

## HOW TO COLLECT A FISH SAMPLE ?

This kit contains enough materials to collect samples from two different types of fish for DNA testing. These samples will be preserved by drying them with the desiccant beads already inside the vials [DO NOT EAT THE DESICCANT BEADS!].

### **STEP 1: Buying the Seafood**

Please review your Welcome Letter for the type of fish we are most interested in collecting in your region. The best type of fish for DNA testing would be a sample of raw, frozen, steamed or broiled fish before sauce or cream is applied.

**Please bring your « Data Sheet » with you to record information about the fish you buy.**

#### **Are you going to the grocery store or a fishmonger's shop ?**

You'll **need to bring:**

- Data sheet
- Pen or pencil

Then, prepare **the sample at home (Step 2)**.

#### **Are you going to a restaurant or a suhi bar ?**

**You'll need to bring:**

- One small zip bag per sample or an aluminium foil
- Data sheet
- Pen or pencil
- Camera or smart phone (to take a picture of the menu or fish)

#### **At the restaurant**

Take a sample the size of about a **marble** from the center of your fish serving and place it in the bag.

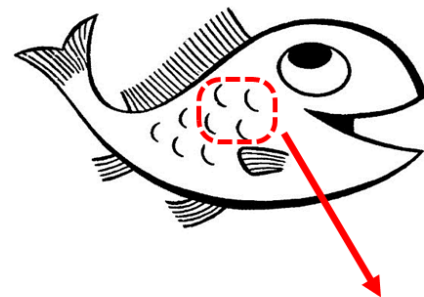
Then, prepare the sample at home (Step 2).

If you do not have time to immediately prepare your sample kit, please **refrigerate your fish (for less than 24 hours)** or freeze if holding your sample for more than one day before preparing it to send back to the laboratory.

### **STEP 2: Preparing Samples at Home to Send to Oceana**

#### **A. Materials Needed**


- testing kit
  - your welcome letter
  - your instructions sheet
  - one numbered vial with desiccant beads (drying material)
  - one double-sided Data Sheet
  - one instruction sheet: "How to be a Seafood Sleuth"
- One sharp knife and fork
- Clean surface or aluminum foil
- Camera or smart phone to take pictures of fish label (package or menu)
- Un couteau coupant et une fourchette
- Une surface propre ou une feuille d'aluminium
- Un appareil photo ou un smartphone pour prendre en photo l'étiquette du le poisson (ou emballage), et le ticket d'achat.



## B. Preparing Each Sample

***It is very important to avoid contamination of your sample by another type of seafood.*** Please keep all other kinds of fish and seafood away from your hands and materials while preparing the sample. Wash the material and your hands between each sampling.

**We need a small piece of flesh of each sample of each type of fish (see illustration).**

1. Take a numbered vial
2. **Wash** your hands and the knife and fork very well in hot, soapy water and rinse thoroughly with fresh, hot water.
3. Rinse your piece of fish in cold water and **dry** with a paper towel.
4. Place fish on a clean piece of aluminum foil or other clean surface.
5. **Cut** two pieces of the fish, each about the **size of a marble**. If you have a larger piece of fish purchased from a grocery store or restaurant, take your sample from the center of your fish.  
*Use this picture, at scale, as a guide.* → 

Note: This size sample should fit easily inside the vial.

6. Put one marble-sized piece of fish in the vial and cap it securely.
7. **Shake** the vials to cover the fish samples with desiccant beads.
8. Place the vial in the prestamped ("T" letter). You can keep it at room temperature until you are ready to send it by regular mail.

For Fish Sample #2 (if you have one) **make sure to thoroughly wash your hands and utensils and use fresh foil.** Then repeat steps 1-8.

## C. Mailing the Samples

- Place the vials in the T envelop and put it in the mailbox !

## STEP 3: Fill the online form

**For the a successfull study, it is essential that you fill the online form with the data you gathered on the fishes. The samples are sent directly to the lab for DNA analysis, so the informations about them will be sent to Terra eco/Oceana thanks to the online form.**

- Go to <http://forms.oceana.org/seafood-fraud-action>
- Fill the online form with all the informations gathered during the purchase and noted on the Data Sheet ;
- Add the pictures if necessary. Rename them « XXXXa » (where XXXX is the number of the samples and « a, b or c » the picture set relative to the sample -if you have many) ;
- klik on « send »

Thanks for your contribution !