BE SMART
EAT FISH

A LITTLE MONEY
BUYS A LOT OF FISH

SmartFish
Secure Fisheries
Secure Futures

Indian Ocean Commission

Co-Implemented by
Food and Agriculture
Organization of the
United Nations

Funded by the European Union
A little MONEY buys you a lot of GOODNESS

Dried fish is not only one of the most nutritious foods you can find, it also costs less than most other forms of animal protein. Small fish in particular are usually cheaper than larger fish, and yet they are an even better source of proteins, minerals and vitamins for the whole family.

A little fish goes a long way

Large fish are usually purchased whole, and therefore can be quite expensive. Small dried fish can be purchased in small portions making them more affordable for families with limited budgets.

A bowl or handful of small dried fish can be divided between all household members, so that women, children and the elderly get a reasonable portion.

Small fish can be available throughout the year by drying them during the peak fishing season and storing them for year-round consumption. This makes them a particularly important form of high-quality nutrition when other forms of food are either not available or are expensive.

Small fish tend to be caught and traded by artisanal fishers and local traders, while larger fish are often transported large distance and may even be imported from other countries, like China or Namibia. Buying local products benefits the local economy.

The nutritional value of fish by-products like the heads, skeletons and organs of large fish such as tilapia, breams and Nile perch, are usually cheaper than whole fish or even small fish. Yet they are a very good source of many nutrients that are especially valuable for the development and growth of children. If these by-products are available they can be made into nutritious fish stock or soup. Ground up dried fish powder can be added to your favourite dishes to make them more nutritious and tasty.

Fish is cheap - so good to buy!

This is an activity of the IOC-SmartFish programme, co-implemented by FAO