

How Safe is Seafood?

SEAFOOD IS SAFE TO EAT

Seafood in the United States is now safer than ever, in part due to a federally mandated inspection program that began in 1997.

HACCP, or Hazard Analysis and Critical Control Point, is a science-based, food safety monitoring program used by the food industry to control the risks associated with certain food products. Though retail markets remain exempt from the HACCP regulations, they are encouraged by the FDA to apply the same principles.



Even though seafood inspection programs exist, consumers also play a role in seafood safety. Choose your retail market carefully, and handle and serve food with care in your home. Here are a few tips when purchasing your fresh seafood at a local market:

- Buy only from reputable sources.
- Buy only fresh seafood that is properly iced or refrigerated.
- Don't buy cooked seafood if it is in the same case as raw seafood.
- Don't buy frozen seafood if packages are damaged or broken.
- Get seafood home and on ice or refrigerated quickly.

Enjoy your fresh North Carolina seafood!

From *Mariner's Menu: Thirty Years of Fresh Seafood Ideas*

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