

Kailis Bros Sustainability Policy

Increasingly the public want to know how and where the seafood they buy is caught and whether it was fished or harvested sustainably. To assist customers to make more informed sustainable choices and to help preserve some stocks from overfishing, Kailis Bros is committed to responsible sourcing. We will only supply fresh fish and fresh seafood products that have been obtained legally from sustainable and well-managed fisheries and/or from responsibly farmed aquaculture operations.

The majority of Kailis Bros fresh fin fish and fish products are wild-caught with a lesser amount coming from well managed aquaculture farms.

We source fish caught by licensed and registered fishing vessels, using responsible fishing methods, and we employ systems to ensure traceability is maintained from catch areas through to the customer.

We have Marine Stewardship Council (MSC) Chain of Custody certification for all our Western Rocklobster products. These lobsters have been sourced from the Western Australian commercial Rocklobster Fishery which meets stringent environmental, social and economic standards. We also support the use of NGO ecolabelling such as a MSC, Best Aquaculture Practices (BAP) or Friends of the Sea logo, to make it easier for customers to identify and trust food products that are certified as being sustainable.

Kailis Bros supports the development of sustainable aquaculture and is committed to securing its future by working in partnership with the MSC, GAA and similar organisations and our suppliers.

Kailis Bros buys and sells a wide range of farmed fish from sustainable aquaculture systems including Atlantic Salmon, Rainbow Trout, Barramundi, Prawns, Mussels and Oysters.

Kailis Bros has consulted with Sustainable Fisheries Partnership (SFP) to assist with the assessment of species and their related fisheries. SFP are internationally regarded as a leading source of information for making sustainability assessments and are used by global corporations including; McDonalds, Woolworths and Unilever.

We will continue to work collaboratively with government, educational institutions and leading industry bodies to ensure that all our seafood is caught using the most responsible fishing methods available and we encourage projects to increase the minimum size of its fish, reduce fuel costs and a reduction of waste.

We are reliant on rigorous government management controls as a measure of sustainability. These controls cover: limits on the number of fishing licenses, gear restrictions, quota systems, protected species and marine conservation areas, seasonal or permanent closures etc. If managed effectively the fishing sector should be able to deliver a maximum sustainable yield without damaging the environment.

Without compromising on quality, we will work with our approved suppliers to source substitute species and where possible, will encourage customers to try new species in place of those being removed from the supply chain. We also consider the impacts on the broader environment to help ensure future availability of fish. Our policy also covers by catch.

We comply with all regulatory requirements and we strive to minimise the environmental impacts caused by our raw material purchasing decisions or handling practices at our processing facility.

Kailis Bros is also a signatory to the National Packaging Covenant and we have an action plan to help us to reduce, reuse and recycle our waste.

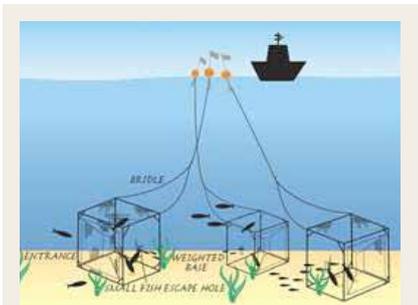


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Seafood Catching Methods

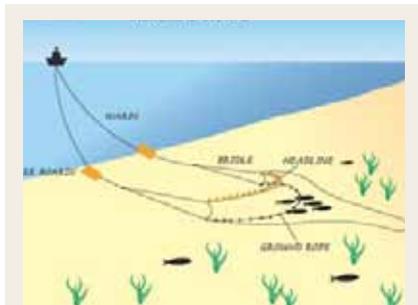
There are many methods for catching fresh fish in different parts of the world. In Australia the primary methods of catching are; Line Catching, Long Lining, Trawling and Trapping.

The different methodologies are used for a variety of reasons including; the species that is being targeted, the region in which it is being caught, government regulations and commercial considerations. Each method has Pros' and Con's but in general the less stressful the catching method and the less the time from water to plate the better the quality. Stress on fish makes the fish release adrenalin which in turn makes the fish tense and subsequently the meat tough and bitter to taste. Adrenalin release is reduced by using a less stressful catching method and killing the fish quickly and humanely.



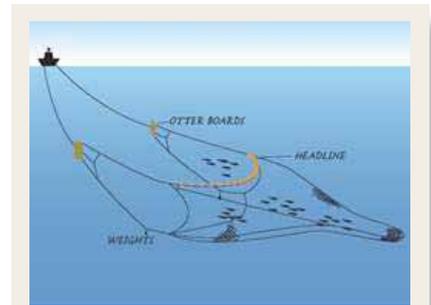
Trapping

Fish Trapping has been used to catch fish for centuries in various forms. The most common current form used within Australia are a large steel cage that is baited and set on the sea bed. Fish are able to enter the cage and feed, but find it difficult to get out. The traps are pulled several times per day and this method of catch is viewed as a very efficient method of fish harvest. It is also viewed as an extremely environmentally sound method, with very little impact on the sea floor habitat. The species concerned include; Red Emperor, Goldband Snapper, Cods.



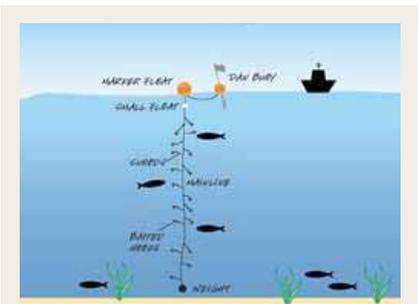
Trawling

Trawling for fish, prawns, scallops and scampi, is a common method of fishing throughout the world. Nets are dragged behind fishing vessels at various depths of water and catch is directed toward the end of the net or "Cod End". The net is winched on board for sorting at the end of each trawl. Developments in net design, by catch exclusion devices and sonar technology have greatly increased the efficiency and reduced the environmental impact of trawling. The species concerned include; Saddletail Snapper; Crimson Snapper; tropical Snapper; Threadfin Bream, Moses Snapper; Silver Trevally, Spotted Cod.



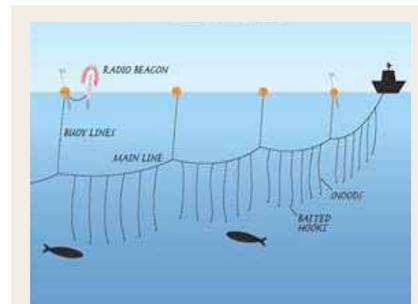
Midwater Trawling

Midwater Trawling is the same method of catching as normal trawling, but nets are towed above the sea bed and away from natural habitat.



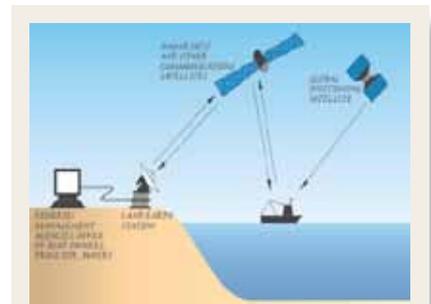
Line Catching

This is the traditional catching method used by recreational fishers – i.e. hook on the end of the line. The benefit is that the catching is very targeted to a species, the time taken to get the fish out of the water is very short and the amount of adrenalin released is minimised. Most fishermen will spike kill the fish (Japanese method of killing called iki jimi) which stops release of adrenalin and preserves the fish in its best condition. It is used mainly for high value fish e.g. Dhufish and Pink Snapper.



Long Lining

A long line (approx 2 km) is set behind the fishing vessel and off the line is a series of shorter lines with hooks on the end which are baited. Species include; Swordfish and Tuna. It is quite a targeted means of catching fish and also produces good quality product as it maintains many of the virtues of Line catching.



Vessel Monitoring System (VMS)

is an extremely accurate system of tracking vessel locations and movements. An on board Global Positioning System (GPS) is used to pin point the location of a fishing vessel at any given time and is monitored by a government fisheries department either on a state or federal level depending on the fishery. This is a sure fire way of ensuring all fish is caught with in the designated managed fishery that the vessel has access to.

Australian Fisheries By Geographical Regions

Other Fisheries

- North West Slope Trawl
- Northern Finfish Trawl
- Shark Bay Prawn
- Exmouth Prawn
- Pilbara Fish
- Kimberley Fish

Northern Prawn

- Banana prawn
- Tiger prawns

Torres Strait Lobster Torres Strait Prawn

Fisheries in External Territories

- Norfolk Island
- Christmas Island
- Cocos/Keeling Islands

Other Fisheries

- Torres Strait Artisanal
- Coral Sea
- East Coast Deepwater Trawl

Eastern Tuna & Billfish-Yellowfin, Bigeye & Swordfish

Eastern Tuna & Billfish-Skipjack

South East

- 17 quota species
- Other Fisheries
- Jack Mackerel
- Bass Strait Central Zone Scallop
- South Tasman Rise

Macquarie Island

- Hoki

Other Fisheries

- Western Deepwater Trawl
- Western Australian Southern Demersal Gillnet and Longline
- Western and Southern Tuna and Billfish
- West Coast Demersal

Southern Bluefin Tuna, Spencer Gulf Prawns, Oysters

Southern Squid Jig

- Southern Shark
- School shark
- Gummy shark

Great Australian Bight Trawl

Heard & McDonald Island

- Patagonian Toothfish

Handy tip...

Product knowledge will enhance the experience of a customer. Using the catching information provided will educate and inform your customer and drive repeat business

Finfish-Seasonality list

SPECIES	SEASONAL AVAILABILITY	REGION	WHOLE	FILLETS	PURCHASING AND EATING QUALITIES	FRY	BAKE	POACH/STEAM	GRILL/BBQ	MICRO WAVE
Atlantic Salmon (<i>Salmo salar</i>)	All year	Tasmania	2.5kg-6kg	800gm-1.8kg	Whole/cutlets/fillets. Red-pink, firm flesh. Moist, delicate flavour. Few bones.	•	•	•	•	•
Barramundi (<i>Lates calcarifer</i>)	March-October	Northern waters	2.5kg-5kg	400gm-1.1kg	Available whole or as fillets. White, moist flesh, large flake. Excellent eating.	•	•	•	•	•
Cobbler (<i>Cnidogobius macrocephalus</i>)	May-October	Southern estuaries	250gm-500gm	100gm-250gm	Delicate flesh with tasty sea flavour.	•				
Coral Trout (<i>Plectropomus & Variola sp</i>)	All year, mainly Winter	Northern waters	1kg-5kg	200gm-1kg	Whole/fillets. White, moist, firm Excellent eating.	•	•	•	•	•
Dhufish (<i>Glaucosoma hebraicum</i>)	Winter-Spring	Midwest Western Australia	2kg-6kg	400gm-1.1kg	White flesh. Premium fish. Excellent eating.	•	•	•	•	•
Flathead (<i>Neoplatycephalus conatus</i>)	All year, mainly Autumn	Southern waters	400gm-800gm	100gm-200gm	Whole/fillets. White, firm flesh. Slightly dry.	•	•	•		•
Goldband Snapper (<i>Pristipomoides multidens</i>)	All year (cyclone effected)		1kg-5kg	200gm-1kg	Whole/cutlet. Pale pink, firm, Slightly Dry.	•	•	•	•	•
Herring (<i>Arripis georgianus</i>)	All year	Southern waters	150gm-400gm	60gm-80gm	Whole. White, soft fleshy; slightly oily. Distinct flavour.	•	•		•	•
John Dory (<i>Zeus faber</i>)	All year	Southern waters	1kg-2kg	200gm-400gm	Whole/fillets. White, moist, fine flesh; delicate sweet flavour. No bones in fillets. Excellent eating.	•	•	•	•	•
Ocean Trout (<i>Oncorhynchus mykiss & Salmo trutta</i>)	All year, farmed fish (Tasmania)	Tasmania	1.5kg-4kg	500gm-1.2kg	Whole/cutlets, Pink, soft flesh, few bones. Excellent eating.	•	•	•	•	•
Pearl Perch (<i>Glaucosoma scapulare</i>)	Mainly Autumn-Winter	Pilbara and Kimberley	500gm-3kg	100gm-400gm	Whole, White, soft flesh, few bones. Excellent eating.	•	•	•	•	•
Pink Snapper (<i>Pagrus auratus</i>)	All year, mainly Mar-Oct	Shark Bay south	1kg-5kg	200gm-900gm	Whole/fillets/cutlets. Pink-white, soft flesh. Delicate flavour.	•	•	•	•	•
Rainbow Trout (<i>Oncorhynchus mykiss & Salmo trutta</i>)	All year	Southern farms	200gm-400gm	40gm-70gm	Whole, Fresh and smoke. Pink, soft flesh.	•	•	•	•	•
Red Emperor (<i>Lutjanus sebae</i>)	All year, Point Samson (cyclone effected)	Pilbara, Kimberley & Northern waters	2kg-5kg	200gm -9 00gm	Whole/fillets. White, firm flesh.	•	•	•	•	•
Red Mullet (<i>Parupeneus indicus</i>)	All year	Pilbara and Kimberley	200gm-500gm	50gm-100gm	Whole, White, soft flesh.	•	•	•	•	•
Sardines (<i>Sardinops neopilchardus</i>)	All year, Mainly Winter (Fremantle)	Southern waters	60gm-100gm	10gm-30gm	Whole small fish, Reddish, soft flesh. Slightly oily and bony.	•	•		•	
Spanish Mackerel (<i>Scomberomorus commerson</i>)	Winter	Northern waters	4kg-12kg	1kg-4kg	Cutlets, White, soft flesh. Moist flesh.	•	•		•	
Spotted Cod (<i>Epinephelus coioides</i>)	Winter	Pilbara and Kimberley	1kg-10kg	200gm-1.8kg	Fillets/cutlets. White, moist, soft flesh. Few bones.	•	•	•	•	•
Yellowfin Tuna (<i>Thunnus albacares</i>)	All year, mainly Autumn- Winter	Southern waters	10kg +	2kg + Loins	Fillet, stakes and whole. Reddish, firm flesh. Slightly dry. No bones.		•	•	•	•
King George Whiting (<i>Sillaginodes punctata</i>)	All year	Southern waters	300gm-600gm	80gm-200gm	Whole/fillet. White, firm flesh. Delicate sweet flavour.		•	•	•	•

Shellfish-Seasonality list

SPECIES	SEASONAL AVAILABILITY	MILD OR FISHY TASTE	PURCHASING AND EATING QUALITIES	FRY	BAKE	POACH/STEAM	GRILL/BBQ	MICRO WAVE
Abalone	All year	Mild	Whole or frozen. White, firm flesh. Requires cooking quickly or long simmer.	•		•	•	
Bugs	Summer	Mild	Whole, raw or cooked. White firm flesh. Sweet, rich flavour.	•		•	•	
Crabs (Blue Swimmer)	All year, mainly Summer	Mild	Raw or cooked. White, firm flesh. Sweet, delicate flavour.	•	•		•	
Cuttlefish	All year	Mild	Whole, White, firm flesh. Subtle flavour.	•	•		•	
Freshwater Crayfish Yabbies, Marron	All year, mainly Summer	Mild	Alive or cooked. White firm flesh. Rich, sweet flavour.	•	•	•	•	•
Western Rock Lobster (Panulirus cygnus)	All year	Mild	Alive or cooked. White firm flesh. Rich, sweet flavour.	•	•	•	•	•
Mussels	All year	Fishy	In shell, Yellowish, soft flesh.		•	•	•	•
Octopus (Octopus sp)	All year	Mild	Whole, White, firm, flesh. Subtle flavour.		•	•	•	
Oysters (Pacific & Rock)	All year	Fishy	In shell or bottle. Greyish, soft texture.	•	•	•	•	
Pipis	March-October	Fishy	In shell. White, firm flesh. Toughens easily.		•	•	•	
Prawns: Banana King Tiger	April-Sept	Mild	Raw or cooked. Orange-white. Firm flesh	•	•	•	•	
Scallops	March-September (Carnarvon)	Fishy	Raw. White-cream. Soft flesh. Delicate flavour. Orange roe is eaten.	•	•	•	•	
Scampi	All year	Mild	Raw. White, sweet flavoured flesh.	•	•	•	•	
Squid	All year	Mild	Raw, whole or cleaned. White, firm flesh. Subtle flavour	•	•	•	•	

Matching Seafood With Other Ingredients/Foods

For molluscs, place them in a single layer in 1cm of liquid. Cover tightly and steam, shaking occasionally to allow shells room to open. Mussels are often served with white wine sauces.

Delicately flavoured seafood such as snapper and dory should be used with subtly flavoured ingredients such as lemon, lime or light sauces.

Stronger flavoured species such as mullet and tuna can be enhanced with more strongly flavoured ingredients such as onion, garlic or wine.

Kailis Bros most popular WA fish



Species: Red Emperor
Region: Norwest WA
Wild Caught
Catch Method: Trawl/Trap
Fillet Size: 300-700gm
Tasting Notes: Mild, sweet and flaky flesh.



Species: Goldband Snapper
Region: Norwest WA
Wild Caught
Catch Method: Trawl/Trap
Fillet Size: 300-700gm
Tasting Notes: Flaky flesh. Mild sweet flavour. Great grilled or fried.



Species: Barramundi
Region: Norwest WA
Wild Caught & Farmed
Catch Method: Harvest/Line/Net
Fillet Size: 300-700gm
Tasting Notes: Soft/Medium flesh with medium flavour. Great grilled skin on..



Species: Saddletail Snapper
Region: Norwest WA
Wild Caught
Catch Method: Trawl/Trap
Fillet Size: 300-700gm
Tasting Notes: Mild flavoured firm fillet. Good around performer.



Species: Spanish Mackerel
Region: Pilbara
Wild Caught
Catch Method: Line
Fillet Size: 1kg-4kg
Tasting Notes: Cutlets or Fillets. Tasty white, soft moist flesh. Full of healthy Oils.



Species: Atlantic Salmon
Region: Tasmania
Farmed
Catch Method: Harvest
Fillet Size: 700-1200gm
Tasting Notes: Medium textured, full flavoured. Serve grilled or seared.



Species: Rankin Cod
Region: Norwest WA
Wild Caught
Catch Method: Trawl/Trap
Fillet Size: 300-700gm
Tasting Notes: Mild flavoured moist fillet. Perfect grilled..



Species: Swordfish
Region: South Coast WA
Wild Caught
Catch Method: Longline
Fillet Size: 1-2kg Loin
Tasting Notes: Firm, moist steaks. Perfect grilled.



Species: Black Bream
Region: South Coast
Wild Caught
Catch Method: Gill Net
Fillet Size: 150-300gm
Tasting Notes: Delicate white meat, flavoursome, popular in Asian style dishes.



Species: Crimson Snapper
Region: Pilbara
Wild Caught
Catch Method: Trawl
Fillet Size: 220-280gm
Tasting Notes: Robust Snapper Fillet, great fried or steamed, especially good whole.



Species: Bluespot Emperor
Region: Norwest WA
Wild Caught
Catch Method: Trawl
Fillet Size: 300-700gm
Tasting Notes: A WA favourite. Perfect for grilling or frying.



Species: Tuna
Region: South Coast WA
Wild Caught
Catch Method: Longline
Fillet Size: 1-2kg Loin
Tasting Notes: Beautiful as seared steaks or sashimi.



Species: Tropical Snapper
Region: Pilbara
Wild Caught
Catch Method: Trawl
Fillet Size: 100-300gm
Tasting Notes: Good value snapper fillet, both tasty and light on the wallet.



Species: King George Whiting
Region: Southern Waters
Wild Caught
Catch Method: Gill Net/Line
Fillet Size: 80gm-200gm
Tasting Notes: White, firm flesh. Delicate sweet flavour. High quality table fish.



Species: Cobbler
Region: Southern Estuaries
Wild Caught
Catch Method: Gill Net
Fillet Size: 100-200gm
Tasting Notes: Delicate Flesh with Tasty Sea Flavour. Delicious battered or poached.



Species: Sea Mullet
Region: Mid West and South Coast
Wild Caught
Catch Method: Gill Net
Fillet Size: 80-180gm
Tasting Notes: Strong flavour with high oil content. BBQ or grill.

Health & Seafood-Q&A

Is it true that seafood, especially shellfish, is high in cholesterol?

In the past, shellfish were excluded from low-cholesterol diets because they were believed to be high in cholesterol. New measuring techniques indicate that cholesterol levels of many shellfish are much lower than was previously thought. In fact molluscs — such as clams, oysters, scallops and mussels — were found to have a large amount of sterols, which have similar chemical structure to cholesterol. These sterols appear to have a beneficial effect because they inhibit the absorption of cholesterol eaten at the same meal. Cholesterol levels are not significant in most seafood products. Finfish are generally quite low in cholesterol; shellfish have low to moderate amounts. Cholesterol levels in crab and lobster are similar to that found in the dark meat of chicken. As shellfish contain very little saturated fat, they are typically no longer excluded from low-cholesterol diets. Saturated fats may increase the ability of dietary cholesterol to increase blood cholesterol. Typically people with normal blood cholesterol (<5.0 mmol/L) can eat seafood daily if they wish. For people with higher cholesterol levels, seafood can be consumed a few times per week if saturated fat intakes are low. Please discuss your requirements and circumstances with your physician.

Which one has more omega-3 fatty acids — tropical or temperate finfish?

Omega-3 fats keep the blood flowing properly in humans, in the same way as they do in finfish when the fish swims in colder water. Therefore, finfish caught from southern locations or in spring season tend to have high omega-3 fatty acids. Tropical fish do not have as much omega-3 fats in their fatty tissue, but they are still good sources of omega-3 fatty acids from their muscle tissue.

Which one is better — farmed or wild caught finfish?

Generally farmed finfish (such as trout and salmon) have more total dietary fat. The amount of omega-3 fat depends on the species and the oils used in fish feeds. For finfish caught in the wild, omega-3 fat levels vary according to species, the time of year, age and size. The best advice is to consume a wide variety of finfish and other seafood — both farmed and wild caught.

How much seafood do we need to eat to get enough omega-3 fats?

Currently Australia does not have recommendations for omega-3 fat intake. A report from the UK Department of Health recommends that the intake of marine omega-3 fatty acids should be at least 210 milligrams per day. Depending on the species consumed just 60 grams of canned or smoked fish should achieve this amount.

How do omega-3 fatty acids protect against heart disease?

Research suggests that omega-3 fatty acids from seafood protect against heart disease in a number of different ways:

- They inhibit the formation of blood clots (thrombi). This is important because most heart attacks result when blood clots get stuck in blood vessels leading to the heart or brain.
- They may prevent heartbeat abnormalities, thereby protecting against sudden cardiac arrest, a major cause of death from heart disease.
- They reduce triglycerides, a type of fat in the blood which, when raised, increases the risk of heart attacks.
- They can reduce blood pressure as a risk factor for heart disease.
- They may retard the growth of plaques that narrow arteries leading to the heart.

Should pregnant women eat seafood?

For pregnant women, there are many benefits associated with eating seafood. Apart from the benefits supplied to the mother, many components in seafood are important for development of the foetus — such as protein and its amino acids, omega-3 fats, iodine and calcium. All seafood contains mercury, which could have harmful effects if the intake is high. Pregnant women should avoid species containing high levels of mercury such as Swordfish. Generally the amount of mercury in most seafood is very low, and since most people eat only moderate amounts of seafood the benefits of eating seafood far outweigh the risk posed by the small amounts of mercury. Regulations are also in place that set a limit on the amount of mercury that can be present in fish that is sold. The amount of mercury in a fish depends on how long it lives and what it eats — so the big, long living or predatory finfish tend to accumulate more mercury. Food Standards Australia New Zealand (FSANZ) has therefore recommended the number of serves of seafood that can be eaten safely, taking this factor into account. Pregnant women should consult their local doctor for advice relating to their own circumstances.

Note, Kailis Bros are not medical experts, individuals should consult their medical practitioner for any information regarding seafood and their health.

Did you know?

Tough Fish Syndrome

Did you know that on a rare occasion, you may buy certain fish that are affected by Tough Fish Syndrome (TFS). Only recently understood, TFS cannot be picked up by your local fish monger or seafood merchant on their trading floor. TFS bears no relation to the visual or otherwise condition of a fish and only once cooked you will discover the problem. Once cooked, a fish affected by TFS will have a texture that is tough and rubbery. It is unlikely in mild cases you will notice the difference. Although TFS has been known anecdotally by regular seafood consumers, its rare nature and its impossible pre-cooking diagnosis, means you will probably never encounter TFS, but it is prudent that fish distributors inform their customers that it could be an issue. While we hope you never encounter TFS in a Kailis Bros product, we hope this might help explain while a seemingly perfect looking fresh fish might not meet your product expectations. Species commonly effected include Red Emperor, Crimson Snapper and Saddletail Snapper.

How you cook your seafood will affect the nutritional content of the final dish.

The best ways to maintain the healthy benefits of Seafood is by minimising omega-3 fat loss. The best methods to avoid omega-3 fat loss are by steaming, microwaving, grilling or baking your product. The health benefits of fish maybe negated by cooking in high saturated fats or by adding larger amounts of salt.

What's the difference between a Lobster, a Rocklobster and a Crayfish?

True Lobsters, common in Europe and North America, have large edible front nippers and are only found in the Atlantic Ocean. Their Australian relations, with much smaller front claws, are Rocklobsters, though they're often mistakenly called 'lobsters' or 'crayfish' and are known as spiny lobsters in other parts of the world. Crayfish, the freshwater relatives of Lobsters and Rocklobsters (called crawfish in the USA), are much smaller and found in rivers, dams and lakes. Yabby, Marron and Redclaw are the most common varieties. Slipper Lobster is another name for Balmain or Moreton Bay Bugs.

Australia has the world's third largest fishing zone, extending up to 200 nautical miles out to sea (Dept: Agriculture, Fisheries and Forestry)

Australia's commercial fishing and aquaculture industry is worth over \$2 billion annually and employs around 16,000 people.

An estimated 3.36 million Australians, aged 5 years or older, went recreational fishing at least once during a year, representing a national recreational fishing participation rate of 19.5%

Note, your health is specific to you and you should seek your own medical advice from a qualified professional. The information provided is very general in nature and readers should seek independent medical advice.