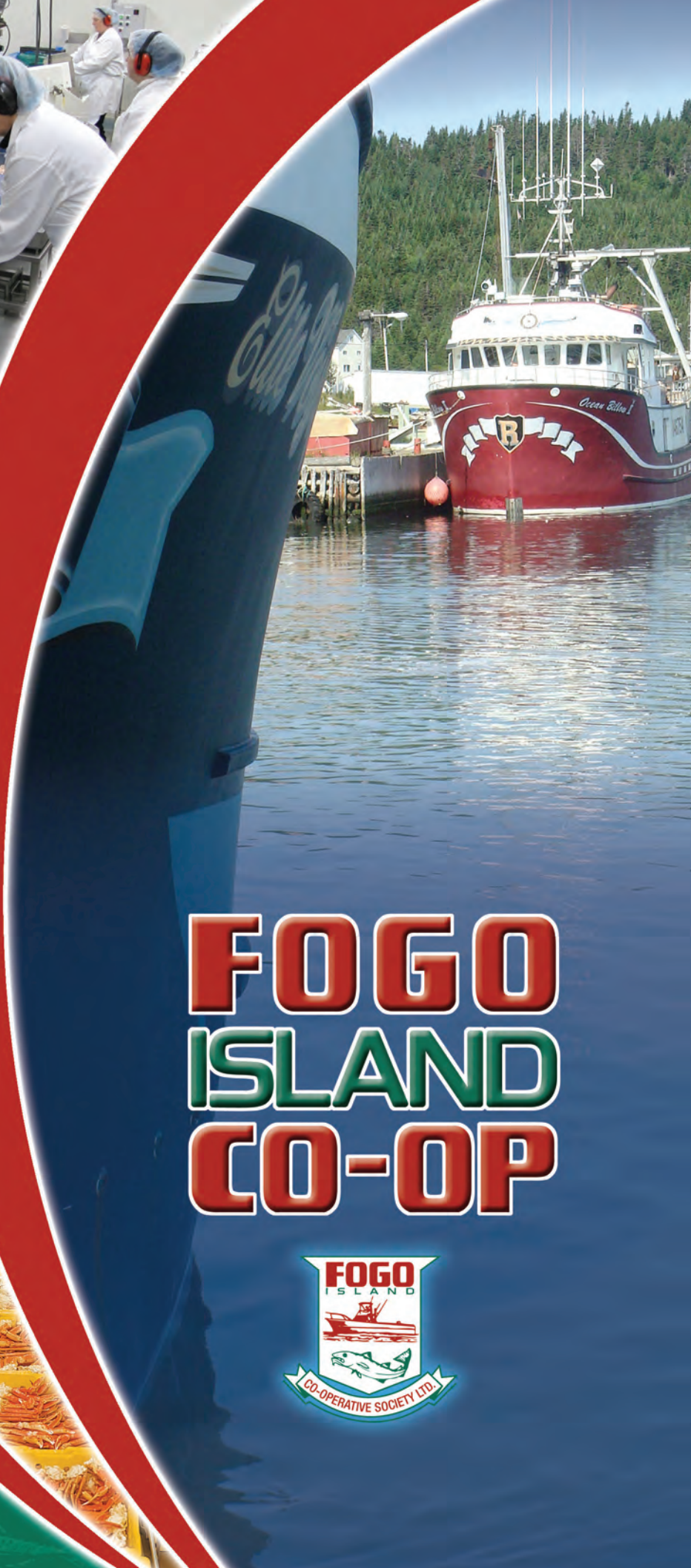




FOGO ISLAND CO-OP



Fogo Island Co-operative Society Ltd.

Anchored in the cold waters of the North Atlantic Ocean, off Newfoundland's rugged North East Coast, the Fogo Island Co-operative Society Limited remains committed to providing a quality living to its fisher and processor membership. In 1967, the residents of Fogo Island had to make a life-altering decision. Leave our beloved island home and resettle on the mainland of Newfoundland and Labrador, or stay and find a way to develop a long-term, sustainable community. We stayed and turned to what we knew best for hundreds of years - the sea and its renewable natural resources.

Following a process of community self-discovery, known worldwide as the "Fogo Process", our fishers formed the Fogo Island Co-operative Society Ltd., a community-based enterprise on which we built the economy of our island. We built more efficient, larger fishing vessels; we reactivated processing facilities abandoned by private enterprise and we invested in new process technology and quality systems; we invested in infrastructure to support our primary industry, including our own product development laboratory, fabrication facility and a marine services center; and provided opportunities for members to receive training, special skills development and continuous quality assurance initiatives. We promoted our Co-operative model, our quality seafood and focussed on the development of international markets.

The Fogo Island Co-op has not only survived through some very turbulent times in our fishery, it has thrived for over 45 years. We have remained resilient and are focussed on future opportunities for fishers, employees and communities. We are strong and we are re-inventing ourselves again.

Strategically located and surrounded by the richest fishing grounds in the world, the Fogo Island Co-op offers a stable and reliable supply of high quality wild and natural seafood products. We process shellfish products including snow crab, cold water shrimp, and lobster; groundfish products including Greenland halibut (turbot), Atlantic cod, lumpfish roe; and pelagic products including mackerel, herring and capelin. Over the past ten years the Fogo Island Co-op has developed an inshore harvesting and processing fishery for Atlantic Sea Cucumber. A fleet of modern multi-specie inshore fishing vessels supply quality seafood to three processing facilities in Fogo, Joe Batt's Arm and Seldom. With long-term customers in Canada, the United States of America, Japan, China, Taiwan, South Korea, Denmark, the United Kingdom and Europe, the Co-op has a diversified market. The Co-op has developed a rock-solid reputation for their business ethics, honesty, integrity, pride in performance and unsurpassed product quality. We have not forgotten our roots, we embrace the challenges of the present and we are focussed on the future with renewed energy.



Our quality assurance program is based on the internationally recognized Hazard Analysis and Critical Control Point (HACCP) system and a stringent quality-monitoring program from harvesting to delivery of customer ready products. Our fishers and entire production team are trained in principles of seafood quality, sanitation and hygiene. In addition to employing harvesting quality control and monitoring, we provide ice, insulated containers and refrigerated rapid transportation systems to ensure delivery of premium quality products. We have invested in modern processing technology, equipment and freezing systems to ensure that the “Fogo, Ocean Select and Ocean Elite” brands meet customer specifications. Our government registered facilities and finished products are inspected by the Canadian

Food Inspection Agency (CFIA) to ensure compliance with processing regulations. This government agency conducts annual HACCP system verification and provides Certificates of Health, Origin and Hygiene for our international customers. Our quality assurance system is continually being upgraded to higher standards and incorporates principles of best practices, good manufacturing practices (GMP) and product traceability. We encourage our customers to visit our facilities, along with third party auditors and international quality agencies which can provide process certification.



Quality
is in our nature



Environmental Sustainability



The Fogo Island Co-operative Society Ltd. recognizes the importance of maintaining the ocean environment in a pristine, natural condition. We support environmental programs and socially responsible harvesting and processing practices. The ocean ecosystem is diverse and our fishing activities must not disrupt the natural balance and interaction of various species. By protecting our ocean ecosystem we are contributing to the long-term sustainability of harvesting and processing industries. We cooperate with government regulatory agencies and environmental associations in research programs and public awareness campaigns. We partner in the implementation of individual quotas, total allowable catch (TAC), fishing seasons, fishing gear regulations and reduction of by-catch. In promoting our natural fishery resource we support fisheries environmental accreditation through certification agencies including the Marine Stewardship Council (MSC). We promote recycling initiatives and full utilization of each species through the development of fishery by-products.



Our Fishery



Our Co-operative membership includes hard working, dedicated, professional fish harvesters. Many of the harvesters are fourth and fifth generation whose ancestors have fished the cold North Atlantic Ocean for more than a century. Today's fishers use modern inshore fishing vessels to harvest wild fish that seasonally inhabit Newfoundland and Labrador's coastline. These fisheries occur between March-November and the majority of our product is landed directly to our processing facilities because of our strategic coastal location. Many of the vessels have refrigerated storage capacity and all carry an abundant supply of clean ice to maintain fish quality. The industry and government employ a dockside monitoring program to ensure harvesting quality standards are maintained and that all catch is recorded and applied to the specific quota. The Co-operative supports international initiatives which combat unregulated, illegal and misreported fishing activity in other countries.

Our primary business is focussed on harvesting and processing North Atlantic snow crab and cold water shrimp. We process Greenland halibut (turbot), cod and other groundfish species. We also process pelagic species including mackerel, herring and capelin. An important new initiative for the Co-operative is the development of a sea cucumber fishery which is providing new harvesting and processing opportunities.





SHELLFISH

Atlantic Snow Crab
North Atlantic Shrimp



Atlantic Snow Crab (*Chionoecetes opilio*)

大西洋ズワイガニ, 大西洋雪蟹, 대서양 스노우 크랩, Crabe des neiges de l'Atlantique, Atlántico Cangrejo, Atlantic Seespinne, Atlanten snökrabba, Атлантический Снег краба

Atlantic snow crab is harvested by inshore vessels using baited conical pots with minimum size netting that permits smaller crab, female crab and other fish species to escape. The snow crab are carefully stored on board the vessel, are landed quickly and processed live to ensure maximum quality. Snow crab are processed into a variety of size graded raw and cooked products. Snow crab is marketed in North America, Asia and Europe and is an important restaurant and retail product.



CRAB INFORMATION	
Production Season	April-July
Quality System	HACCP, CFIA Inspected
Product Forms	Whole raw and raw legs; whole cooked and cooked clusters/sections; extracted meat
Features	All natural wild product; consistent supply from clean, cold North Atlantic Ocean; no preservatives; additives, hormones or antibiotics; single frozen quickly; product certification; ability to custom package
Ingredients (Frozen)	Snow Crab, water (as protective ice glaze), salt
Size Grading	Clusters-Sections 3-5 oz; 4oz. +, 5-8oz.; 8oz. +; 8-10oz.; 10oz+
Packaging	Brine and air blast frozen, poly liner with corrugated carton, standard international accepted labeling
Pack Wt. Guaranteed	30Lb., 25Lb., 5Lb. and 2Lb.
Markets	Japan, China, United States of America, South Korea
Product/Market Use	Restaurant, buffet, retail, further processing and meat extraction



Nutrition Facts	Amount Per Serving	%DV*	Amount Per Serving	%DV*	%DV*
	Total Fat 2g	2%	Carbohydrate 0g		Vit A 3%
Serving Size 100g (cooked)	Saturated Fat 0g		Dietary Fiber 0g		Vit C 12%
	Trans Fat 0g		Sugars 0g		Calcium 3%
Calories 115	Cholesterol 71mg	24%	Protein 24g		Iron 16%
Calories from Fat 14	Sodium 691mg	29%			

*DV = Daily Value

Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calories needs.

North Atlantic Coldwater Shrimp (*Pandalus borealis*)

北大西洋エビ, 北大西洋蝦, 북대서양 새우, Crevettes de l'Atlantique Nord, Camarones del Atlántico Norte, Nordatlanten Råkor, Североатлантический креветками



North Atlantic Cold Water Shrimp are harvested by inshore vessels using otter trawls equipped with special separation grids to prevent by-catch. The live shrimp are iced on board and landed quickly to ensure freshness. Our state of the

art facilities use the latest technology to provide cooked and peeled, individually quick frozen shrimp to markets in North America, the United Kingdom and Europe. Our cold water shrimp are wild and all natural. Our shrimp fishery is certified by the Marine Stewardship Council (MSC) and by the British Retail Consortium (BRC) and the European Food Safety Inspection Service (EFSA). We use independent quality auditors to verify our harvesting and processing activity from the moment the shrimp is caught until it is purchased by the consumer.



SHRIMP INFORMATION	
Production Season	April-November
Quality System	HACCP, CFIA Inspected
Product Forms	Cooked and peeled, individually quick frozen (IQF)
Features	All natural wild product; consistent supply from clean, cold North Atlantic Ocean; no preservatives; additives, hormones or antibiotics; single frozen quickly; product certification; ability to custom package
Ingredients	Shrimp meat, water (as protective ice glaze), salt
Size Grading	100-200 pcs/Lb.; 125-175 pcs/Lb.; 150-250 pcs/ Lb.; 200-300 pcs/ Lb.; 250-300 pcs/Lb.; 300-500 pcs/Lbs.; 500 pcs/Lb. +
Packaging	Individually quick frozen (IQF) in poly bag with corrugated carton
Pack Wt. Guaranteed	Individual bag weight of 10 Lb. and 20 Lb. (Package sizes available to customer requirements)
Markets	U.S.A, United Kingdom, Scandinavia and Europe
Product/Market Use	Restaurant, buffet, retail, and secondary processing (brined shrimp, sandwiches and salads)

Nutrition Facts	Amount Per Serving	%DV*	Amount Per Serving	%DV*	%DV*
	Total Fat 1g	2%	Carbohydrate 0g		Vit A 4%
Serving Size 100g (cooked)	Saturated Fat 0g		Dietary Fiber 0g		Vit C 3%
	Trans Fat 0g		Sugars 0g		Calcium 3%
Calories 99	Cholesterol 195mg	65%	Protein 21g		Iron 15%
Calories from Fat 10	Sodium 224mg	9%			

*DV = Daily Value

Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calories needs.



ECHINODERM

Sea Cucumber



Sea Cucumber (*Cucumaria frondosa*)

ナマコ, 海參, 해삼, concombre de mer, cohombro, seegurke, sjögurka, морской огурец

Sea cucumber are harvested from the cold clean North Atlantic ocean and provides unequalled texture, flavour and quality. The renewable wild resource is harvested by inshore vessels using a gentle dragging system. Sea cucumbers are processed live which ensures premium quality. Our products include raw gutted frozen sea cucumber, extracted meats and skins. We also process cooked-frozen sea cucumber according to customer specifications. We are preparing to freeze dry, process powders and extract Omega-3 oils for the nutraceutical industry. Scientists from various countries are working to develop health extracts using sea cucumber. The Co-op is excited about the processing and marketing potential of North Atlantic Sea Cucumber and the value it will provide to fishers, employees and our communities.



SEA CUCUMBER INFORMATION	
Production Season	July- November
Quality System	HACCP, CFIA Inspected
Product Forms	Raw skins with meat attached, raw meat, cooked skins with meat attached, cooked skins, salted and dried sea cucumber products, nutraceutical products
Features	All natural wild product; consistent supply from clean, cold North Atlantic Ocean; no preservatives; additives; hormones or antibiotics; single frozen quickly; product certification; ability to custom package
Ingredients (Frozen)	Sea Cucumber
Size Grading	Product is normally processes as a sea run without size grading
Packaging	Jumble pack in poly bag with ocrugated carton
Pack Wt. Guaranteed	Individual carton weight of 10 or 15 kg. (package sizes available to customer requirements)
Markets	Japan, China, United States of America, South Korea
Product/Market use	Reprocessing into dry products, special ethnic and nutraceutical products

Nutrition Facts		Amount Per Serving	%DV*	Amount Per Serving	%DV*	Amount Per Serving	%DV*
Serving Size		Total Fat 0g	0%	Carbohydrate 0g			25%
100g (cooked)		Saturated Fat 0g		Dietary Fiber 0g		Vit A	0%
		Trans Fat 0g		Sugars 0g		Vit C	3%
Calories 64		Cholesterol 0mg	0%	Protein 16g		Calcium	2%
Calories from Fat 4		Sodium 285mg	12%			Iron	

*DV = Daily Value

Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calories needs.



GROUND FISH

Greenland Halibut

Atlantic Cod

Lumpfish Roe



Greenland Halibut (Reinhardtius hippoglossides)

カラスガレイ, 格陵蘭大比目魚, 그린란드 넙치, flétan du Groenland, schwarzer heilbutt, Liten hälleflundra, черный палтус

Greenland halibut (turbot) are harvested from the clean, cold North Atlantic Ocean by inshore fishers that employ proper at sea handling procedures from the moment the fish are captured. The fish are bled, washed and iced thoroughly at sea. We employ efficient processing to ensure premium single frozen product quality. Greenland halibut are rich in healthy Omega-3 polyunsaturated oils. The characteristic flavour and



texture make it an important product for Asian and European customers. Greenland halibut are processed as Head, Gut and Tail Off (headless dressed, J-Cut) and Head- On-Gutted (HOG) and fillets.



GREENLAND HALIBUT	
Production Season	June- September
Quality System	HACCP, CFIA Inspected
Product Forms	Head on Gutted (HOG); Head, Gut and Tail Removed (headless dressed); Fillets, Tails and Heads
Features	All natural wild fish captured in the clean, cold North Atlantic Ocean; no preservatives; additives, hormones or antibiotics; quick frozen; product certification; ability to custom package
Ingredients (Frozen)	Greenland Halibut
Size Grading	400-600g; 600-80g; 800-1000g; 500-1000g; 1-2kg; 2-3kg; 3-5kg; 5kg+
Packaging	Air blast frozen, poly liner with corrugated carton, standard international accepted labeling
Pack Wt. Guaranteed	10Lb., 10kg and 15 kg
Markets	Unites States of America, Asia, Europe
Product/Market use	Secondary processing, retail and restaurant markets

Nutrition Facts		Amount Per Serving	%DV*	Amount Per Serving	%DV*	Amount Per Serving	%DV*
Serving Size		Total Fat 17g	25%	Carbohydrate 0g		Vit A	2%
100g (cooked)		Saturated Fat 3g	15%	Dietary Fiber 0g		Vit C	0%
		Trans Fat 0g		Sugars 0g		Calcium	1%
Calories 120		Cholesterol 20mg	31%	Protein 29g		Iron	8%
Calories from Fat 153		Sodium 16mg	4%				

*DV = Daily Value

Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calories needs.

Atlantic Cod (Gadus morhua)

大西洋タラ, 大西洋鱈魚, 대서양 대구, morue de l'Atlantique, bacalao del Atlántico, kabeljau, torsk, атлантической трески

Atlantic cod are harvested from the clean, cold North Atlantic ocean. Cod populations and other ground fish such as Atlantic Pollock, Atlantic Haddock and Atlantic Hake have been increasing in recent years and will provide future processing opportunities. Our inshore fishers employ proper at-sea handling procedures from the moment the fish are captured. The fish are bled, washed and iced thoroughly at sea. We process the fish quickly to ensure premium fresh, single frozen and salted quality. We process and package cod into fresh and frozen fillets according to customer specifications. Atlantic cod provides a premium, white, mild flavour and firm textured flesh.



COD INFORMATION	
Production Season	June-October
Quality System	HACCP, CFIA Inspected
Product Forms	Frozen Fillets; Butterfly-Split and Salted
Features	All natural wild fish captured in the clean, cold North Atlantic Ocean; no preservatives; additives, hormones or antibiotics; quick frozen; product certification; ability to custom package
Ingredients (Frozen)	Atlantic Cod
Packaging (Frozen)	Cellos and Shatterpack
Pack Wt. Guaranteed	40 and 50 lb
Ingredients (Salted)	Atlantic Cod, Salt
Size Grading (Salted)	<700g; 700g-1.4kg; 1.4kg-1.7kg; 2.7-kg; 4kg+
Packaging (Salted)	Poly Liner with corrugated carton, bulk on pallets, standard international accepted labeling
Pack Wt. Guaranteed	25kg cartons and 3000 lb bulk pallets
Markets	United States of America, Canada, Europe (Portugal, Spain, Italy, Greece)
Product/Market use	Secondary processing and drying, retail and restaurant market

Nutrition Facts	Amount Per Serving	%DV*	Amount Per Serving	%DV*	%DV*
	Total Fat 1g	1%	Carbohydrate 0g		Vit A 1%
Serving Size					
Fresh Cod	Saturated Fat 2g	1%	Dietary Fiber 0g		Vit C 2%
100g (cooked)	Trans Fat 0g		Sugars 0g		Calcium 1%
	Cholesterol 55mg	18%	Protein 23g		Iron 3%
Calories 105	Sodium 78mg	3%			
Calories from Fat 8					

*DV = Daily Value

Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calories needs.

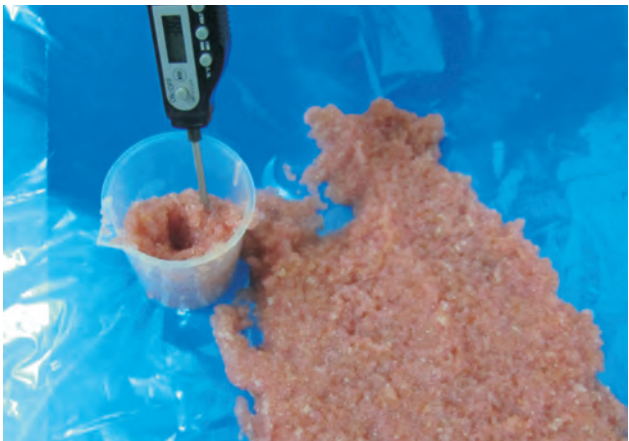
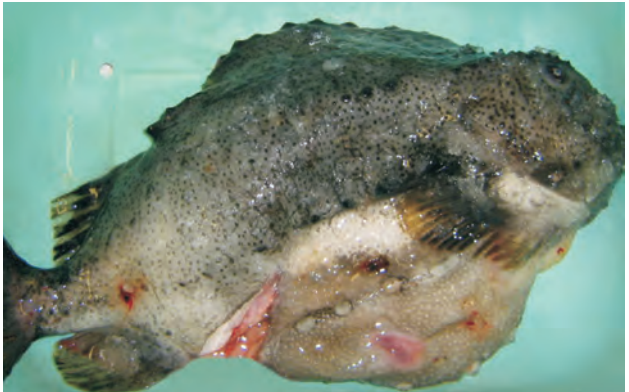
Lumpfish Roe (Cyclopterus lumpus)

吸盤, ランプフィッシュ, Gråsej

Lumpfish are harvested from the clean, cold North Atlantic Ocean by inshore vessels less than 35'. Our fishers extract the roe (egg) sacs from the larger female and release the smaller male lumpfish. The roe is placed in food approved containers and indirectly iced to quickly lower the storage temperature. The roe is processed, cleaned and mixed with salt and brine in 105kg plastic barrels. The product is exported to Denmark, Iceland and Sweden where it is processed into high quality



lumpfish caviar. Fogo brand pickled lumpfish roe is produced to specification and has an excellent quality reputation. The product is semipreserved and has an extended refrigerated shelf life.



LUMPFISH ROE INFORMATION	
Production Season	April-July
Quality System	HACCP, CFIA Inspected
Product Forms	Refrigerated Pickle/Brine Cured
Features	All natural wild product captured in the clean, cold North Atlantic Ocean; no preservatives; additives, hormones or antibiotics; product certification and ability to custom package
Ingredients (Salted)	Lumpfish roe, salt
Packaging (Salted)	Plastic barrels
Pack Wt. Guaranteed	105kg barrel
Markets	Iceland, Denmark, Sweden
Product/Market Use	Secondary processing into processed lumpfish caviar

Nutrition Facts	Amount Per Serving	%DV*	Amount Per Serving	%DV*	%DV*
	Total Fat 1g	1%	Carbohydrate 0g		Vit A 1%
Serving Size 15g (cooked)	Saturated Fat 0g		Dietary Fiber 0g		Vit C 2%
	Trans Fat 0g		Sugars 0g		Calcium 1%
	Cholesterol 50mg	16%	Protein 2g	4%	Iron 3%
Calories 155	Sodium 380mg	15%			
Calories from Fat 9					

*DV = Daily Value
Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calories needs.
Above Nutrition Values are based on finished lumpfish caviar.



PELAGICS

North Atlantic Mackerel

Capelin

Atlantic Herring



North Atlantic Mackerel (*Scomber scombrus*)

北大西洋サバ, 北大西洋鯖, 북대서양 고등어, maquereaux de l'Atlantique Nord, caballa del Atlántico Norte, Nordatlantisk Makrele, Nordatlanten makrill, Североатлантический скумбрия

North Atlantic mackerel are a highly migratory cold water pelagic specie. Mackerel harvested by mobile purse seine are iced thoroughly to maintain quality and landed quickly to our pelagic processing facility. Mackerel are graded based on fat content, firmness, colour and size. Mackerel has an outer band of dark red muscle and inner portion of light coloured muscle. These fish are rich in natural Omega-3 polyunsaturated oils and protein which contributes to unsurpassed taste quality. In addition to whole round (W/R) we can custom process into back-split and skin-on-bone-in fillets.



MACKEREL INFORMATION	
Production Season	August-November
Quality System	HACCP, CFIA Inspected
Product Forms	Whole Round; Fillets
Features	All natural wild product; consistent supply from clean, cold North Atlantic Ocean; high in Omega-3's ; no preservaties; additives, hormones or antibiotics; single frozen quickly; product certification
Ingredients	Mackeral
Size Grading (Whole, Round)	100-200g; 200-400g; 300-500g; 400-600g; 600-800g; 800g+
Packaging	Air blast frozen in poly liner with corrugated carton, standard international accpeted labeling
Pack Wt. Guaranteed	10kg and 15kg
Markets	Japan, China, South Korea, Taiwan, Russia, Poland
Product/Market Use	Further processing into fillets for smoking, salting, canning and secondart processing

Nutrition Facts	Amount Per Serving	%DV*	Amount Per Serving	%DV*	%DV*
	Total Fat 18g	27%	Carbohydrate 0g		Vit A 4%
Serving Size 100g (cooked)	Saturated Fat 4g	21%	Dietary Fiber 0g		Vit C 1%
	Trans Fat 0g		Sugars 0g		Calcium 1%
Calories 262	Cholesterol 75mg	25%	Protein 24g		Iron 9%
Calories from Fat 161	Sodium 83mg	3%			

*DV = Daily Value

Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calories needs.

Capelin (*Mallotus villosus*)

カラフトシシャモ, 毛鱗魚, capelan, capelán, lodde, lodd, мойвы

Female capelin are a small roe bearing wild fish that are abundant in the clean, cold North Atlantic ocean between June and August. Capelin harvested by mobile purse seine are iced thoroughly to maintain quality and landed quickly to our pelagic processing facility. Capelin are gently separated by high

speed grading machines according to females, males and size. The egg rich female capelin have 25-30% roe content and are rich in Omega-3 polyunsaturated oils.



CAPELIN INFORMATION	
Production Season	June-August
Quality System	HACCP, CFIA Inspected
Product Forms	Whole Round; Female and Male
Features	All natural wild product; consistent supply from clean, cold North Atlantic Ocean; high roe content 25-30%; high in Omega-3's; no preservatives, additives, hormones or antibiotics; single frozen quickly; product certification
Ingredients	Capelin
Size Grading (Whole, Round)	41-45 pcs/kg; 46-50 pcs/kg; 51-55 pcs/kg; 56-60 pcs/kg; 61-65 pcs/kg; 66-70 pcs/kg
Packaging	Air blast frozen in poly liner with corrugated carton, standard international accepted labeling
Pack Wt. Guaranteed	2x4.5kg, 10kg and 15kg
Markets	Japan, China, Taiwan, Vietnam, South Korea
Product/Market Use	Further processing including salting and drying, smoking and secondary processing

Nutrition Facts	Amount Per Serving	%DV*	Amount Per Serving	%DV*		%DV*
	Total Fat 9g	14%	Carbohydrate 0g		Vit A	2%
Serving Size	Saturated Fat 2g	10%	Dietary Fiber 0g		Vit C	2%
120g (Whole Raw)	Trans Fat 0g		Sugars 0g		Calcium	25%
Calories 160	Cholesterol 70mg	21%	Protein 18g		Iron	9%
Calories from Fat 81	Sodium 200mg	9%				

*DV = Daily Value

Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calories needs.

Atlantic Herring (Clupea harengus)

大西洋ニシン, 大西洋鯡, 대서양 청어, hareng de l'Atlantique, arenque del Atlántico, atlantischer hering, sill, атлантическая сельдь

North Atlantic herring are an abundant pelagic fish which is harvested for several months of the year and includes a spring and fall fishery. Herring harvested by mobile purse seine are iced thoroughly to maintain quality and landed quickly to our pelagic processing facility. Herring are graded based on fat content and size. Herring are rich in Omega-3 polyunsaturated oils and protein. We process whole round fish and can custom process into back-split and single skin-on-bone-in fillets.



HERRING INFORMATION

Production Season	April-June September-November
Quality System	HACCP, CFIA Inspected
Product Forms	Whole Round; butterfly single fillets
Features	All natural wild product; consistent supply from clean, cold North Atlantic Ocean; high in Omega-3's; no preservatives; additives, hormones or antibiotics; single frozen quickly; product certification
Ingredients	Herring
Size Grading (Whole, Round)	100-200g; 200-300g; 300-500g; and ocean run
Packaging	Air blast frozen in poly liner with corrugated carton, standard international accepted labeling
Pack Wt. Guaranteed	2x4.5kg, 10kg and 15kg
Markets	United States of America, Eastern European countries, Russia, Poland
Product/Market Use	Further processing into fillets for smoking, canning and secondary processing

Nutrition Facts	Amount Per Serving	%DV*	Amount Per Serving	%DV*	%DV*
	Total Fat 12g	18%	Carbohydrate 0g		Vit A 2%
Serving Size	Saturated Fat 3g	13%	Dietary Fiber 0g		Vit C 1%
120g (Whole Raw)	Trans Fat 0g		Sugars 0g		Calcium 7%
Calories 200	Cholesterol 77mg	26%	Protein 23g		Iron 8%
Calories from Fat 105	Sodium 115mg	5%			

*DV = Daily Value

Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calories needs.

Product Shipment and Logistics



We utilize the most efficient land and sea transportation systems to ensure that our seafood reaches our customers quickly and according to schedule. We work with long-term freight forwarding partners who are experts in logistics and provide confidence that each shipment will arrive safely.

Frozen seafood is loaded on reefer tractor-trailers or ocean containers directly from our cold storage facilities and transported across the Gulf of St. Lawrence via cargo ferry and trucked to various North American cities. The quality control system employed by the carrier maintains the container storage temperature at -21 °c or colder from loading to delivery. Normal transit time is 3 days to the east coast (Boston-New York-Toronto) and 8 days to West Coast (Los Angeles eattle-Vancouver). Using ocean container services from Halifax, Nova Scotia we deliver frozen seafood to

European ports in 20 days and to Asian ports in 35 days. We follow the progress of each shipment using a traceability procedure which is part of our quality assurance program.

We are familiar with shipping and import regulations of our international customers and provide product certification including; Canadian Food Inspection Agency Certificates of Health, Origin and Hygiene and documents required for U.S. Food and Drug Administration. We are compliant with C-TPAT (Customs Trade Partnership Against Terrorism) which is a worldwide bio-security initiative to strengthen the goods and services supply chain.



More about the Fogo Island Co-operative Society Ltd.

Our Co-operative business is comprised of three rural fishing communities located on Fogo Island. We process cold water shrimp at our Seldom facility; snow crab, pelagics and sea cucumber at our Fogo operation; and groundfish at our Joe Batt's Arm facility. Our seafood procurement program extends throughout Newfoundland and Labrador and includes a variety of premium quality cold water seafood.

We respect our long-term customer relationships and are proud of our Co-op's history. We are committed to product development and investment in new technology to harvest and process our renewable fish resources. We are strategically located off Newfoundland shores and in close proximity to major fishing grounds which ensures fresh, premium quality products. Our Co-operative includes a team of experienced seafood professionals who have been recognized for business excellence and are committed to total customer service. We encourage customers to visit our company website www.fogoislandcoop.com to learn more about the advantages offered through our Co-operative and why we believe cooperation between harvesters, processors and customers guarantees success!



FOGO ISLAND CO-OP

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