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:

1. What’s good today?
2. Is this wild caught or farmed?
3. Was this previously frozen?

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.

References: Food Marketing Institute, Seafood Source heartlandcatfish.com