

Fish Consumption Guidelines for Curve Lake First Nation

The following guidelines were developed because many First Nation communities are dependent on freshwater fish as major component of their diet. Most existing fish consumption advisories do not take into consideration the cultural differences between First Nation and non-First Nation people. These guidelines were developed to reflect the eating patterns of individual First Nation communities and are based on the most frequently consumed species in those communities. The guidelines supplement existing fish contaminant information and provide additional information relation to First Nation fishing sites.

How to figure out how much of your catch is okay to eat:

The values provided in the charts below indicate fish consumption limits for members of Curve Lake First Nation. Each **bolded** number of fish meals = 1 limit. For your community, you may eat the total number of fish meals from any combination of up to **4 limits per month**. There is a wide variety of possible combinations.

For example, you could mix and match: 2 meals of small size smallmouth bass from Buckhorn Lake (2 = 1 limit) + 2 meals of average size largemouth bass from Otonabee River (2 = 1 limit) + 11 meals of small size yellow perch from Buckhorn Lake (11+1 limit) + 1 meal of average size walleye from Chemung Lake (1 + 1 limit) for a total of 4 limits (2+2+11+1) and 16 meals, **OR** if you only eat one type of fish. 8 meals of small size walleye from Chemung Lake also total 4 limits (2+2+2+2), and so on. This 4 limit total (any combination) is the MAXIMUM that can be eaten without risking contamination.

Please note that women of childbearing age should be very conservative in their interpretation of the guidelines. Research has NOT yet established the full impact of contaminants on pregnancy. Also, children under the age of 15 should be very conservative in their interpretation of the guidelines.

These are suggested guidelines for fish consumption based on the eating patterns of the Curve Lake First Nation community. Additional fish sampling was conducted through a partnership among the Effects on Aboriginal from the Great Lakes Environment (E.A.G.L.E.) Project, that Ontario Ministry of the Environment and Energy (OMOEE), and First Nation community members. The sample analysis was conducted by OMOEE, and the guidelines were produced by E.A.G.L.E Project.

An interactive computer program has been developed to provide fish consumption guidelines on a personal basis. This program calculates fish consumption values based on the individual variables of body weight, age, gender, and meal size. This program is now available to your community.

For more information contact your E.A.G.L.E. Project Regional Representative (416) 972-0212, the E.A.G.L.E. Coordinating Office in Ottawa (613) 241-6789 or Health Canada (613) 941-5748. **For more information on the 2001 Study, please visit the Chiefs of Ontario website under the Environment Resources and click on the E.A.G.L.E Project Resources. Link to the website is <http://www.chiefs-of-ontario.org/node/115>**

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You may eat the TOTAL number of fish meals from any 4 limits

Smallmouth Bass										
	Very Small		Small		Average		Big		Very Big	
Site	Inches	Limit Meals/Month	Inches	Limit Meals/Month	Inches	Limits Meals/Month	Inches	Limit Meals/Month	Inches	Limit Meals/Month
Buckhorn Lake	11	3	14	2	16	1	18	0	20	0
Chemung Lake	11	2	14	1	16	1	18	1	20	0
Sturgeon Lake	11	5	14	3	16	1	18	0	20	0
Unlisted Location	11	3	14	2	16	1	18	0	20	0

Largemouth Bass										
	Very Small		Small		Average		Big		Very Big	
Site	Inches	Limit Meals/Month	Inches	Limit Meals/Month	Inches	Limit Meals/Month	Inches	Limit Meals/Month	Inches	Limit Meals/Month
Otonabee River	8	3	11	2	13	2	15	1	18	1
Unlisted Location	8	3	11	2	13	2	15	1	18	1

Yellow Perch										
	Very Small		Small		Average		Big		Very Big	
Site	Inches	Limit Meals/Month	Inches	Limit Meals/Month	Inches	Limit Meals/Month	Inches	Limit Meals/Month	Inches	Limit Meals/Month
Buckhorn Lake	4	30	6	11	7	5	9	2	11	1
Unlisted Location	4	30	6	11	7	5	9	2	11	1

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Walleye										
Site	Very Small		Small		Average		Big		Very Big	
	Inches	Limit Meals/Month	Inches	Limit Meals/Month	Inches	Limit Meals/Month	Inches	Limit Meals/Month	Inches	Limit Meals/Month
Buckhorn Lake	11	3	14	2	17	1	20	1	23	0
Chemung Lake	11	3	14	2	17	1	20	1	23	0
Otonabee River	11	2	14	1	17	1	20	1	23	0
Sturgeon Lake	11	3	14	2	17	1	20	1	23	1
Unlisted Location	11	3	14	2	17	1	20	1	23	0

PLEASE NOTE: The information above was from a study that was in 2001. Studies regarding fish contaminate levels are being conducted in 2013 and consumption rates will be updated if required.

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