## WHITE HOUSE FISH COMPANY

PROVIDING LOCAL GREAT LAKES FISH



## ABOUT

The White House Fish Company was established in a direct partnership with a Michigan State Licensed Commercial Fisherman to bring Great Lakes fresh frozen fish to mid-Michigan. Fish is a low-fat, high quality protein, and nutrient dense super food packed with many important minerals and vitamins.

## THE FISH

Whitefish \$16.00/lb	Delicately flavored fish that is high in lean protein and low in fat making it popular among consumers desiring to eat clean and healthy. Our Whitefish are caught in Lake Huron by Serafin Fishery of Pinconning, Michigan.
<b>Lake Trout</b> \$12.00/lb	High in omega-3 fatty acids, B vitamins, and other nutrients. Traditionally in high demand by Michigan consumers. Our Lake Trout are caught by Michigan Tribal Fisherman in either Lakes Michigan or Huron where many consider them to be overpopulating after recovering from near extinction.
<b>Walleye</b> \$22.00/lb	Delicious protein source packed with vitamins A, D, and E along with a long chain of omega-3 fatty acids. Plentiful in the Great Lakes especially in Saginaw Bay, Michigan Commercial Fishers are unfortunately prohibited from catching walleye. Our Walleye come from Canadian Commercial Fishers in either Lakes Huron or Erie.
Yellow Perch \$26.00/lb	High in protein, low in fat, and packed with vitamins. Up until about 2015, Lake Huron's Saginaw Bay was a premier Yellow Perch fishery; however, that changed as Walleye have fed on Yellow Perch and now dominate the bay. Michigan Yellow Perch are non-existent, so our Yellow Perch come from Lake Erie and are caught by Ohio Commercial Fishers.
<b>Smelt</b> \$18.00/lb	High in protein, B vitamins, omega-3 fatty acids, and selenium. "Smelt dipping" was a huge deal in northern Michigan years ago. Our Smelt come from a Tribal Commercial Fisherman fishing in the 1837 Treaty Waters who ran into a slug of them in Lake Superior near the mouth of the Two Hearted River this year. While this does not happen every year, it provided us a generous supply of Lake Superior Smelt in 2024.



Open Door Hours: Monday – Thursday 5:00 PM to 5:30 PM or-by appointment, please txt (517) 204-3328 for availability; Email whitehousefishcompany@gmail.com with questions

Located at The Capitol White House 322 W. Ottawa St., Lansing (North Side, Rear Parking Lot)