



Katrina Hodgkinson MP

Minister for Primary Industries

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MEDIA RELEASE

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SEAFOOD SAFETY TIPS FOR THE FESTIVE PERIOD

Keep your family safe this festive season by following easy seafood safety tips, NSW Minister for Primary Industries Katrina Hodgkinson said today.

“It is critical that seafood is transported, stored and handled correctly to avoid food poisoning,” Ms Hodgkinson said.

“If food safety is compromised vulnerable groups such as young children, the elderly, pregnant women and people with chronic health conditions can be severely affected.

“It is important that anyone purchasing seafood this festive season follows the easy seafood safety tips.”

Shopping tips:

- Only buy seafood from reputable retailers;
- Take a cooler bag or esky to the store or fish markets;
- Put your seafood straight into the fridge or freezer as soon as you get home; and
- Store different types of seafood (e.g. prawns, oysters, raw fish) separately in air-tight containers so that juices cannot leak onto other foods.

Prawns:

- Don't eat strong off-smelling prawns;
- For whole prawns make sure the head is firmly attached and the shell tight and shiny;
- Store prawns separately from all other foods in an air-tight container; and
- Eat prawns within three days of purchase or freeze them for up to 3 months.

Raw fish:

- Must be fresh and of highest quality;
- Ensure high standard of hygiene when handling; and
- Do not eat raw fish that has been left unrefrigerated for more than two hours.

For more seafood safety tips, including for recreational fishing, visit www.foodauthority.nsw.gov.au or call the helpline on 1300 552 406.