



COASTAL NEWS

This information is provided by Delaware Sea Grant in cooperation with the *Cape Gazette*.

Helpful Hints for Fresh Seafood Shopping

Perhaps it's because of its health and nutritional benefits. Maybe it's due to the wide varieties and flavors available. But one thing is certain: People are eating more seafood.

Fishermen, government agencies, processors, retailers, and others take many steps to ensure that the seafood you buy is safe to eat. As a consumer, you can take additional precautions to maximize the benefits of your seafood dining experience.

Raw Shrimp

- Meat — firm with mild odor
- Shells — translucent (for most varieties) with a grayish green, pinkish tan, or light pink tint
- Shells — no blackened edges or black spots

Use your eyes, hands, and nose when selecting fresh fish or shellfish. Your purchase should feel cold — not cool — to the touch. And it shouldn't smell "fishy." The odor should be that of a fresh sea breeze.

Live Lobsters

- Tail — curls tightly underneath the body instead of hanging down
- Legs — show movement



Seafood is highly perishable. If you're buying seafood at the supermarket, make it one of your last purchases.

Live Clams

- Shells — tightly closed

Whole Fresh Fish

- Eyes — bright, clear, and full
- Gills — bright red or pink
- Skin — shiny with tightly adhering scales
- Flesh — firm yet elastic

Live Crabs

- Legs — show movement (won't be very active if refrigerated, but should move at least a little bit)



Get Your Guide to Safe Seafood Handling!

For more seafood shopping tips and information on storing and preparing seafood, order *A Consumer Guide to Safe Seafood Handling*, available free from Delaware Sea Grant. Call 302-831-8083.



If your trip home from the store takes more than one hour, pack the seafood in a cooler — no matter what time of year it is!

Once home, store your seafood in the coldest part of your refrigerator at a temperature as close to 32 degrees Fahrenheit as possible. Generally, refrigerated seafood should be consumed within two days.



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