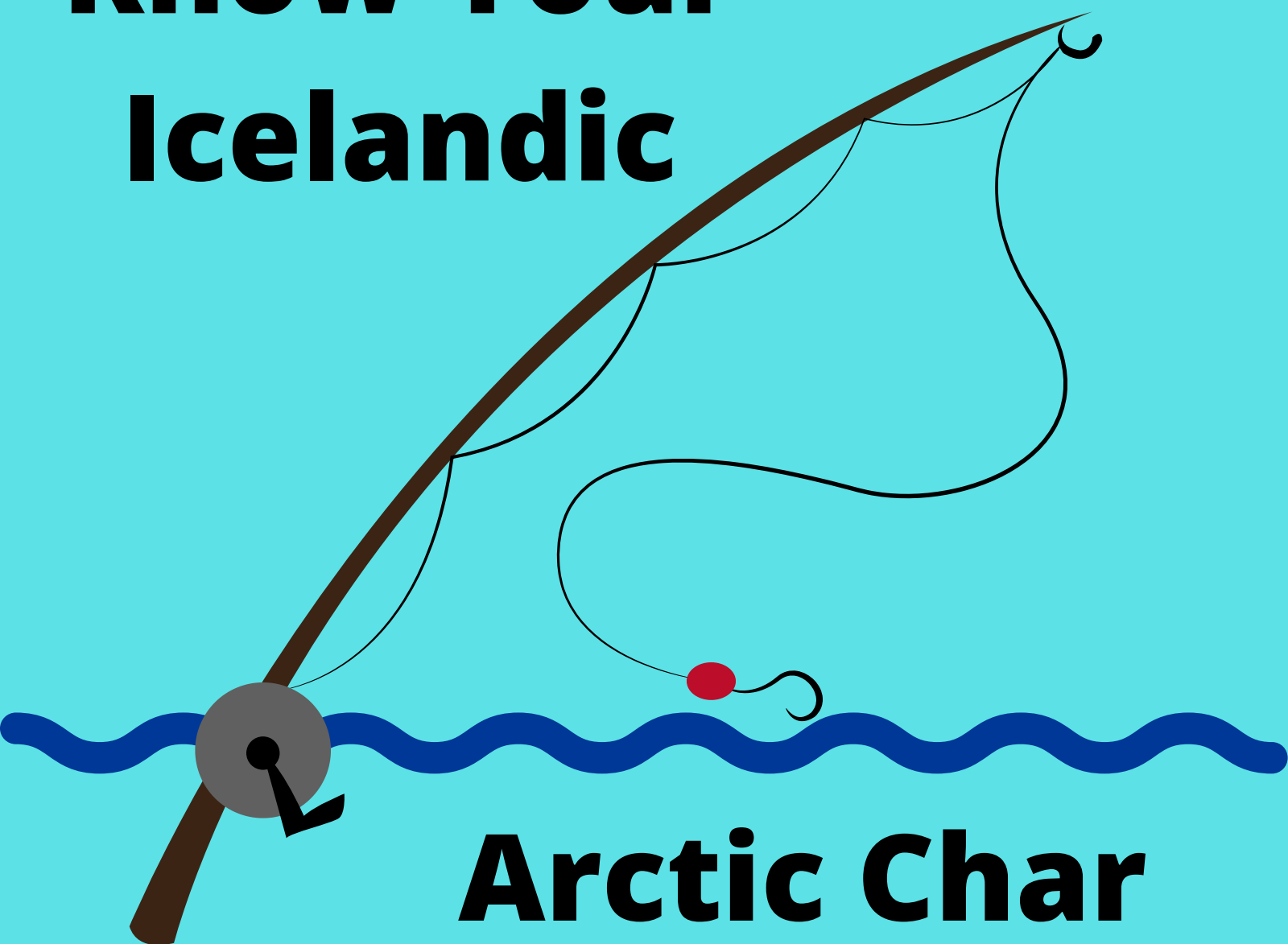


Know Your Icelandic



Arctic Char

The Arctic char is closely related to both salmon and lake trout, and has many characteristics of both.

Highly adapted to frigid waters, Arctic char is distributed further north than any other freshwater fish; it can be found in lakes only 500 miles from the pole.

COLOR OF ARCTIC CHAR DEPENDS ON THE TEMPERATURE OF THE WATER AND THE FOOD THEY EAT.

**Like many Arctic animals,
char grow slowly.**

In the wild char can grow

to over 30 pounds!

Arctic char can live

up to 40 years!

CHAR LIKE...

**TO EAT SALMON EGGS,
INSECTS, SHRIMP &
SMALL FISH**

**TO LIVE IN COLD &
CLEAN WATER**



For more information about
Icelandic Arctic Char visit

BUENAVISTASEAFOOD.COM