



Quality Food Analysis, Consultation & Training Services, LLC

P.O. Box 15906, Beverly Hills, CA 90209

323.823.1764 ? Qualityfacts@aol.com

fax 323.571.1889

September 2007: Seafood

The National Fisheries Institute (NFI) released its annual "Top 10" list of the most consumed seafood in the United States for 2006. Overall seafood consumption in America was 16.5 pounds per person last year, up from 16.2 pounds in 2005, according to data compiled by NOAA Fisheries. Compared to six years ago at 14.8 pounds, overall consumption has risen 11 percent.

Shrimp continues to lead seafood consumption, up 0.3 pounds per person to 4.4 pounds for the year. Tilapia, a mild-tasting white fish, moved up to the number five position in overall seafood consumption replacing catfish, which fell to the sixth position. Increases in shrimp, Pollock and tilapia consumption helped drive the overall increase. Fresh and frozen seafood consumption was a record 12.3 pounds per capita for 2006, and the total seafood consumed - 4.92 billion pounds edible weight - also set a record.

With the warm summer upon us, with temperatures expected to rise to record highs, it will be very important to remember to maintain proper holding temperatures (135°F or above, or 41°F or below.) This is a good time to check the following:

- Are the thermometers in your refrigeration units in good working order?
- Can you find the thermometers in your refrigeration units?
- Are your food handlers regularly checking the temperature of the refrigeration units?
- Are your food handlers regularly (every four hours) checking the temperature of the refrigeration units; check during the busiest times of each operating day.
- Are your food handlers making sure to find alternative methods of cold holding if the refrigeration units are not functioning correctly? (Are they calling the refrigeration unit repair services?)
- Are the gaskets of the refrigeration units in good condition?

If you don't already have an alternative cold holding method developed, this would be a good time to plan it out. When the refrigeration units are serviced, make sure you know how frequently the defrosting cycle is set. Make sure the defrosting cycle is not set during your busiest hours. The gaskets of the refrigeration unit can make a big difference. It is time to replace the gasket if a piece of notebook paper can easily slide through the space between the gasket and the unit. This "spacing" can cause many problems; including increased electrical bills, moisture and ice buildup, and most of all, inability to maintain the temperature of the food.

Five minutes a day of staff training would make all the difference. Why don't you try various methods to incorporate training into your work day? If you have any questions regarding sanitation or food safety, or require additional information regarding staff training, please feel free to e-mail us.