

Fish are a traditional part of the Penobscot sustenance diet. There are many good reasons to catch and eat fish from Penobscot Nation* waters today:

- Catching wild fish stretches the household budget
- Fishing is fun for the whole family, and connects us to our ancestors.
- Wild freshwater fish are safe and healthy to eat if you follow the guidelines of this brochure.

***Penobscot Nation waters refers to the Penobscot River and waters of Penobscot Nation Trust Lands**

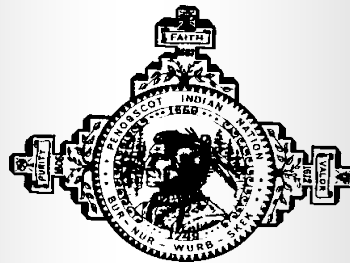
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For reports:
http://bit.ly/wild_foods

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WILD FOODS SAFETY SERIES FISH

Learn how you can enjoy meals of traditional
freshwater fish safely



DO

Scientists from the Penobscot Nation Department of Natural Resources have analyzed fish from tribal waters for contamination and recommend that you can:

EITHER

Eat up to 10-ounces of brook trout and landlocked salmon from Penobscot Nation waters per week. This could be one 10-ounce serving, two 5-ounce servings, or three 3-ounce servings.



A 10-ounce serving is about the size of a box of fishing line.



A 3-ounce serving is about the size of a deck of cards.

OR

Eat up to 10 ounces of other freshwater fish species from Penobscot Nation waters up to once per month.

Some other wild foods, such as turtle and store-bought fish, also have contaminants. Be sure your total diet takes this into account. See the other Wild Foods Safety Series brochures for more information and guidance.

DON'T

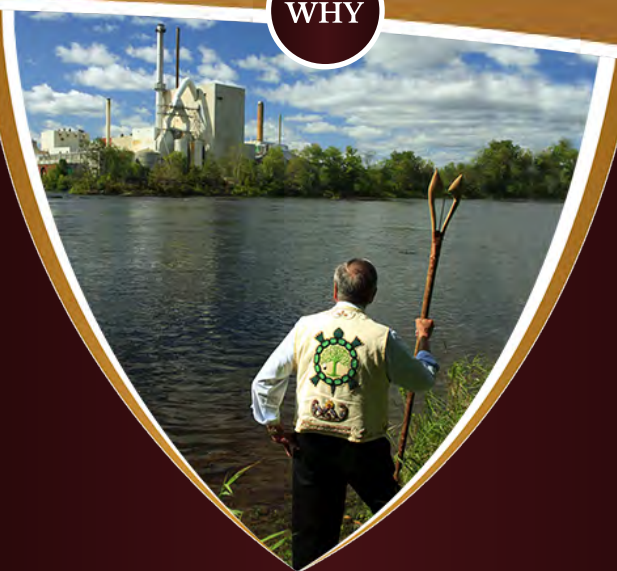


Don't eat any freshwater fish caught in the state of Maine if you are a woman who is nursing, pregnant, or planning to become pregnant.



Don't feed freshwater fish caught in the state of Maine to children 8 years of age or younger.

WHY



Fish absorb chemical pollutants into their bodies, which gets into your body when you eat fish.

Dioxins, furans, and PCBs can cause cancer, reproductive and developmental problems, hormonal problems, and can damage the immune system.



Mercury damages the brains of unborn and young children.

This causes learning disabilities and behavioral problems. In older children and adults, mercury poisoning causes vision problems.