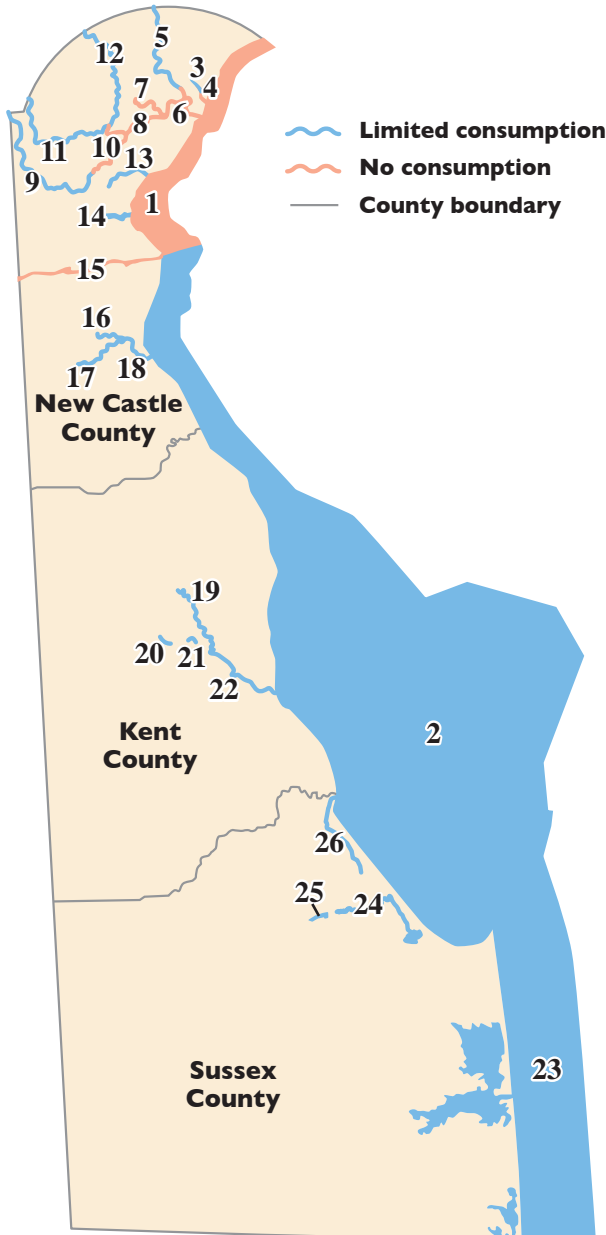
A GUIDE TO EATING SPORT FISH CAUGHT IN DELAWARE



To protect your family's health, follow the advice in this brochure!

2009 - 2010

2009 – 2010 DELAWARE SPORT FISH CONSUMPTION ADVISORY



BODY OF WATER	SPECIES	MAXIMUM MEAL ADVICE
1 Delaware River to Chesapeake & DE Canal	All Finfish	Do Not Eat
2 Lower Delaware River and Delaware Bay	*Striped Bass	2 Meals Per Year
	*Channel Catfish, White Catfish, American Eel, White Perch – all sizes and Bluefish – larger than 14 in.	1 Meal Per Year
	Weakfish – all sizes Bluefish – 14 in. or smaller	1 Meal Per Month
3 Non-Tidal Shellpot Creek	All Finfish	1 Meal Per Year
4 Tidal Shellpot Creek	All Finfish	Do Not Eat
5 Non-Tidal Brandywine River	All Finfish	6 Meals Per Year
6 Tidal Brandywine River	All Finfish	Do Not Eat
7 Little Mill Creek	All Finfish	Do Not Eat
8 Tidal Christina River	All Finfish	Do Not Eat
9 Non-Tidal Christina River	All Finfish	6 Meals Per Year
10 Tidal White Clay Creek	All Finfish	Do Not Eat
11 Non-Tidal White Clay Creek	All Finfish	1 Meal Per Month
12 Red Clay Creek	All Finfish	6 Meals Per Year
13 Army Creek and Pond	All Finfish	2 Meals Per Year
14 Red Lion Creek	All Finfish	1 Meal Per Year
15 Chesapeake & DE Canal	All Finfish	Do Not Eat
16 Tidal Drawyers Creek	All Finfish	1 Meal Per Year
17 Silver Lake (Middletown)	All Finfish	1 Meal Per Year
18 Tidal Appoquinimink River	All Finfish	1 Meal Per Year
19 Silver Lake (Dover)	All Finfish	2 Meals Per Year
20 Wyoming Mill Pond	All Finfish	2 Meals Per Year
21 Moore's Lake	All Finfish	2 Meals Per Year
22 St. Jones River	All Finfish	2 Meals Per Year
23 Atlantic Coast and Inland Bays	*Striped Bass	2 Meals Per Year
	*Bluefish – larger than 14 in.	1 Meal Per Year
	Bluefish – 14 in. or smaller	1 Meal Per Month
24 Prime Hook Creek	All Finfish	2 Meals Per Month**
25 Waples Pond	All Finfish	2 Meals Per Month**
26 Slaughter Creek	All Finfish	6 Meals Per Year

DELAWARE STATEWIDE ADVISORY FOR FRESH, ESTUARINE & MARINE WATERS

All Waters NOT Specifically Listed in the previous chart	All Species NOT Specifically Listed	No More than 1 Meal Per Week
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STOCKED TROUT ADVISORY

Christina Creek	Stocked Trout	6 Meals Per Year
Designated trout streams and ponds, other than Christina Creek	Stocked Trout	1 Meal Per Month

ADVISORIES ISSUED BY THE FEDERAL GOVERNMENT

Fish consumption advisories and information on fish purchased from seafood retailers are available on U.S. government websites:

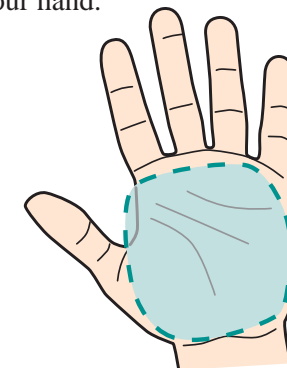
U.S. Environmental Protection Agency:
www.epa.gov/ost/fish

U.S. Food and Drug Administration:
www.cfsan.fda.gov/seafood1.html

A meal is:

- 3 ounces for children
- 6 ounces for women of childbearing age
- 8 ounces for the average adult

A 3-ounce meal is about the size of the palm of your hand.



* Women of childbearing age and children should not eat any amount of these fish.
 ** Women of childbearing age and children should not eat more than one meal per month.