

**From:** [Meredith Stelling](#)  
**To:** [ECY RE Fish Consumption](#)  
**Subject:** I support increased fish consumption rate numbers  
**Date:** Wednesday, December 07, 2011 6:35:10 PM

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Dear Director Sturdevant and staff,

Thank you for considering to increase the fish consumption rates to a high level which is more realistic for our population. Our family of four eats fish 3 days every week of the year and sometimes more. Each portion is 200-250 grams. We do not eat meat so this fish is very important to our diet. It needs to be free of all toxins.

Washington currently uses inadequate fish consumption rates for water and sediment cleanup standards. The standards should be conservative enough to protect the higher fish consumers such as tribes and subsistence fishers.

Please increase the rates to more accurate numbers.

Thank you.  
Meredith Stelling and family

Meredith Stelling  
9089 NE 39th Place  
Yarrow Point, WA 98004