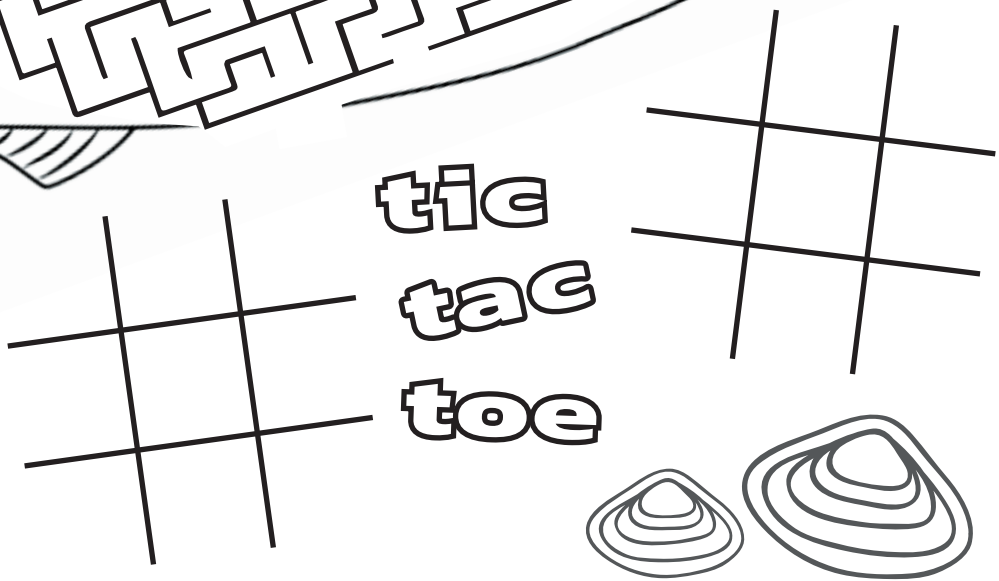
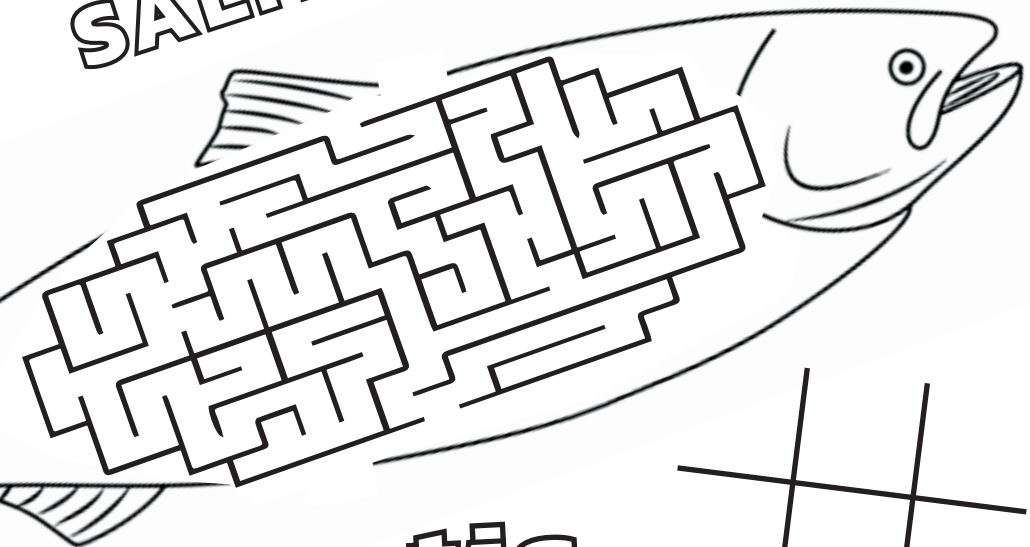


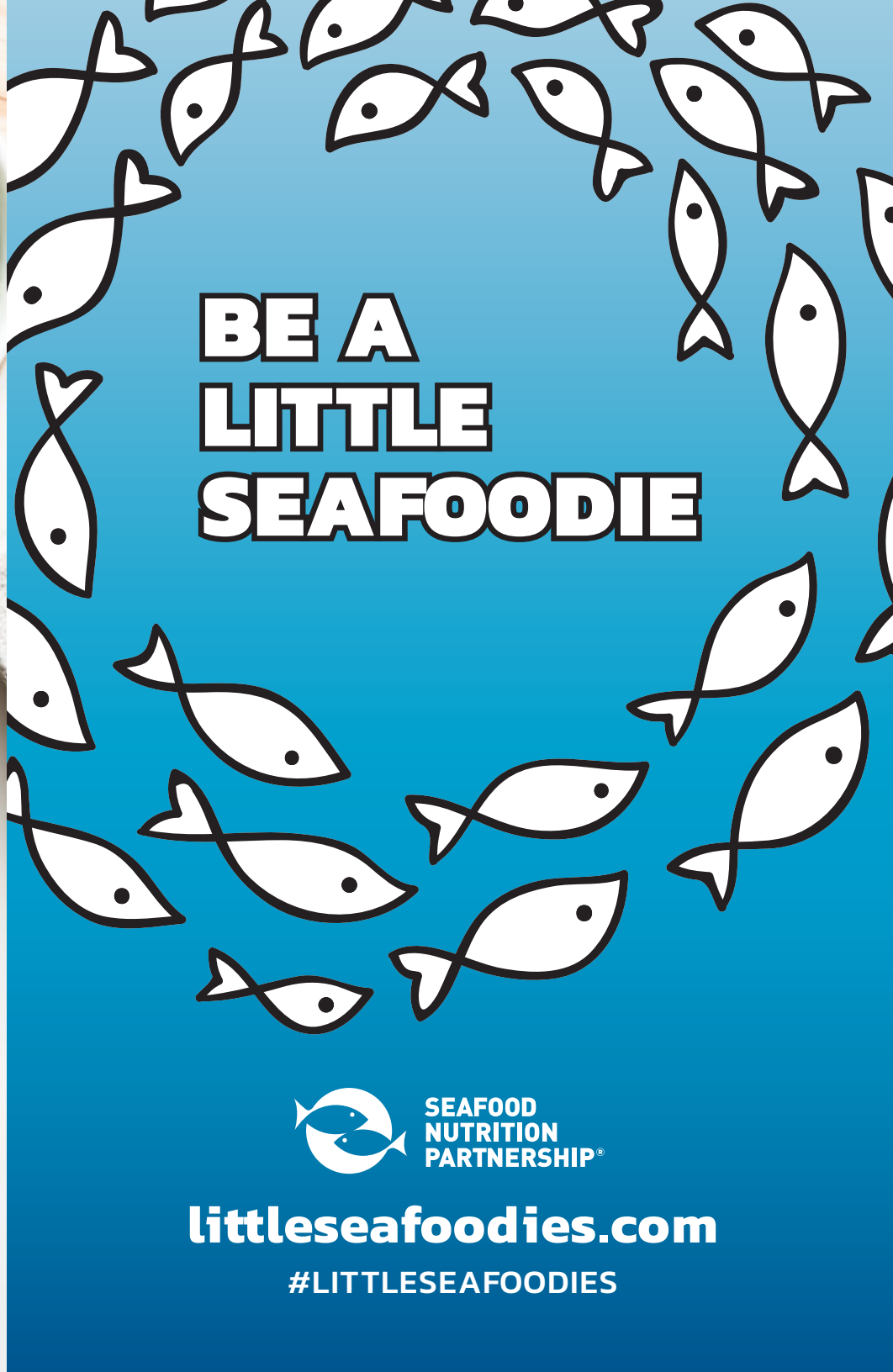
Swimmin' SALMON

In a single year, Alaska salmon can migrate up to 10,000 miles — that's like going all the way across the continental U.S. and back, twice!



SUSTAINABLE SEAFOOD IS A WIN-WIN | Healthy for kids, Healthy for the planet.

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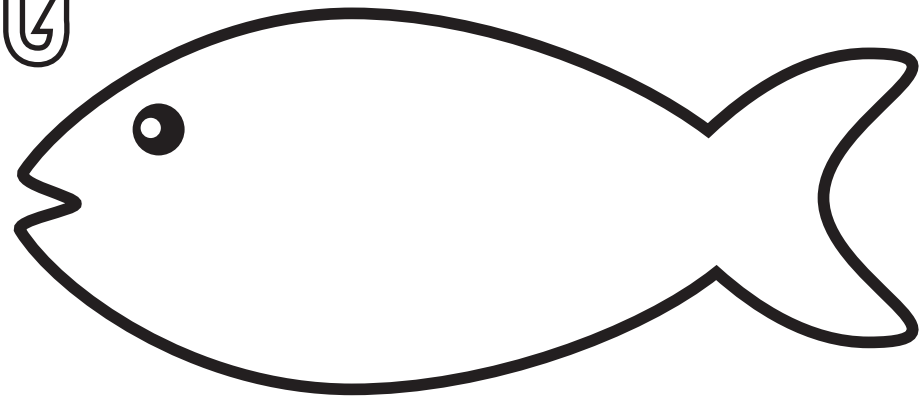
Reel in the health benefits!

EATING SEAFOOD 2X PER WEEK:

Builds a **HEALTHY BRAIN!**

Builds a **HEALTHY HEART!**

Builds **STRONG BONES AND MUSCLES!**



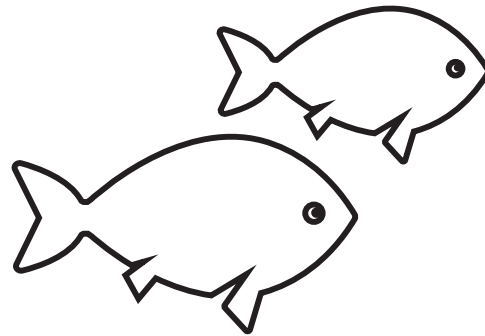
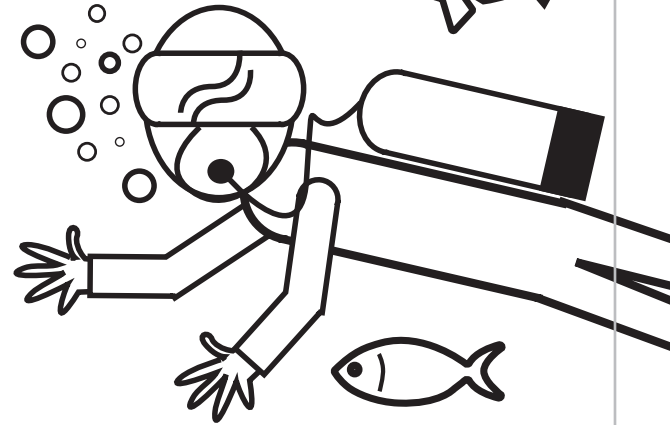
When kids eat at least two servings of seafood each week, the benefits are big. Fish and shellfish supply the nutrients, vitamins and omega-3s essential for strong bones, brain development, and healthy immune and cardiovascular systems. Seafood Nutrition Partnership offers suggestions for helping children do their best in the classroom and beyond. Learn more at seafoodnutrition.org/kids

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WHY FISH?

BIG YUMS + BIG BRAINS

Fish makes your brain bigger, literally! Your brain is nearly 60% fat, and omega-3 fatty acids found in seafood are among the most crucial molecules that determine your brain's ability to perform.

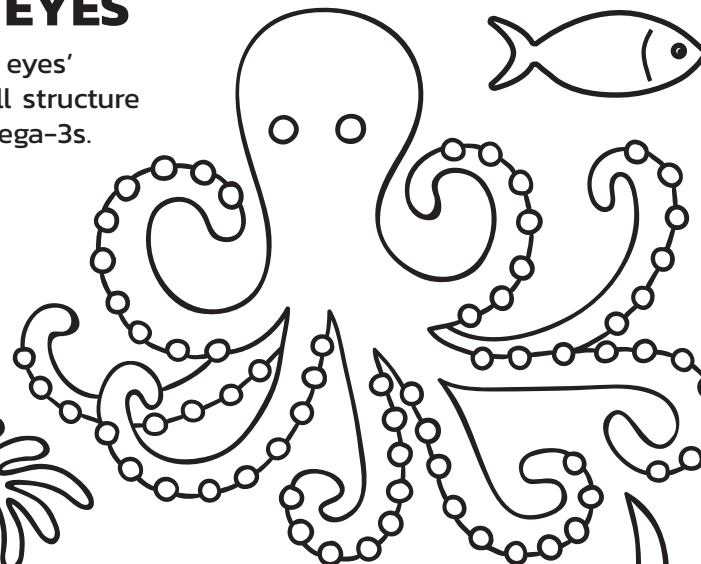


NEW FAVES + BETTER GRADES

Kids who eat fish at least once per week may do better in school. Seafood's omega-3s help kids' brains develop, leading to higher IQs and improved reading and spelling skills. Plus, children who consume more seafood have less anxiety and better focus.

CLEAN PLATES + HEALTHY EYES

Nearly half of our eyes' light-detecting cell structure is made up of omega-3s.



Did you know there are over 500 varieties of seafood available? Find some of the most popular below!

S G U U C Q G N P S S S
S A L M O N T H I H S U
D O C M Q L L N H R W T
S L E S S U M M A I O E
T C Y M T S D S M M R U
H U Y I W M C K I P D J
J J B T J A C T H G F R
Y W U I L O N J A W I B
G N O L L Q Y L M W S P
A U O L D A O L L U H A
L P O W Q M H C U K V Q
S P V K R O X W L E J X

COD

HALIBUT

MAHI MAHI

MUSSELS

POLLOCK

SALMON

SCALLOPS

SHRIMP

SWORDFISH

TUNA

FUN FACT

The average shrimp has 10 legs.

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