Our Mission: To reconnect the local consumer base with New Hampshire commercial fisherman in order to increase demand for local seafood, promote community engagement in marine resource issues, & support our local & regional economies.

www.nhcommunityseafood.com

nhcommunityseafood@gmail.com printed on recycled paper
Did you know? Today’s catch is full of powerful omega-3’s!

Omega-3’s are necessary for a healthy brain, heart & essential for development.

Omega-3’s help with infant development of vision & nerves during pregnancy.

The American Heart Association recommends eating fish at least 2x per week. Consuming omega-3’s reduces the chances of heart disease by more than one-third!

Omega-3’s may decrease the risk of depression, ADHD, Alzheimer’s disease, dementia & diabetes.

Eat Fresher Fish. Support Your Fishing Community.
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