

Fishing: A great outdoor activity for the whole family.

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Are you getting tired of just going for walks with the kids? Try fishing, a great outdoor activity for the whole family. Fishing is a great opportunity to explore new places along the shoreline of lakes, rivers and streams. It's also a great way to teach your kids about water ecology, and learn about the many species of fish that live in the water, along with the kid perennial favorite – frogs.

Fishing is fun and eating fish provides a healthy source of protein in the family meal plan. Most of the fish you catch in New York State are healthy to eat, however not all. The NYS Dept. of Health (DOH) has advisories in place regarding certain fish from specific bodies of water.

The Hudson River

The most critical body of water in our area where fish advisories are in place is the Hudson River. Fish in the section of the Hudson River between Hudson Falls Dam and the Federal Dam in Troy contain levels of chemicals called PCBs (polychlorinated biphenyls) which are unhealthy for anyone to eat. Therefore, the NYS Dept. of Environmental Conservation (DEC) has designated this section Catch & Release only. Below the Federal Dam it depends who you are, where you fish and what you catch to know if the fish you catch is safe to eat. Check out the NYS DOH website for details at www.health.ny.gov/fish.

Where Can the Family Fish for Food?

In the Hudson Valley Region there are many bodies of water where the whole family can eat the fish from. This brochure, Hudson Valley Region: Health Advice on Eating Fish You Catch, includes public access fishing waters in the region where the whole family can eat the fish from. Access it here: [Hudson Valley Region: Health Advice on Eating Fish You Catch](#).

Fishing License

Remember that anyone 16 and older must have a fishing license when fishing in waters open to public access. A license can be obtained through <https://www.takemefishing.org/new-york/fishing-license/> Includes a video on How to Catch and Release, or from the DEC online at this website, <https://www.dec.ny.gov/permits/>, or by phone: 1-866-933-2257, Walmart also sells fishing licenses.

More Information on Fish Health Advisories

For free brochures on the Hudson River Fish Advisories for yourself and others contact Cornell Cooperative Extension at 518-885-8995; or email Diane Whitten at dwhitten@cornell.edu.

Here are other helpful websites regarding eating the fish you catch:

Home page: www.health.ny.gov/fish

Maps: www.health.ny.gov/fish/maps.htm

Striped bass: www.health.ny.gov/fish/stripedbass.htm

Hudson Valley Regional advice page: www.health.ny.gov/fish/HV

Hudson River advice page: www.health.ny.gov/fish/HR

Hudson River project page: www.health.ny.gov/hudsonriverfish

Do you fish in the Hudson River? Whether you catch and release or keep the fish you catch, the NYS Dept. of Health would like to hear from you. Follow this link to a confidential Survey Monkey questionnaire: <https://www.surveymonkey.com/r/RBDS22F>