

A Fishing Story from the Bronx

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The [New Fulton Fish Market Cooperative](#) houses 37 seafood wholesale businesses at its site at the [Hunt's Point Terminal Market](#) in the Bronx. The largest wholesale seafood market in the country, worldwide the New Fulton Fish Market is second only to the [Tsukiji Market](#) in Tokyo, Japan. And many of their seafood wholesalers are regular [food donors](#) to the Food Bank.

Walking through the market can be described only as an amazing [tour of seafood](#) from the eastern seaboard, and the world. There are common varieties such as herring, flounder and striped bass that are plentiful. But less-known varieties such as Spanish mackerel, sturgeon and cuttlefish are also in regular supply.

The health benefits of eating fresh seafood are well documented. Fresh seafood is nutrient-rich and provides a high-quality source of protein in the diet. Since fish is naturally low in fat but rich in omega-3 fatty acids or heart healthy fats, the [American Heart Association recommends](#) eating at least two servings of seafood per week. All of the seafood wholesalers at the New Fulton Fish Market, especially [Blue Ribbon Fish Company](#), [Carl's Seafood](#), [GC Dino's Seafood](#), [Fair Fish Company](#) and [Joe Monani Fish Company](#) help the Food Bank distribute their donations directly to members of our [food assistance network](#) — helping to ensure that New Yorkers in need are able to enjoy both the taste and health benefits of fresh seafood.

Next time you eat seafood, remember the market and all that they do to help hungry New Yorkers — because, with millions of pounds of fresh seafood moving through the market every day, there is a very good chance the seafood you're eating came from the New Fulton Fish Market. Thank you to the wholesalers and the New Fulton Fish Market for providing a wonderful source of seafood to our network!



*photo courtesy of
the New Fulton Fish
Market*