

INFORMATION SHEETS

for fishers, vendors
and consumers

#1 FOR FISHERS



WHY

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

- They hold their value as long as possible
- Your fish taste better and are healthier for you and your customers



CARE

Be gentle with your fish.

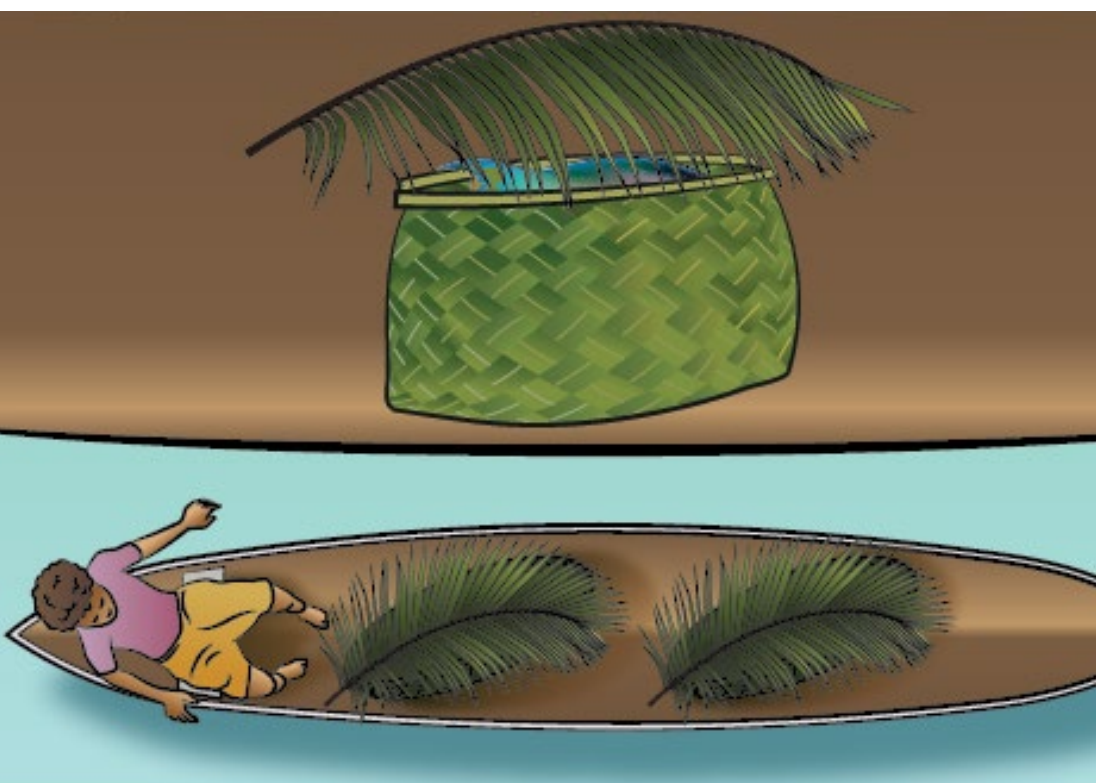
Fish spoil quickly if they are bruised, if the skin is broken, or if the guts are burst.

To make fish easier to store, and to stop them from bruising, kill them quickly with a hit on the head.



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 cool them down as soon as they are gilled, gutted and cleaned.

Fish can be kept cool by:

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

It is important to keep fish cool the entire time, from the moment the fish is caught to the moment it is sold.



CLEAN

Fish can be contaminated by bacteria and dirt.

Bacteria and dirt can be found:

- On the fish, and in their gut
- In the surrounding area
- On equipment
- 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, including cutting and cleaning surfaces, clean
- Keep yourself clean
- Wash your hands thoroughly and regularly
- Do not handle fish if you are unwell
- Keep animals and insects away



QUICK

Kill, 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 your catch fresh, tasty and safe to eat for longer.

Fish should also be taken to market as soon as possible.