

Pioneers of Natural



Sustainable Seafood

Sustainable Canned Seafood



Just 100% premium grade natural fish and nothing else!

Maximize the Health Benefits of Seafood



✓ Non GMO
✓ Gluten Free

✓ No Antibiotics
✓ No Added Chemicals

✓ No Hormones
✓ No Preservatives



Canned Seafood

Tuna, Sardines & Salmon



Our mission is to be your family's trusted source for the world's healthiest, safest, highest quality sustainable seafood...naturally. We guarantee you have never tasted canned seafood like ours. We use only the best part of the fish, it is hand packed and cooked once in its own natural omega-3 rich oils. It's wildly delicious; we eat it straight from the can.

Henry & Lisa



Solid White Albacore Tuna

ORIGINAL OR VERY LOW SODIUM

- BPA Free Can
- Low in mercury (small fish contain less mercury)
- Premium quality, sashimi grade, hand-packed loin
- 5x's more omega-3's than conventionally canned tuna (2,151 mg per serving)
- Convenient pop top cans
- Cooked once in their own natural omega-3 rich oils
- Packed in a local micro-cannery
- 12 – 5 oz cans per case

UPC # 812410000200 (Original)

UPC # 812410000521 (Low Sodium)



Wild Sardines

IN EXTRA VIRGIN OLIVE OIL OR SPRING WATER

- BPA Free Can
- Premium Quality, Hand Packed
- Nutritional Powerhouse
- MSC Certified
- Easy Open Can
- Kosher certified
- 12 – 4.25 oz cans per case

UPC # 812410000583 (Extra Virgin Olive Oil)

UPC # 812410000590 (Spring Water)



Wild Alaskan Pink Salmon

TRADITIONAL WITH SKIN & BONES OR SKINLESS BONELESS

- Premium quality, hand packed fillet
- Sustainable wild fishery
- Packed in a local micro-cannery
- Great source of omega-3's
- Cooked once in their own natural omega-3 rich oils
- Kosher certified
- BPA free can
- 12 – 7.5 oz cans per case (Traditional)
- 12 – 6 oz cans per case (Skinless Boneless)

UPC # 812410000552 (Traditional)

UPC # 812410000217 (Skinless Boneless)



There is no other seafood company like ours!

- Our premium quality canned seafood is all **canned locally** right where it's caught. Unlike most of our competitors who ship fish around the world chasing cheap labor, we support the local economies where our fish is caught. This greatly improves quality and reduces carbon footprint. Additionally our canned seafood is cooked only once in the can, which vastly increases quality and improves the health benefits of the additional omega-3's.
- We proudly offer **seafood exclusively from environmentally sustainable fisheries**. Our independent Seafood Advisory Board (comprised of world-leading marine conservation scientists) reviews and approves all of the species we offer.
- Our seafood is **independently tested for contaminants by Seafood Safe**, helping consumers maximize the health benefits of seafood.
- We care deeply for the future of our planet and the world of water, from how we source our seafood, to the renewable energy that powers our office, to the many marine conservation causes we support. **Your purchase helps us further our mission.** Thank you for your support.

EcoFish • 340 Central Ave. Dover, NH 03820 • Seattle, WA

Henry and Lisa's is a small company with a big mission.

Call to order: 603-834-6034



www.henryandlisas.com