

# October is Seafood Month—Catch the Wave!

## Kid-Style Seafood

### Fish Sticks in a Flash

Cut cod fillets in to bite-size pieces. Dip in skim-milk and coat with breadcrumbs or cornflakes for extra crunch. Coat pan with cooking spray, place fish sticks on pan, and bake for 45 minutes in a 400 degree oven.

### Sand Dollar-sized Salmon Burgers

Mix two cans salmon (drained), one egg, one cup bread crumbs, ¼ cup minced onion, and ¼ cup barbeque sauce in a bowl. Shape salmon mixture in to pint-size patties, brush with olive oil, and grill 3-4 minutes on each side. Serve on mini-buns.

### Slice of the Sea

Bake ready-made pizza crust for five minutes at 400 degrees. Top with red or white sauce; seafood favorites like pre-cooked shrimp or canned crab/surimi; and shredded mozzarella cheese. Bake for 10-20 minutes.

Need more seafood recipes to tempt your tots? Visit the “Recipes” page at [www.AboutSeafood.com](http://www.AboutSeafood.com).

## Seafood for Thought

Did you know fish can get seasick? To get kids excited about fish before dinnertime, visit “Fun Fish Facts” and “Activities” in the Kids Corner of [www.AboutSeafood.com](http://www.AboutSeafood.com).



## Figure Out Fish

Grouper tastes mild, while mackerel packs a mouthful of flavor. Next time you are staring at the fish counter and the tastes and textures of certain fish have escaped you, refer to the National Fisheries Institute’s Seafood Pocket Guide. Visit “Cooking Tips” at [www.AboutSeafood.com](http://www.AboutSeafood.com) to print it out, so you’ll be sure to get exactly what your family is angling for.

## Store Seafood Successfully

Trying to figure out if Tuesday night’s trout is safe for a leftover-lunch on Thursday? To learn how long different types of fish keep in the fridge and the freezer, go to the “Cooking Tips” section of [www.AboutSeafood.com](http://www.AboutSeafood.com) to download a handy seafood storage guide created by the National Fisheries Institute. The guide is also a great catch for meal planning.



## Seafood Shopping 101

- Follow the “once for twice” rule – shop once a week for two seafood meals at home.
- Frozen fish is fresh because it is flash frozen within hours of harvest.
- Fresh fish should be bright and shiny with scales intact. Eyes should be clear. Odor should be fresh and mild. Fillets should have moist, elastic flesh without browning.
- Clams, oysters, and mussels should close tightly when tapped. Always toss shellfish that don’t open when cooked.
- Always buy seafood from a reputable market where the employees handle fish and shellfish with care and are able to answer your questions.

## Did You Know?

Half a can of **tuna** packed in water provides ... 1/20 of the average busy mom’s recommended calories (100) and 1/3 of her recommended protein (21 grams)

Seafood, such as tuna, is a low-calorie source of protein, rich in omega-3 fatty acids and packed with nutrients like the B complex vitamins. To learn how fish are healthy from head-to-toe, visit “Nutrition & Health” at [www.AboutSeafood.com](http://www.AboutSeafood.com) and download the easy-to-read Health Benefits of Fish card.

From improved brain development in babies, to reduced symptoms of asthma, fish is your friend.

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### FISH FACTS

**20**

Percentage of Americans who eat the recommended two servings of seafood per week

**18**

Percentage of American women of childbearing age who eat the recommended two servings of seafood per week

**81**

Percentage of U.S. fisheries that are sustainably managed



**15**

Number of times a child may need to be offered a food before he or she will try it

**16.2** Pounds of fish eaten yearly per person in the United States

**1**

Shrimp's rank among most eaten seafood in America

**0** Age at which babies start to develop flavor preferences through amniotic fluid and breast milk



**43**

Percentage of seafood provided by "aquaculture," the cultivation of fish and shellfish

**150** Average number of calories in most 3.5 ounce servings of seafood

**1/3**

Amount of risk of dying of a heart attack that is reduced by eating fish 1-2 times per week