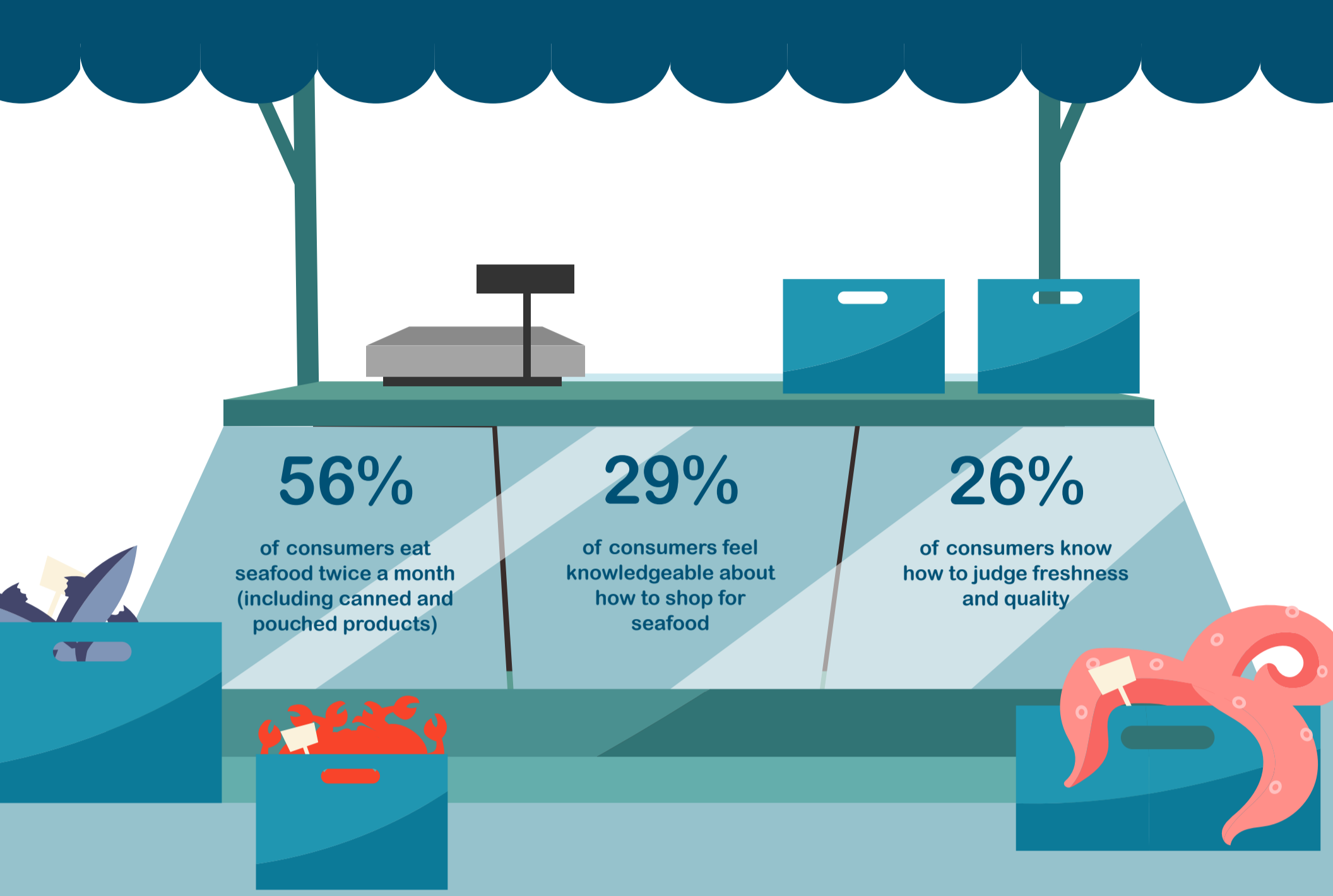


HOW TO *Shop* FOR *Seafood*

ACCORDING TO A 2019 SURVEY,
ALMOST HALF OF AMERICANS EAT LITTLE TO NO SEAFOOD.



TOP SEAFOOD SHOPPING TIPS



Fishy smell = avoid the product



Look for proper refrigeration



After purchase, store in fridge immediately



Check the seafood's appearance – it should be bright, relatively clear and plump



QUESTIONS TO ASK AT THE COUNTER:

? What's good today? 01

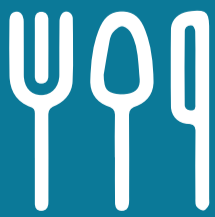
? Is this wild caught or farmed? 02

? Was this previously frozen? 03

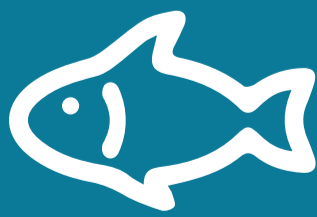
LOOK FOR FRESH AND FROZEN U.S. FARM-RAISED CATFISH



Healthy protein option



Versatile for cooking



Mild flavor profile



Sustainably raised and processed in the U.S.