

ICY WATERS ARCTIC CHARR

Exquisitely Delicious. Environmentally Sound.

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Monterey Bay Aquarium Seafood Watch "Best Choice" Product
Vancouver Aquarium Ocean Wise Program Recommended Product

Icy Waters Ltd. is a state-of-the-art aquaculture facility dedicated to the development, growth, processing and sale of premium quality Arctic Charr.

Located in Whitehorse, "The Wilderness City", Icy Waters has developed a unique strain of Arctic Charr ideal for the discriminating chef. With a focus on quality and consistency, Icy Waters uses sustainable environmental practices to provide a premium, healthy alternative to fish like salmon and trout.



QUALITY • CONSISTENCY • SUSTAINABILITY • RELIABILITY



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Arctic Charr

HEALTH BENEFITS

Icy Waters Arctic Charr contains high amounts of Omega-3 fatty acids. Research shows that Omega-3 can help lower blood triglycerides and cholesterol levels. Health benefits connected to the consumption of Omega-3 fatty acids include reduced risk of cardiovascular disease, reduced symptoms of rheumatoid arthritis, increased immune function and increased brain health.

AVAILABILITY

Icy Waters Arctic Charr is available fresh or frozen. Whole fish are available fresh or frozen, head-on and gutted. Charr is also offered in fillets, available with the pin bone in or out.

SERVICE

Along with its dedication to high quality Arctic Charr, Icy Waters Ltd. is also known for its service. From farm to customer and long after, the sales force at Icy Waters is committed to providing excellent customer service.

NUTRITIONAL INFORMATION

Per 3.5 oz. (100g) portion

Energy	130 calories
Protein	21g
Total Fat	5g
Saturated Fat	23.6%
Monosaturated Fat	33.0%
Polysaturated Fat	36.0%
Omega-3	30.0%
EPA	41g
DHA	80g

LONG-STANDING REPUTATION

Icy Waters Ltd. was established in 1985 and quickly became a world leader in Arctic Charr aquaculture. Icy Waters Arctic Charr is a favourite of chefs worldwide, including top Canadian chef David Adjei. Its light, delicate taste, brilliant coral colour and firm flesh are all part of the appeal of Arctic Charr.

QUALITY & CONSISTENCY

Icy Waters Ltd. is a federally inspected HACCP-certified facility and follows all regulations under the careful eye of CFIA. We firmly stand behind every fish we sell. Each fish is gill tagged with a number to track and monitor quality from the first day that the fish is harvested until it reaches the hands of the chef.

SUSTAINABILITY

Icy Waters Ltd. takes all the necessary steps to ensure the health of the farm and surrounding area. Diligent husbandry techniques, unique feed formulations, research on local environments and regular monitoring and sampling of surrounding water bodies are just a few ways Icy Waters ensures acceptable and sustainable use of natural resources. Icy Waters is considered a "Best Choice" by the Monterey Aquarium Seafood Guide for Healthy Oceans and is also a part of the Vancouver Aquarium's "Ocean Wise" program.

ZERO WASTE

All Icy Waters Arctic Charr are 100% utilized. Settled farming solids are given to terrestrial farmers free of charge for use as compost while processing by-products are sold to local dog mushers, poultry farmers and pig farmers as a high oil food, reducing the need to burn fossil fuels to ship such feeds from the south.

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Fish Lake, Whitehorse, Yukon Territory, Canada