The Hudson River starts in the Adirondack Mountains and flows south all the way to the ocean. From Albany to New York City, the Hudson River is an estuary. An estuary is a place where fresh river water and salty seawater mix.

Can you find Albany and New York City on the map?
The Hudson River can be a fun place to take a break and go fishing with friends and family.
And while fish are good for you and can be very tasty, some people like moms and children should not eat fish from the Hudson River.
In many rivers and lakes in New York there may be chemicals from industry and acid rain. The Hudson River has a lot of one type of chemical from industry, called PCBs.

PCBs can be more harmful to babies, children and moms than to men and older women. Because of this there are different kinds of advice.

So whether you should eat the fish you catch depends on who you are, what you catch & where you fish.

This is called a fish advisory!
Certain types of fish can have more chemicals in their bodies. No one should eat fish like Hudson River catfish and eels because they are fatty. Chemicals like PCBs stay in their fat and build up over time.
Hudson River blue crabs and striped bass are okay for men and older women to eat in the lower part of the river. But moms and children should not eat any fish or crabs from most of the Hudson River.
Ocean fish that you can buy at restaurants and grocery stores have fewer chemicals than fish found in the Hudson. Fish like salmon, cod, and haddock are good for everyone to eat.

What kind of fish do you like to eat?
Can you find all the words in the puzzle?

ADVICE
ALEWIFE
BAIT
BLUE CRAB
BLUEFISH
CATFISH
CHEMICALS
EEL

ESTUARY
FILLET
FISHING
FISHING POLE
FUN
HEALTH
HERRING
HUDSON RIVER

OUTDOORS
PCBs
RELEASE
ROCK BASS
SKIN AND TRIM
SPORTFISH
STRIPED BASS
YELLOW PERCH
The Hudson River is a mighty river that has all sorts of creatures both in and out of the water.

Unscramble the letters below to find the name of one of the creatures in the picture:

F D O G Y A N R L
Striped bass swim up the Hudson every spring to lay eggs. They live part of their time in saltwater and part of the time in fresh water. They can grow as large as 70 pounds!
Mink are good swimmers and like to live next to the water. Their favorite food is muskrat but they like to eat lots of fish, frogs, and crabs. Mink are members of the weasel family.

What did this mink almost catch?
All of these creatures can be found in the Hudson River!

Crabs, turtles and many types of fish can be found along the whole length of the river. Near the sea, even starfish, lobsters and sea horses can be found!

Can you find all these creatures in the picture?

- Sea horse
- Starfish
- Crab
- Fish
- Turtle
- Clam
- Lobster
- Jellyfish
Salt marshes are important places where saltwater and fresh water meet land. Diamondback terrapins are a type of turtle that live in salt marshes. These turtles eat snails, clams, crabs and some marsh plants.
Fishermen like to catch bluefish because they can get very big. The smaller fish stay in bays and estuaries. Larger bluefish may migrate along the ocean coasts. Bluefish eat smaller fish.
The Hudson River has many creatures and is a beautiful place. But the fish you catch in the Hudson can have a lot of chemicals, so children should not eat them.

Luckily, New York State is a big place. Families can find many streams, rivers, lakes and ponds that are cleaner. Children can eat the fish they catch from these waters.
Hudson River Crossword Puzzle

Across
4. A large fish that lives part time in the ocean and part time in the river
6. A Hudson River creature related to weasels
8. Who you are, what you catch, and where you fish
9. A large Hudson River fish with the color of the sky in its name

Down
1. Moms and ________ should not eat fish from the Hudson River
2. A fatty Hudson River fish that people shouldn’t eat
3. A chemical in Hudson River fish
4. Where some turtles like to live
5. A pink fish from the supermarket that is good for kids to eat
7. Place where fresh water and saltwater meet
Matching Game

Draw a line from the clue to the correct answer:

- Season when striped bass lay eggs
- Mink eat these animals
- I eat snails, clams, crabs and marsh plants
- Where the Hudson River starts
- This chemical stays in your body and can build up over time
- A creature that can be found in the Hudson River near the sea
- Where in the body do PCBs stay?

Options:
- Adirondacks
- Spring
- Fat
- Sea horse
- Muskrat, fish, frogs and crabs
- Diamondback terrapin
- PCBs

I eat snails, clams, crabs and marsh plants
Answer Key
DRAGONFLY
A creature that can be found in the Hudson River near the sea is the striped bass, which lays eggs in the spring. Fat fish, frogs, and crabs are eaten by minks. Where the Hudson River starts, PCBs stay in your body and can build up over time. A creature that can be found in the Adirondacks is the muskrat, which eats snails, clams, crabs, and marsh plants. The diamondback terrapin is found in the Hudson River near the sea. Where in the body do PCBs stay?
To find out more information about the Hudson River fish advisory or other fish advisories in New York State, please contact:

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