

# Fish Smart, Eat Smart

## Eating Fish And Crabs Caught In New Jersey Waters

Fishing provides enjoyable and relaxing recreation. Fish are an excellent source of protein and other nutrients and play a role in maintaining a healthy, well-balanced diet. Many anglers enjoy cooking and eating their own catch. However, elevated levels of potentially harmful chemical contaminants, such as dioxin, polychlorinated biphenyls (PCBs), pesticides and mercury have been found in certain fish and crabs in some New Jersey waters. Fish consumption advisories have been adopted to guide citizens on safe consumption practices.

The current list of fish consumption advisories consists of state-wide, regional and water body-specific warnings for a variety of fish species and fish consumers. The New Jersey Department of Environmental Protection (DEP) and the Department of Health and Senior Services have prepared literature and a new Web site to help you make informed choices about which fish to eat and how to reduce your exposure to these harmful chemicals.

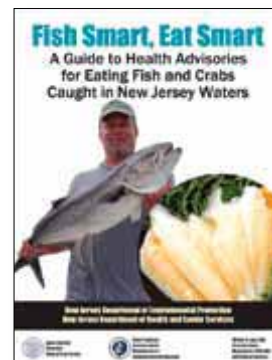
**Check online for fish consumption advisories on the local water body in which you fish! Go to [FishSmartEatSmartNJ.org](http://FishSmartEatSmartNJ.org)**

The new [FishSmartEatSmartNJ.org](http://FishSmartEatSmartNJ.org) is a user-friendly site designed to help you decide what fish are best for you to consume. The Fish Smart-Eat Smart Fish Advisory Web site includes a Geographic Information System (GIS) map linked to current fish consumption advisories statewide. For example, to see the latest mercury or PCB advisories for your area, just select the county by clicking on the map. The page shows the water body location, fish species and any advisories that apply. This feature

makes it easy to find current fish consumption advisories for the specific waterbody in which you fish.

To reduce exposure to harmful chemical contaminants when preparing and eating the fish species taken from the identified waters, it is essential to follow the guidelines provided. The DEP encourages you to consult the Fish Smart-Eat Smart Fish Advisory Guide or [www.FishSmartEatSmartNJ.org](http://www.FishSmartEatSmartNJ.org) when making decisions about eating recreationally caught fish and crabs.

The *Fish Smart-Eat Smart Advisory Guide* includes contaminant information, advisory charts, plus preparation and cooking methods to reduce contaminant levels, as well as specific guidelines, advice and prohibitions for people at high risk, such as children, pregnant women and women of child-bearing age. The Guide also includes Web site links to Pennsylvania, Delaware and New York for information about fish consumption advisories for shared waters.



The fish consumption advisories, Fish Smart-Eat Smart Web site and Advisory Guide are each updated periodically and are available in print or online through these agencies:

**New Jersey Department of Environmental Protection**  
Public Access Center  
(609) 777-DEP4  
[www.state.nj.us/dep](http://www.state.nj.us/dep)

**Division of Fish and Wildlife**  
(609) 748-2020  
[NJFishandWildlife.com](http://NJFishandWildlife.com)

**New Jersey Department of Health and Senior Services**  
Consumer and Environmental Health  
(609) 588-3123 or (609) 777-3373  
[www.state.nj.us/health/eoh/foodweb/fishguid.htm](http://www.state.nj.us/health/eoh/foodweb/fishguid.htm)

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# DEP PUBLICATIONS OF SPECIAL INTEREST TO ANGLERS

NJFishandWildlife.com

Item	Cost	Web site	Source
Accessible Fishing Sites For People With Disabilities	Free	Yes	1
Commercial (fee based) Fishing Preserves in NJ	Free	Yes	1
Delaware River Boat Access	Free	Yes	1
Disabled Veterans—Free Fishing License application	Free	Yes	1
Field Guide to Reptiles & Amphibians of NJ—Book	\$18	No	4
Field Guide to Reptiles & Amphibians of NJ—CD	\$12	No	4
Field Guide to Reptiles & Amphibians of NJ—Book/CD Set	\$25	No	4
Lake Survey Maps (specify waterbody)	Free	Yes	1
List of Fishing Guides	Free	Yes	1
Manasquan River Fishing Access Areas	Free	Yes	1
Places to Fish (ponds, lakes, reservoirs, rivers and streams)	Free	Yes	1
State Parks & Forests Maps	Free	No	3
USGS Topographic Maps	\$10	No	2
Visually Impaired—Free Fishing License application	Free	No	1
Visually Impaired—Large Format Freshwater Fishing <i>Digest</i> (Enlarged photocopy of this <i>Digest</i> .)	Free	No	1
Wildlife Management Area Maps (specify name of WMA)	Free	Yes	1

#### Sources:

1. NJ Div. of Fish and Wildlife, P.O. Box 400, Trenton, NJ 08625-0400, (609) 292-2965
2. NJ Geological Survey, Maps & Publications, Sales Office, P.O. Box 438, Trenton, NJ 08625-0438, (609) 777-1038
3. DEP, Div. Parks & Forestry, P.O. Box 404, Trenton, NJ 08625-0404, (800) 843-6420 (Specify name of park.)
4. NJ Div. Fish and Wildlife, P.O. Box 400, Trenton, NJ 08625-0400  
Make check payable to Conserve Wildlife Foundation.

Please write item requested on the **outside** of envelope.

#### POLICE STATIONS

### State Police Marine Law Enforcement Stations

Bivalve .....	(856) 785-1330
North Wildwood .....	(609) 522-0393
Atlantic City .....	(609) 441-3586
Burlington .....	(609) 387-1221
Ocean .....	(609) 296-5807
Point Pleasant .....	(732) 899-5050
Monmouth Station .....	(732) 842-5171
Lake Hopatcong .....	(973) 663-3400
Newark Bay .....	(973) 578-8173

#### EMAIL LISTS

### Get On The List!

The Freshwater Fisheries e-mail lists, that is. This free service provides the latest information about Fish and Wildlife events, public hearings and other matters related to our freshwater fishing resources. And we have seven other lists so you can maximize your enjoyment of New Jersey's fish and wildlife resources.

Sign up today at:  
[NJFishandWildlife.com/lstsub.htm](http://NJFishandWildlife.com/lstsub.htm)

## ▶▶ VOLUNTEERS NEEDED TO GET KIDS HOOKED ON FISHING!

New Jersey Division of Fish and Wildlife needs volunteers at the Pequest Trout Hatchery and Natural Resource Education Center to teach youths about fishing.

Teaching experience is helpful—but not required—to become a fishing education instructor. However, enthusiasm, energy and the desire to teach children proper fishing techniques and ethics is a must!

Classes run Monday through Friday from April through October. Interested applicants must become a Wildlife Conservation Corps (WCC) volunteer. Download a WCC application from our Web site at: [NJFishandWildlife.com/wcchome.htm](http://NJFishandWildlife.com/wcchome.htm).

Share the pleasures of fishing and pass on a conservation ethic to the next generation. Become a fishing education instructor today!

For more information on Fish and Wildlife's fishing education programs, call Jessica Griglak at (908) 637-4125, or e-mail [Jessica.Griglak@dep.state.nj.us](mailto:Jessica.Griglak@dep.state.nj.us).







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### New Jersey Fish & Wildlife

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<http://pub.jfgriffin.com/doc/jfgriffin/10NJFW>

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