



## Good Chop

Good Chop delivers high-quality, all-American proteins directly to your doorstep. Choose from USDA Choice & Prime beef cuts, wild-caught seafood, organic chicken, heritage pork and so much more. All of our products come from American family farms and fisheries, and are free from anything unnatural: no antibiotics, no added hormones, no additives, and no coloring.

2023

Total Number of Wild-Caught Species	Number of Certified Wild-Caught Species	Percentage of Fisheries Managed or Well Managed
6	5	100%
Production Methods Used		
<ul style="list-style-type: none"> <li>• Bottom trawl</li> <li>• Dredge</li> </ul>	<ul style="list-style-type: none"> <li>• Gillnets and entangling nets</li> </ul>	<ul style="list-style-type: none"> <li>• Longlines</li> </ul>

## Summary

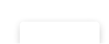
Good Chop sources seafood that's wild-caught off the U.S. coasts or raised in American aquaculture farms. We're serious about bringing you the real deal—you'll never find artificial ingredients, colorings, added hormones, or antibiotics in any of our seafood selections.

Environmental sustainability is extremely important to us. Overfishing is a serious threat to our oceans and species, which is why we only partner with responsible fisheries that carry an eco-certification (MSC, ASC or BAP) or are green or yellow-rated by Seafood Watch. These third-party organizations work to restore wild fish populations and their ecosystems by ensuring fisheries only fish healthy stocks and keep their impact on other species and the broader ecosystem to a minimum.

This profile covers all wild-caught seafood sold by Good Chop in 2022.

<https://www.goodchop.com/>

## Associated Fisheries





Google

Map data ©2024

Species and Location	Production Methods	Certification or Improvement Project	Sustainability Ratings	Notes
 <p><b>American sea scallop</b> <i>Placopecten magellanicus</i></p> <p><b>US Atlantic - Mid-Atlantic Bight</b></p> <p>Fishery countries: United States</p>	Dredge	Certified	<p><b>FishSource</b> Well Managed</p> <p><b>Seafood Watch</b> Eco-Certification Recommended</p>	<p>▼</p>

### Environmental Notes

- This fishery is unlikely to impact endangered, threatened and protected (ETP) species.
- This fishery is unlikely to have significant impacts on bycatch species.

- Dredges will directly impact on the sea bed, but the fishery is considered highly unlikely to reduce habitat structure and function to a point where there would be serious or irreversible harm.

## General Notes

### References

[Marine Stewardship Council, US Atlantic sea scallop](#)

[Seafood Watch, Sea scallop, United States, Northwest Atlantic Ocean, Boat dredges, Marine Stewardship Council Certified US Atlantic sea scallop Fishery](#)



### Pacific cod

*Gadus macrocephalus*

### Gulf of Alaska

Fishery countries:

United States

Longlines

Certified

**FishSource**  
Well Managed

**Seafood Watch**  
Eco-Certification  
Recommended



## Environmental Notes

- There is a well-developed strategy in place for managing impacts on bycatch Endangered, Threatened and Protected (ETP) species. There is occasional incidental mortality and serious injury of marine mammals with the Stellar sea lion as the main marine mammal at risk.
- Bycatch of seabirds is considered low.
- This fishery is unlikely to have a significant impact on the sea bed.

## General Notes

### References

[Marine Stewardship Council, Alaska Pacific cod - Gulf of Alaska](#)

[Seafood Watch, Pacific cod, United States \(Alaska\), Northwest & Northeast Pacific Ocean; Longlines, Pots, Bottom trawls; Marine Stewardship Council Certified BSAI and GOA Pacific cod](#)



### Pacific halibut

*Hippoglossus stenolepis*

### NE Pacific

Fishery countries:

United States

Longlines

Certified

**FishSource**  
Well Managed

**Seafood Watch**  
Eco-Certification  
Recommended



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## Environmental Notes

- There are risks to seabirds with this fishery, but there are mitigation measures in place.
- Bycatch is a risk for this fishery, but there is insufficient data available to assess significance.
- This fishery is unlikely to have a significant impact on the sea bed.

## General Notes

### References

[Marine Stewardship Council, US North Pacific halibut and sablefish](#)

[Seafood Watch, Pacific halibut, United States, Northeast Pacific Ocean, Longlines, Marine Stewardship Council Certified US North Pacific halibut and sablefish](#)

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**Rockfish**  
**(multispecies)**  
*Sebastes spp.*

**US West Coast**

**Fishery countries:**  
United States

Bottom trawl

**Certified**

**FishSource**  
Well Managed

**Seafood Watch**  
Eco-Certification  
Recommended



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## Environmental Notes

- Profile not yet complete.

## General Notes

### References

[Marine Stewardship Council, US West Coast limited entry groundfish trawl](#)

[Seafood Watch, Rockfish, United States, Otter trawls, Marine Stewardship Council Certified US West Coast limited entry groundfish trawl Fishery.](#)

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### Sockeye salmon

*Oncorhynchus nerka*

Alaska

Fishery countries:

United States

Gillnets and  
entangling nets

Certified

**FishSource**  
Well Managed

**Seafood Watch**  
Eco-Certification  
Recommended



#### Environmental Notes

- This fishery is unlikely to impact ETP species.
- Bycatch for this fishery is considered low.
- This fishery is unlikely to have a significant impact on the benthic habitat.

#### General Notes

#### References

[Marine Stewardship Council, Alaska salmon](#)

[Seafood Watch, Sockeye salmon, United States \(Alaska\), Northeast Pacific Ocean, Marine Stewardship Council Certified Alaska salmon Fishery.](#)



### White shrimp

*Penaeus setiferus*

Northern Gulf of  
Mexico

Fishery countries:

United States

Bottom trawl

Not certified or in  
a FIP

**FishSource**  
Managed

**Seafood Watch**  
Good Alternative



#### Environmental Notes

- There is potential for turtle interactions with this fishery, but turtle excluder devices (TEDs) are fitted to nets for protection.
- Bycatch is a risk for this fishery, but there are mitigation measures in place.
- Habitat impacts are a moderate concern because shrimp fishing takes place largely over sandy or muddy bottom habitats.

## General Notes

## References

[Seafood Watch, White shrimp, United States, Gulf of Mexico, Bottom trawls](#)



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