



Tips for buying Seafood

Always buy seafood from trustworthy sources such as well-known stores and licensed vendors. Frozen seafood has the same nutritional value as fresh seafood, and can be superior in quality as most of it is frozen at sea within a few hours of being caught.

When buying fresh fish, check that ...

- ▶ Whole fish and fillets are firm with shiny flesh and bright, red gills free from slime.
- ▶ Eyes are clear, shiny, and protrude. Avoid fish with cloudy, sunken eyes.
- ▶ Flesh is firm, and springs back when pressed. Scales should be shiny and should cling to the skin.
- ▶ There is no darkening around the edges, blemishes, or brown or yellowish discoloration.
- ▶ The fish smells fresh and mild, like seawater, with no “fishy” or ammonia-like odor.

When buying fresh shellfish, check that ...

- ▶ Shellfish have a fresh ocean aroma. Avoid shellfish with a “fishy” smell.
- ▶ Shellfish are alive, with closed shells that are moist looking and not cracked. If open, the shell should close if tapped sharply.
- ▶ Fresh crabs and prawns have a good colour and all of their limbs. Crabs should be moving and not sagging at the joints.
- ▶ Shucked shellfish meat is plump, covered in a clear or slightly milky liquid, and free of shell or grit.

Storage Tips

- ▶ Store seafood in the coldest part of your fridge (below 4°C). Consume fresh seafood quickly or store it in the freezer for longer.
- ▶ Keep fish in its original wrapper. If it is not pre-packaged, rinse it under cool running water, pat dry with a clean paper towel, and place in an airtight rigid container.
- ▶ NEVER store live shellfish including crabs in airtight containers as they will suffocate. Instead, place them in an open container and cover with a damp cloth. DO NOT add any water as salt water will shorten shelf life, and freshwater will kill shellfish.
- ▶ As with chicken or beef, store raw seafood separate from any other foods to prevent bacterial cross-contamination.

FOR YOUR SAFETY ...

Wash your hands before and after handling any raw seafood product.

Thaw frozen seafood in the refrigerator. Allow one day to thaw OR place the seafood in a re-sealable plastic bag (such as a Ziploc), and immerse it in a pan of cold water in the refrigerator for 1-2 hours per pound of seafood.

Consume thawed seafood immediately. Do not re-freeze previously frozen products.

Discard any marinade used with seafood. Never use it on cooked food.

Wash cutting boards and utensils used for raw seafood immediately.