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FOR FISH VENDORS

INFORMATION SHEETS

for fishers, vendors
and consumers



WHY

This card contains information on how to preserve the freshness of fish for as long as possible so that:

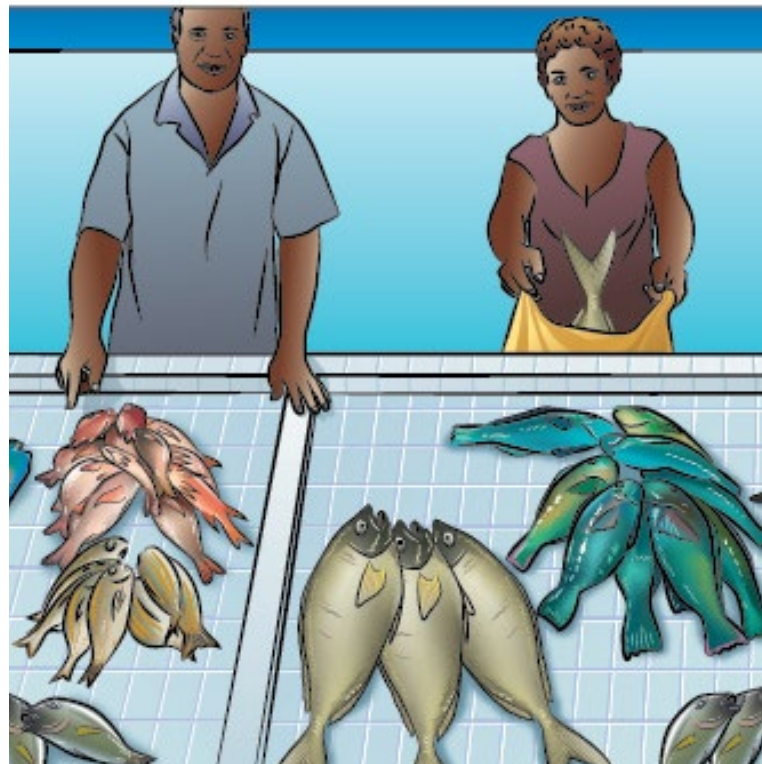
- They hold their value
- Your fish taste better and are healthier for your customers to eat



CARE

Be gentle with your fish. Fish spoil quickly if they are bruised, if the skin is broken, or if the guts are burst.

- Handle your fish as little as possible.
- Use sharp knives when gutting, gilling and cleaning your fish.
- Make sure your fish are not crushed in your display, or while they are being stored.



COOL

The bacteria and enzymes that cause fish to spoil are more active when the temperature is high.

Keep the fish as cool as possible, and do it as soon as the fish are gilled, gutted and cleaned.

Fish can be kept cool by:

- Keeping them wet and shaded
- Packing them in crushed ice if available (belly up if they have not been gutted)
- Submerging them in chilled seawater
- Freezing them

It is important to keep fish cool, during the entire time they are at the market.





CLEAN

Fish can be contaminated by bacteria and dirt.

- Bacteria and dirt can be found:
- On the fish, and in their gut
 - On equipment
 - In the surrounding area
 - On people

Any place used to clean and store fish should be kept as clean as possible, and be washed immediately after the fish have been moved.

Fish should never be placed directly on the ground.

To prevent bacteria and dirt from spoiling fish and making them unsafe to eat:

- Use clean water to wash the fish
- Whenever available, use clean ice to cool the fish
- Use clean containers to store the fish
- Keep the fish as cool as possible
- Keep the fish covered as much as possible
- Do not allow raw fish to come into contact with cooked fish
- Keep the work area and surfaces clean
- Keep yourself clean
- Wash your hands thoroughly and regularly
- Do not handle fish if you are unwell
- Keep animals and insects away
- Keep any garbage well away from the fish



QUICK

Gill, gut, clean and cool your fish as quickly as possible.

Bacteria grow quickly, so making sure your fish are cleaned and cooled as quickly as possible will help keep them fresh, tasty and safe to eat for longer.

You should also make sure that no fish are left at your stall long enough to spoil. 'First in, first out.' The first fish put out should be the first ones sold. If the first fish put out are slow to sell, return them to the ice box.

