



Waterlogs - July 2026

Today, the Bay of Quinte is a healthy and vibrant ecosystem.
Now, we must focus on keeping it this way.

DO YOU KNOW HOW TO USE THE GUIDE TO EATING ONTARIO FISH?

The **Guide to Eating Ontario Fish** helps you choose safe fish species, determine how often to eat them, and prepare them to minimize exposure to contaminants.

Understanding the Guide

The guide provides advice for over 2,800 lakes and rivers, helping anglers make informed choices about which fish are safe to eat, how often, and in what portion sizes. Fish are a valuable source of high-quality protein, omega-3 fatty acids, and other nutrients, but some species may accumulate contaminants like mercury or PCBs. The contaminants of concern identified in the Remedial Action Plan for the Bay of Quinte are PCBs and Dioxins /Furans. There are no known sources of mercury in the Bay, but it is a universal contaminant as are PFAS these days.

The guide distinguishes between:

- General population: Adults and children over 15 years old
- Sensitive populations: Children under 15, pregnant individuals, or those who may become pregnant

Checking Consumption Advice

When the Guide to Eating Ontario Fish was updated in 2024 the Bay of Quinte was merged into the Lake Ontario (Eastern Basin) fishing zone, which runs from east of Colborne to Kingston. The rationale for including the Bay of Quinte in the Eastern Basin zone is the movements of migratory fish makes them resident of all these zones at different points throughout the year. Fish consumption advisories for Lake Ontario (Eastern Basin) are based on the most restrictive advisory applicable to all the former zones.

Also, within the Bay are two separate nearshore zones identified at Belleville and Trenton, they are areas with historical industrial activities. Each has their own consumption advisories.

How to use the interactive map:

1. Search for the waterbody where you caught the fish. Click the yellow circle to view the "Consumption advisory table". The link for the Eastern Basin, which includes the Bay of Quinte is in Lake Ontario off the South shore of Prince Edward County.
2. Identify the fish species: If unsure, refer to the guide's fish identification section #9
3. Measure the fish: Record the total length from nose to tail.
4. Determine safe meals: The advisory table lists the number of meals per month considered safe to consume by fish species, size, and location. For example, in the Bay of Quinte for walleye in the 30 - 35cm/12 - 14in size range for both the general and sensitive populations, the consumption recommendation is 16 meals per month.
5. Keep track of your total monthly meals to make sure you are eating no more than 100% of your advised total monthly consumption.

Safe Preparation Tips

To reduce exposure to contaminants:

- Fillet the fish.
- Remove skin and fat, especially along the belly and sides, where contaminants accumulate.
- You can further reduce contaminants by allowing fat to drip away during cooking by grilling, broiling or baking the fish.

Choosing Fish Wisely

- Size and age do matter, larger and older fish often contain more contaminants, so consumption limits may decrease with size
- Choose smaller, younger fish and species lower in contaminants.
- Limit consumption of large predatory fish, which can contain higher contaminant levels.



FISHING ZONE UPDATE

Lake Ontario (Eastern Basin)

from east of Colborne to Kingston (including Bay of Quinte) (43°46'54"N 76°51'59"W)

Consumption advisories in the tables below represent the maximum number of meals per month recommended for each species/size range indicated.

Walleye

Length (cm)	15-20	20-25	25-30	30-35	35-40	40-45	45-50	50-55	55-60	60-65	65-70	70-75	>75
Length (in) →	6-8	8-10	10-12	12-14	14-16	16-18	18-20	20-22	22-24	24-26	26-28	28-30	>30
General population	32	32	16	16	16	16	16	12	8	4	4	2	0
Sensitive population*	32	32	16	16	16	12	8	4	0	0	0	0	0

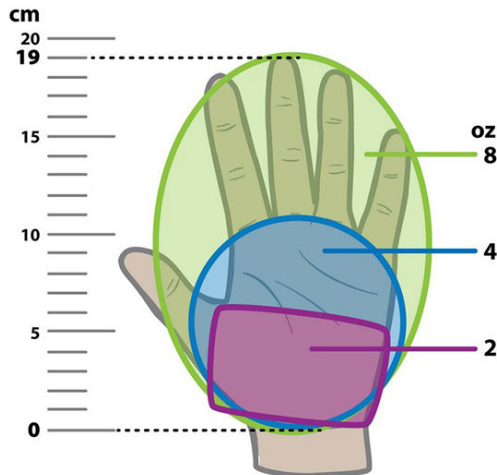
NUMBER OF FISH FILLETS IN ONE FISH MEAL

The Guide to Eating Ontario Fish consumption advice is based on an average fish meal of 227 grams (8 ounces, half a pound or approximately a fillet of dinner plate length) for an average-size adult weighing 70 kilograms (154 pounds).

Use the palm of your hand to visually gauge the size of your fish meal

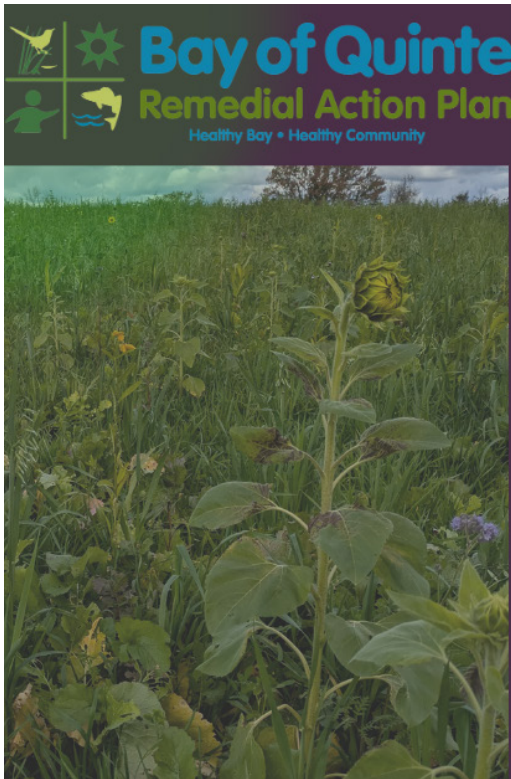
- half of your palm is approximately 2 ounces of fish
- your whole palm is approximately 4 ounces of fish
- the palm of your hand including your fingers is approximately 8 ounces of fish, (half a pound, or approximately a fillet of dinner plate length, or an average fish meal of 227 grams).

A visual guide to fish serving sizes



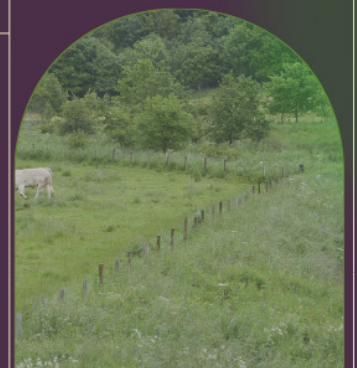
average adult male palm (~19cm)

HEALTHY FARMS & HEALTHY ECOSYSTEMS GO TOGETHER



HEALTHY FARMS & HEALTHY ECOSYSTEMS GO TOGETHER

You can enhance soil health, improve water quality, and restore natural habitat—all while maintaining productive operations.



We can help with cost-sharing incentives for

- cover crops
- buffer strips
- pollinator habitat
- livestock fencing &
- FREE soil testing

WWW.BQRAP.CA

Summer is rolling along. Now, is a great time to book your free soil testing and get your cover crop site visit set up. Contact our stewardship techs to book your free site visit, Today.

Rural Stewardship Program