



Take part in our #SeafoodMonthChallenge in October for a chance to win an expedition cruise for two!

Prizes include wine glasses from the Monterey Bay Aquarium, \$500 gift cards to Whole Foods Market, meal kits from Blue Apron, \$100 Disney gift cards and a grand prize of cruise packages from Lindblad Expeditions.

WEEKLY SEAFOOD THEMES FOR OCTOBER



Fish Taco
Oct. 1 - 7



Bivalves (clams, mussels,
oysters, scallops) Oct. 8 - 14



Seafood Pasta
Oct. 15 - 21



Finfish
Oct. 22 - 28

Celebrate National Seafood Month by posting one seafood dish each week:

1. Create a sustainable seafood dish that fits our weekly theme and snap a photo.
2. Post your photos each week to Facebook, Instagram or Twitter.
Photos must be posted by midnight (PDT) on Sundays (Oct. 7, 14, 21 & 28).
Winners will be announced each following Monday.
3. For us to receive your entry, tag **@seafoodwatch** and **#SeafoodMonthChallenge**.

Required: Be sure your recipe includes information on where the seafood is from and its Seafood Watch rating. For example: U.S. farmed catfish po'boy, Seafood Watch Best Choice. Consult the free Seafood Watch app or SeafoodWatch.org for ratings.

Required: Be sure your social media profile is public.   

We'll select two winners each week—one professional chef and one at-home chef who post the most appealing photo representing that week's theme. Winners will be notified on the social media platform where the entry was submitted.



LEARN MORE: go.mbayaq.org/seafoodmonthchallenge • Questions: email seafoodwatch@mbayaq.org
SeafoodWatch.org