

September 26, 2024

Science Says Eat More Seafood, Why & How?

Expert Panel Discussion



Discussion Panelists

Moderator:

 Linda Cornish, President of the Seafood Nutrition Partnership

Panelists:

- Mr. John Burrows, Seafood Technical Director, Alaska Seafood Marketing Institute
- Mr. Jason Driskill, VP of Seafood, Sushi, Meal Simple, H-E-B; SNP Vice Chair
- Ms. Mondonna Khan, Head, Regulatory Affairs & Nutrition, StarKist



Key Concepts

- Where to buy seafood?
- How to incorporate seafood into daily meals that the whole family would like?
- Economical ways to include seafood regularly into any meal occasions.
- Easy ways to cook seafood.
- How to keep seafood top of mind?

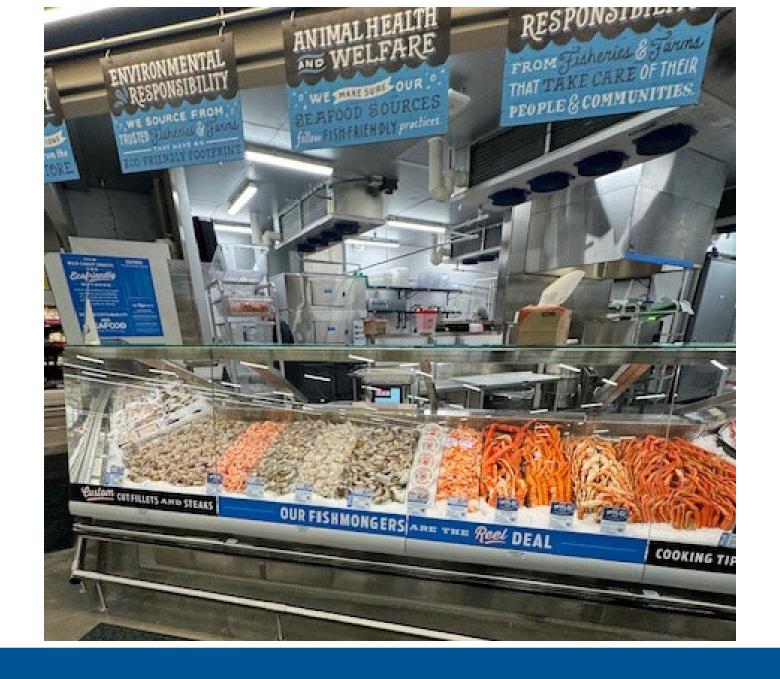




Where to buy seafood?















How to have seafood that everyone likes?





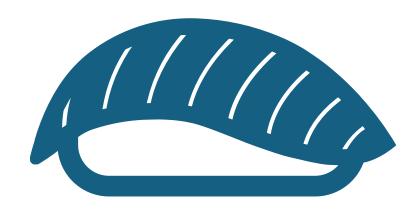




How to have seafood on a budget?



How to cook seafood?







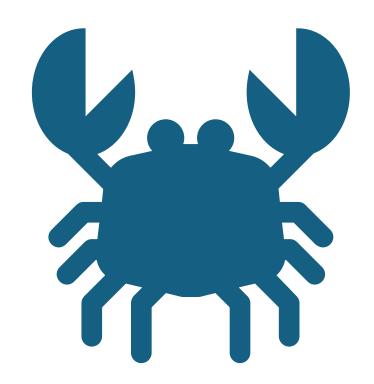








How to keep seafood top of mind?







Derek Hough Dancing With The Stars





Key Takeaways

- Look and ask for great seafood options at your grocery stores, restaurants, schools, military, hospitals, sports arenas, work
- There's seafood that the whole family would like. Add seafood to a favorite meal.
- Buy seafood in bulk, seasonal, promotions
- Think no-cook to air fryer seafood recipes
- Whatever is important to you, seafood can fit in? Health, Planet, Social.

