

Grab
this

Fish Tale

Check the
advisory!



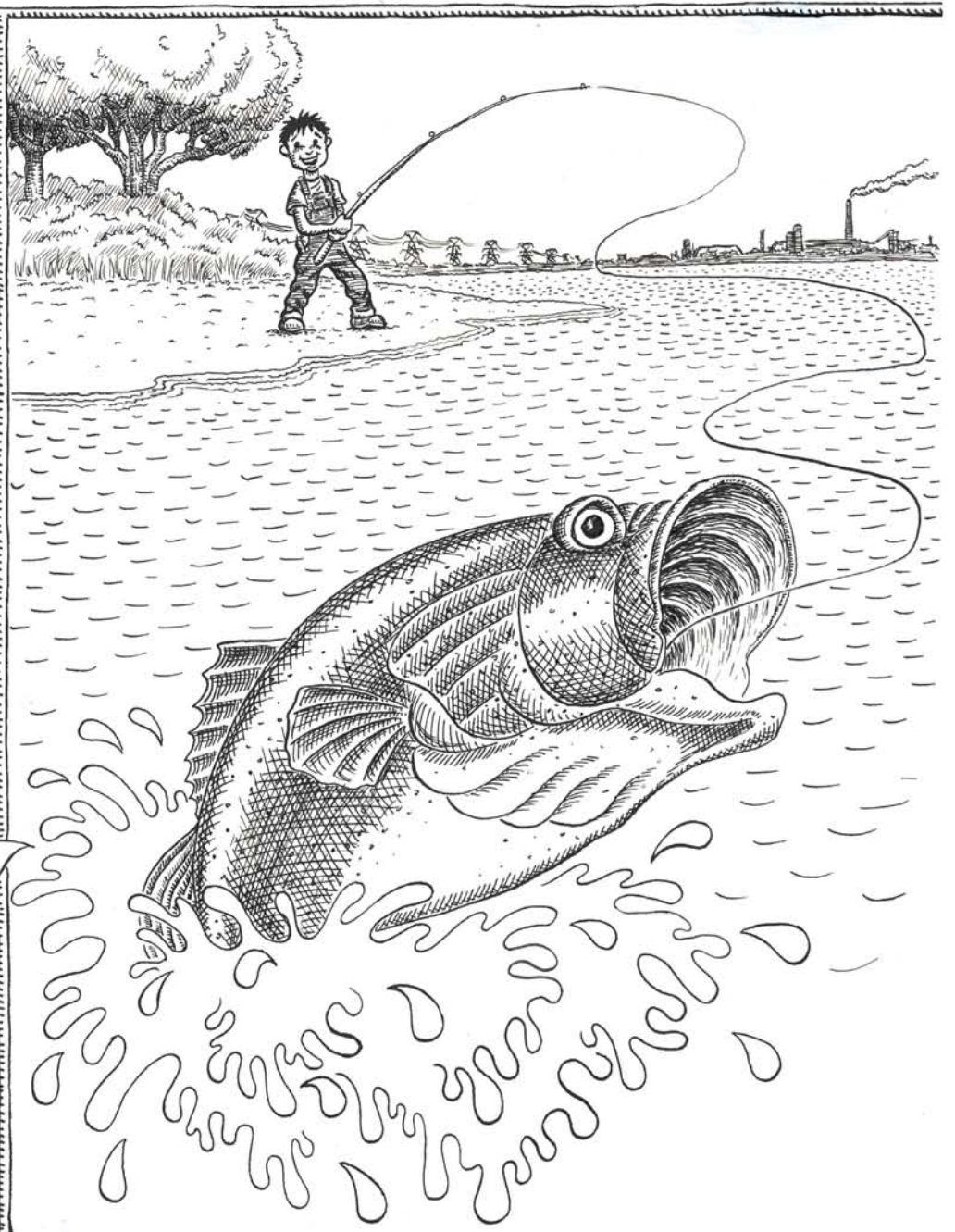
Cut out the
fat!



Bake,
broil or
grill!



Portion size
matters!



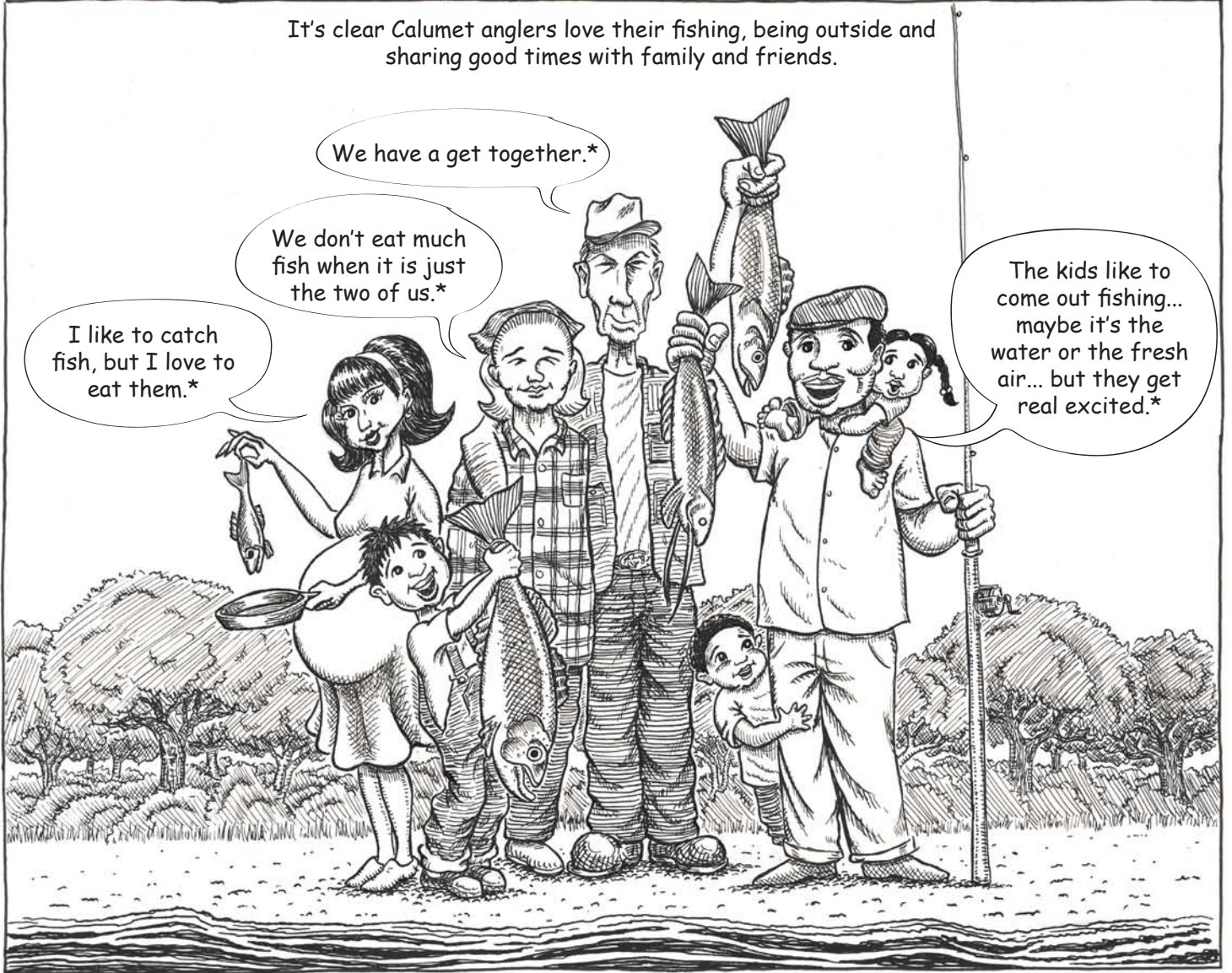
It's clear Calumet anglers love their fishing, being outside and sharing good times with family and friends.

We have a get together.*

We don't eat much fish when it is just the two of us.*

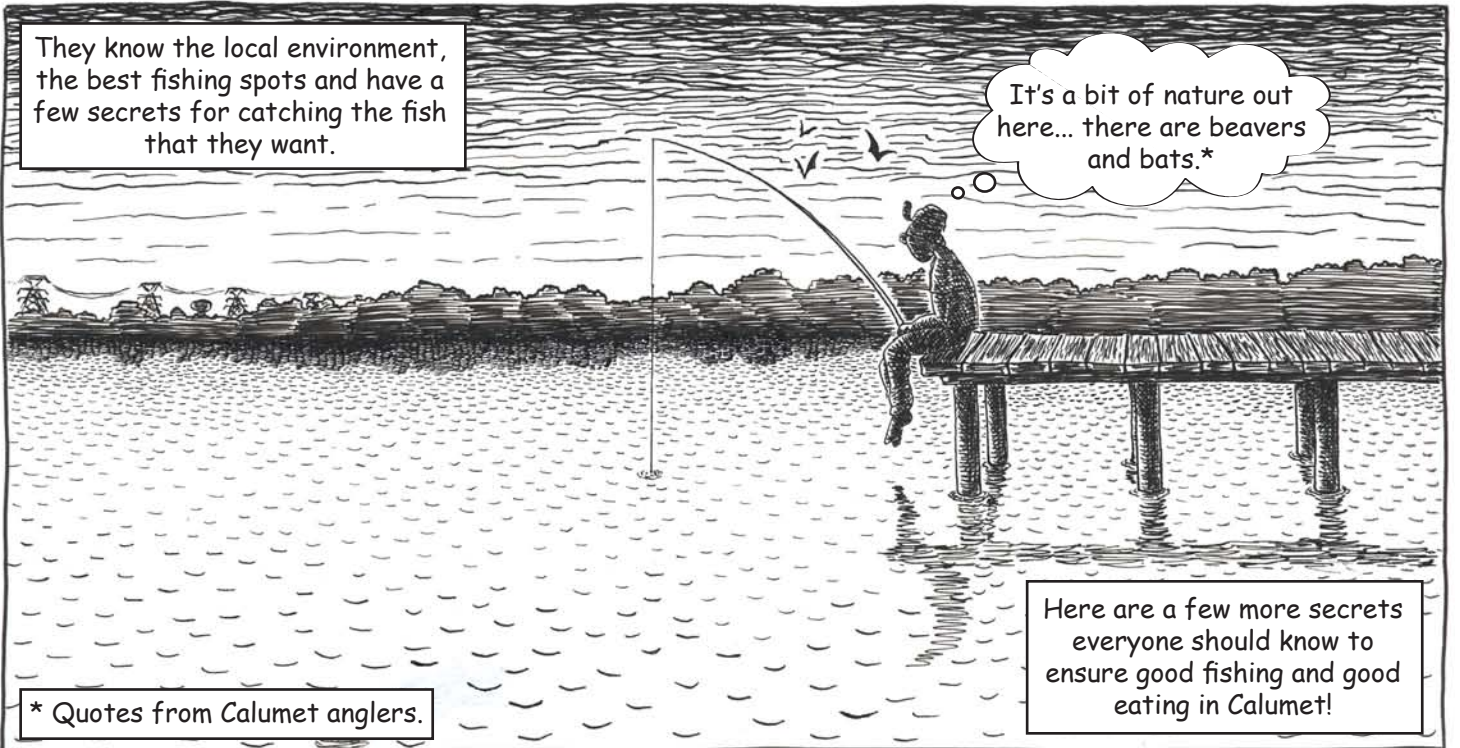
I like to catch fish, but I love to eat them.*

The kids like to come out fishing... maybe it's the water or the fresh air... but they get real excited.*



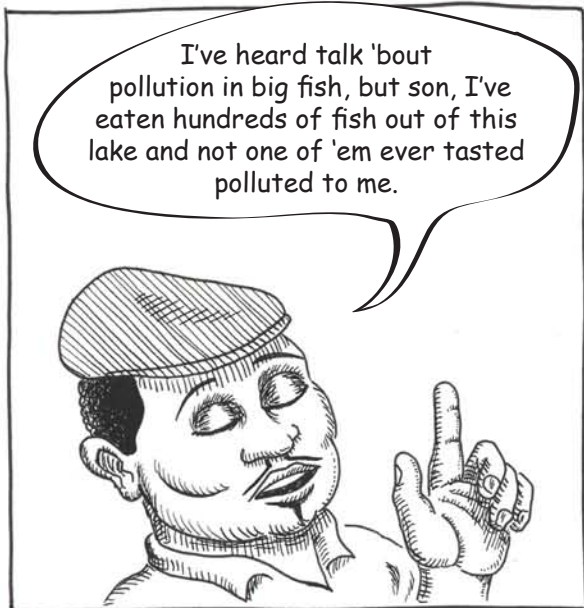
They know the local environment, the best fishing spots and have a few secrets for catching the fish that they want.

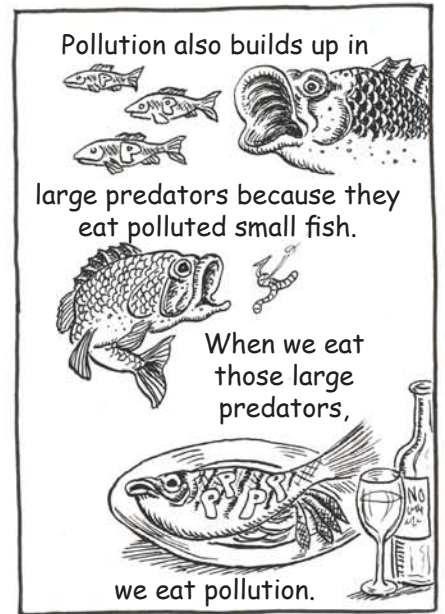
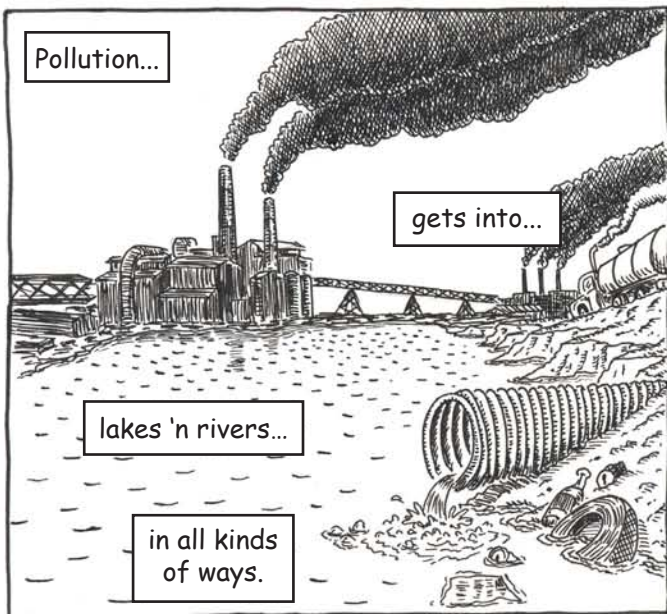
It's a bit of nature out here... there are beavers and bats.*

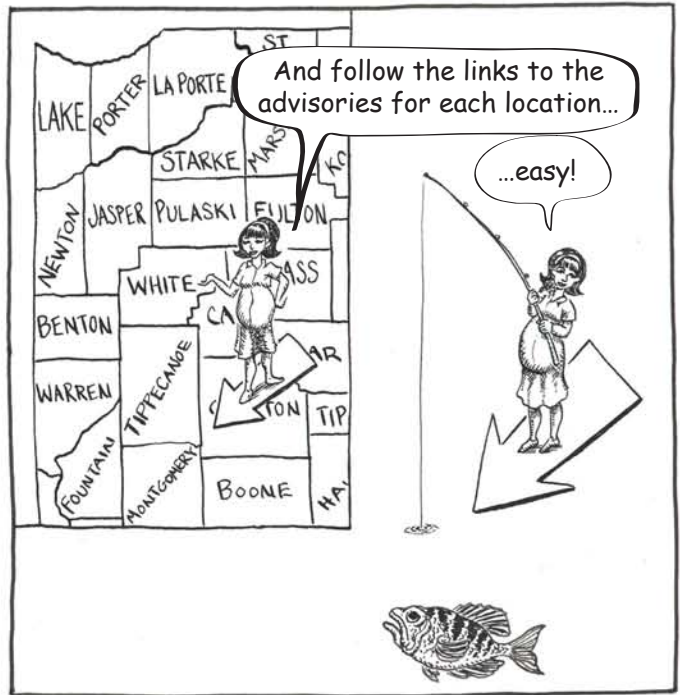
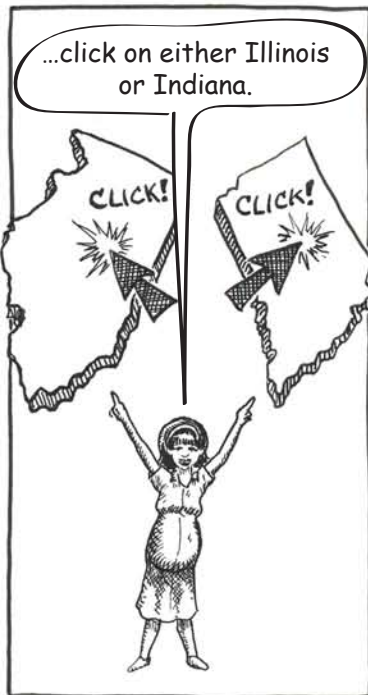
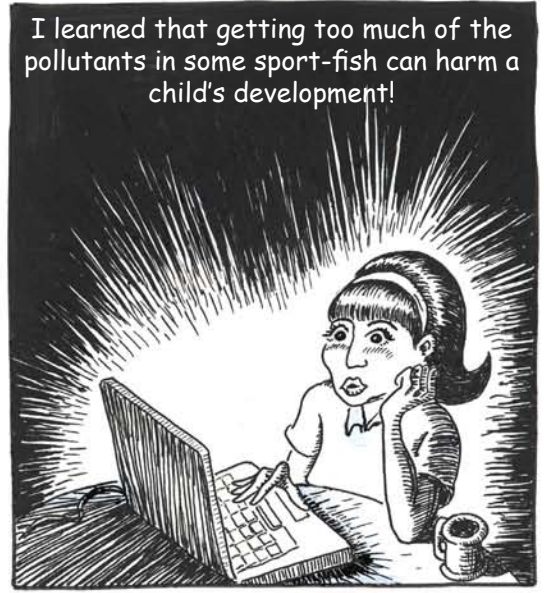


Here are a few more secrets everyone should know to ensure good fishing and good eating in Calumet!

* Quotes from Calumet anglers.







Water	Fish Species	1 meal/week	1 meal/month	6 meals/year	Do Not Eat
Wolf Lake	Carp		All Sizes		
Cook County	Channel Catfish	All Sizes			



What exactly does the chart mean by one meal a week, a month or six times a year?

Well for example, take carp from Wolf Lake... if Manny or I ate a meal of it, then we should not eat any other sport fish for a full month.

UNLISTED FISH MEAL FREQUENCY for young women and children

IN	IL
1 Meal per Month	1 Meal per Week

Also, if a fish is not listed in the advisory, that does not mean unlimited eating...right Manny?



So is that all you need to know?



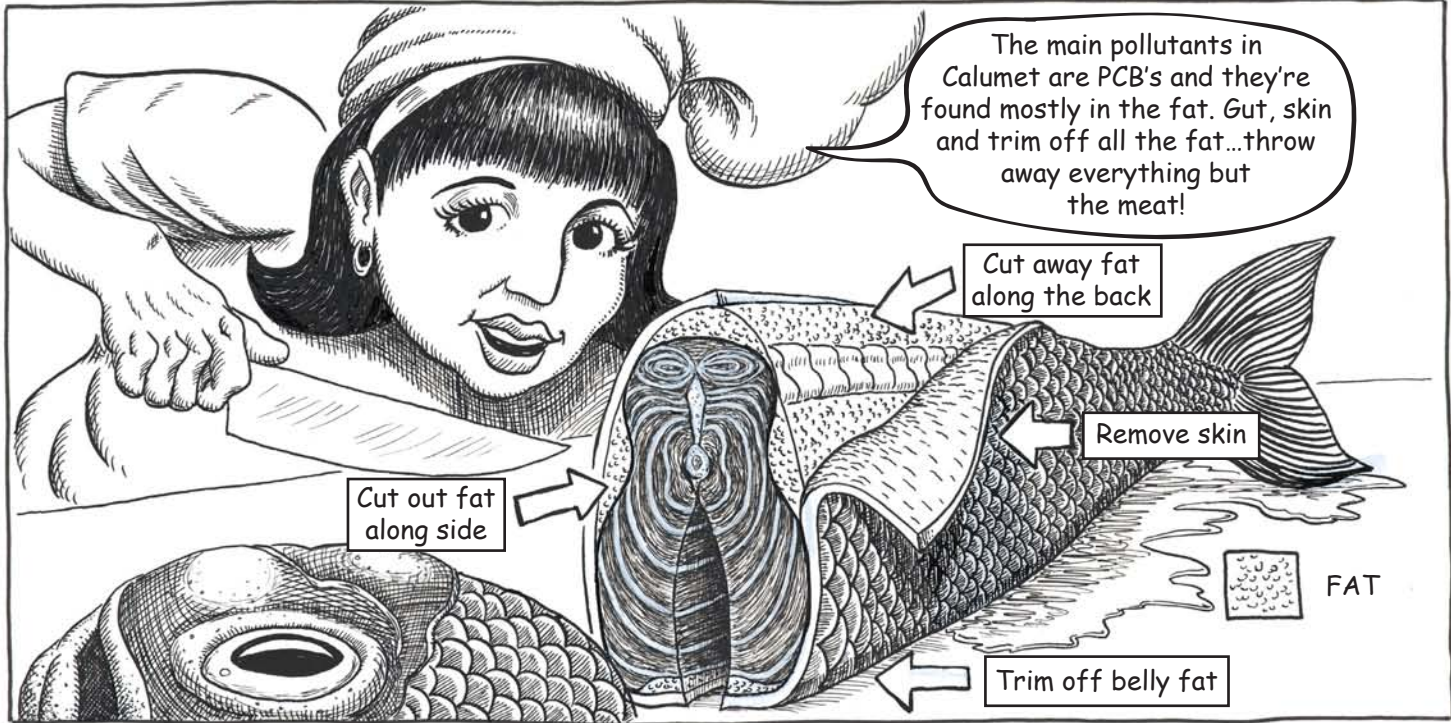
Not quite...the advisories are not protective enough if you don't prepare your fish right.

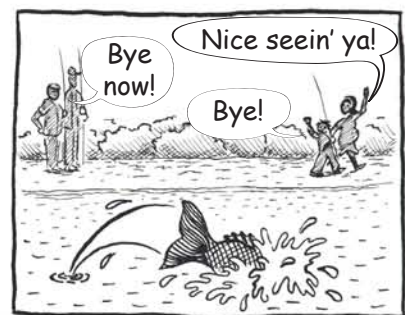
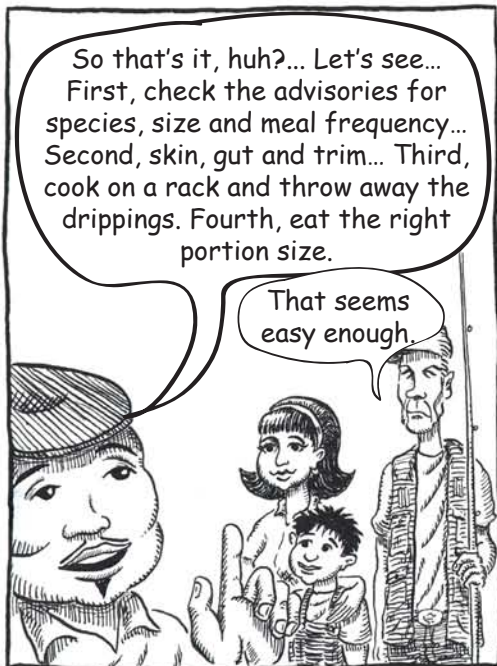
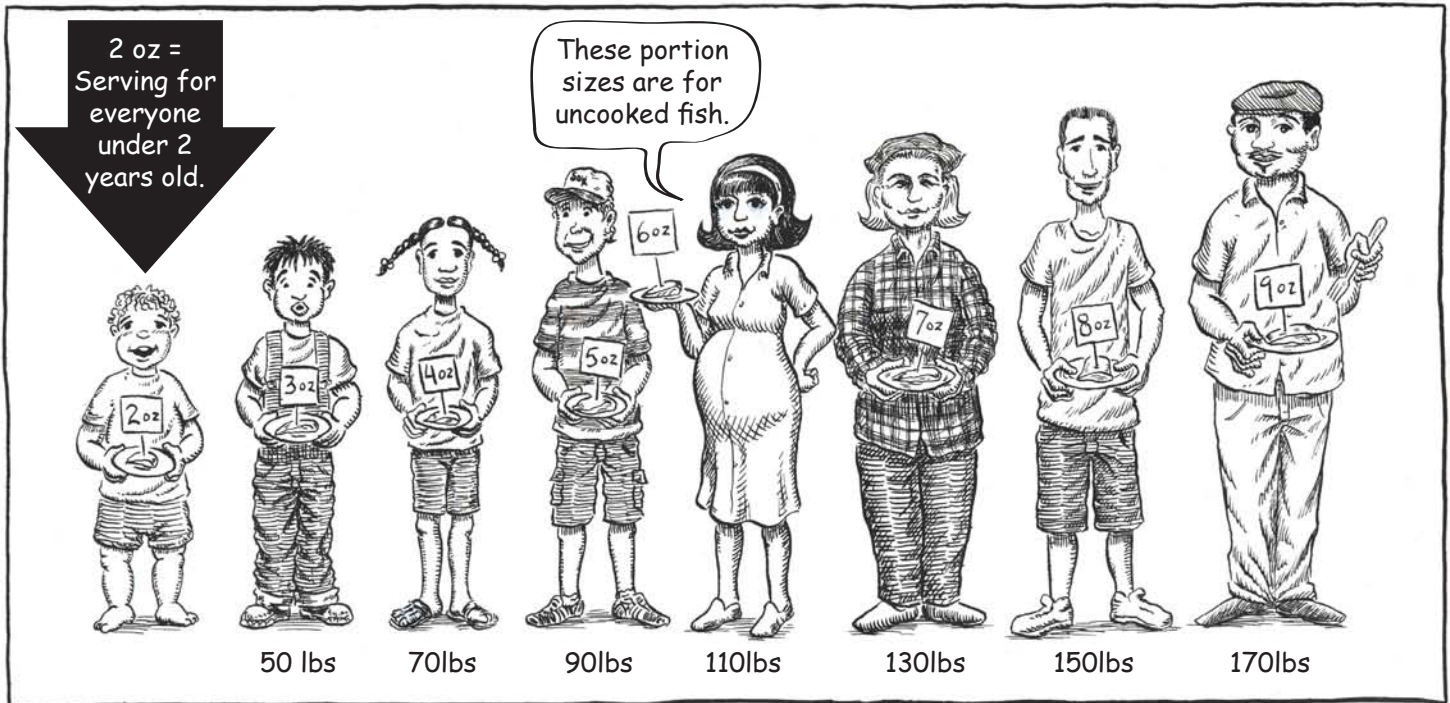
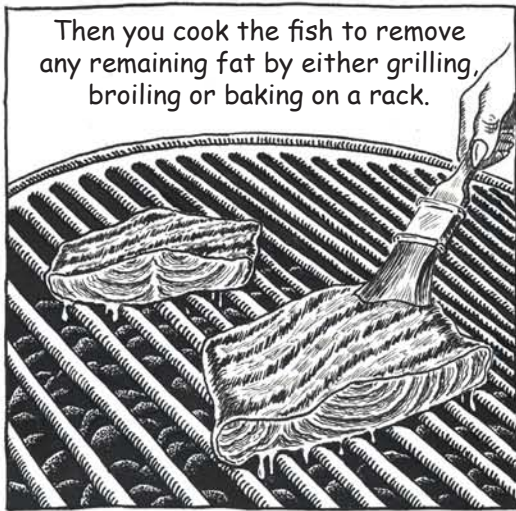


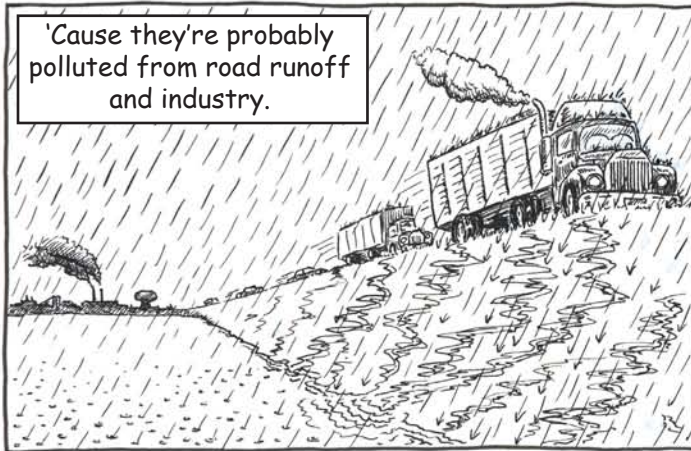
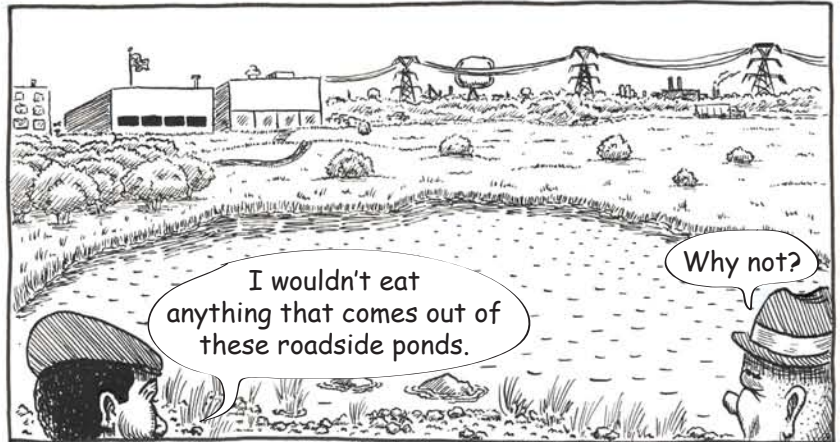
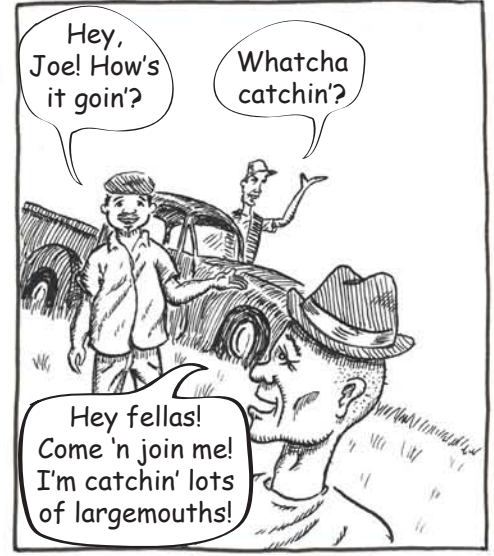
But that's part of the fun... I looove cooking!

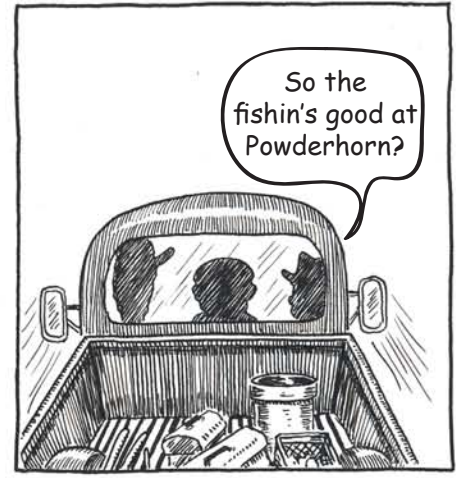
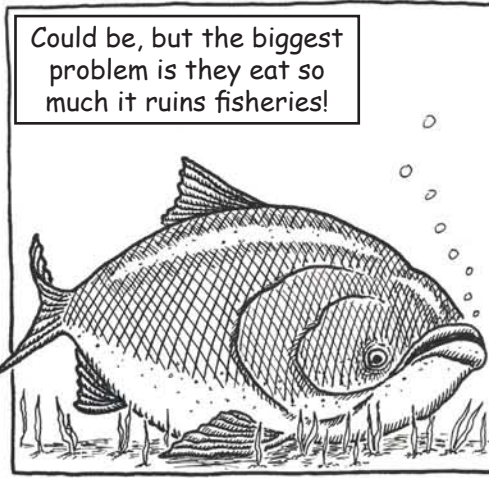


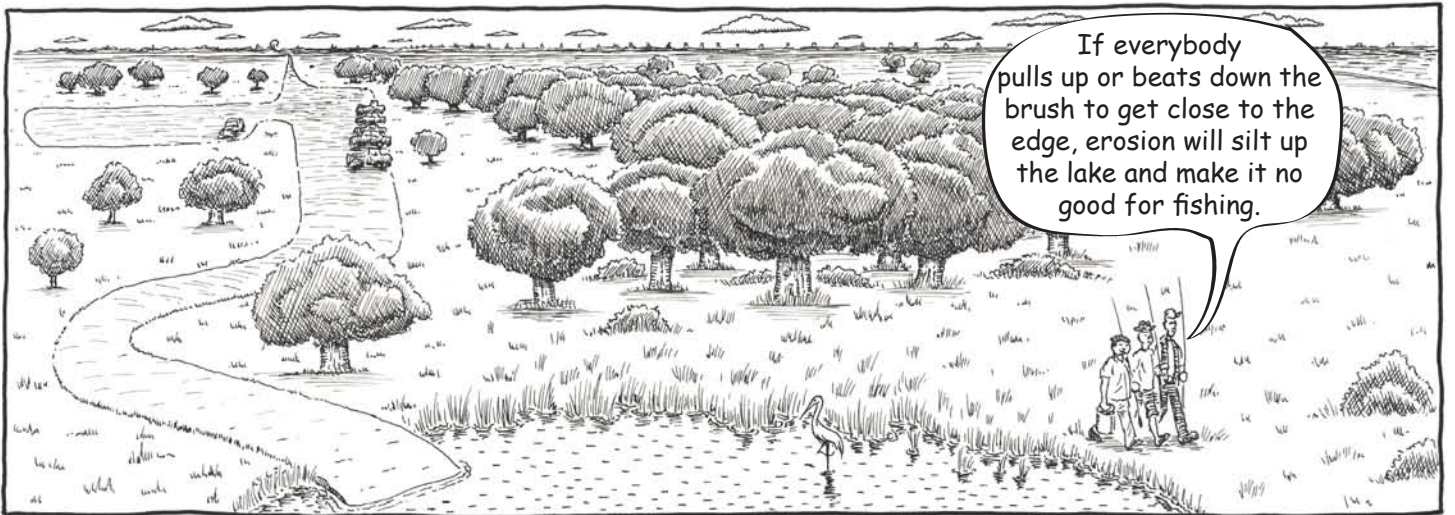
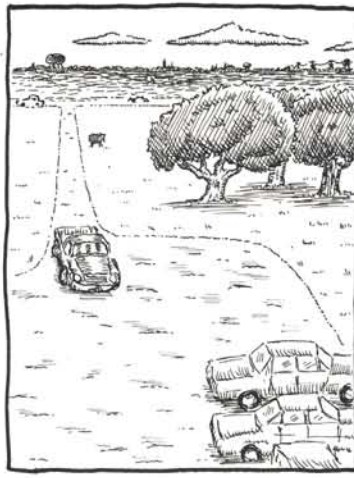
Tell us more! Right on!

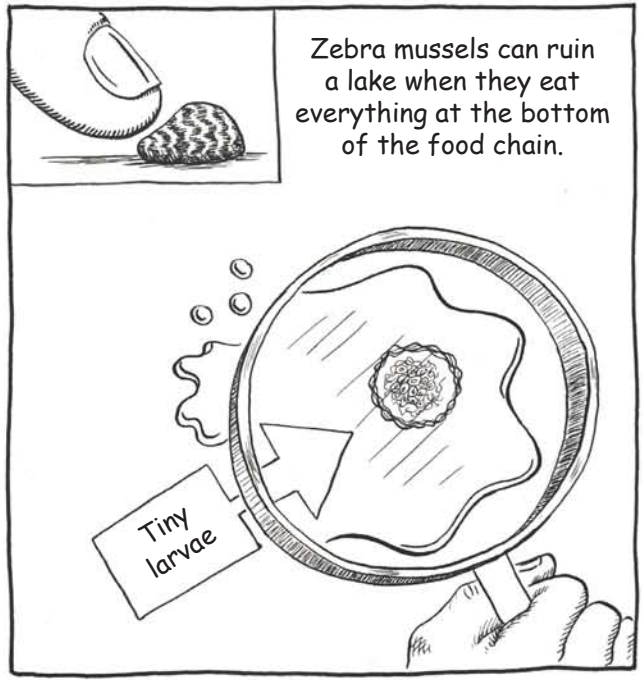
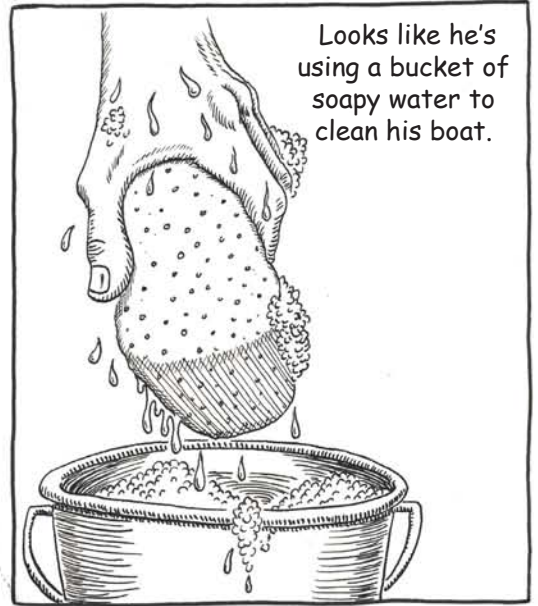












Sources of...

Meal Advice and Health Information for Eating Sport Fish

Different sources sometimes make very similar points in different ways - they may even sound like they don't agree. Don't worry; follow the one that makes the most sense to you.

"Fish4Health.net"

<http://fn.cfs.purdue.edu/fish4health/>

- Meal advice for Illinois, Indiana, and most other states
- Información en Español
- Fish cleaning and preparation videos
- Meal advice for the fish you buy

Illinois Department of Natural Resources:

<http://dnr.state.il.us/fish/digest/> (2010 Illinois Fishing Information)

- Available in print where fishing licenses are sold

Indiana Department of Health:

<http://www.in.gov/isdh/23650.htm>

- Link to the Environmental Protection Agency (EPA) website for interactive learning

Much in the comic is based on The Field Museum's participatory research with Calumet Anglers and their families in the summers of 2002 and 2003. Find the research report at www.humanecologyreview.org/pastissues/her151/westphaletal.pdf.

Questions or comments?

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