



DEPARTMENT OF THE INTERIOR
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FISH AND WILDLIFE SERVICE

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FISH BUYING MADE EASY

A handy guide for food purchasers and dietitians, titled Fresh and Frozen Fish Buying Manual, was released today by the Fish and Wildlife Service, Department of the Interior.

The forms in which fish and shellfish can be bought are described and illustrated in the manual. Seven different cuts for fish and four different market forms for shellfish are explained. Containers for fresh, frozen, and shellfish are listed according to types and net weights.

The reader is informed on what to look for in the purchasing of whole and drawn fish, fillets and steaks, frozen fish, and the principal species of shellfish.

Under the heading How Much To Buy, servings per person and per 100 persons are listed for fillets, steaks, fish sticks, dressed fish, and whole (or round) fish. Under the same heading, servings per six persons and per 100 persons are listed for the chief species of shellfish.

Other subjects covered are: Handling, storing, cleaning, dressing, filleting, food value, edible portions, fish cookery, species names, producing areas, market sizes, fat-or-lean categories, classifications and specifications (market and Government), and seasonal supply variations.

The 50-page publication is a revised version of the Fresh and Frozen Fishery Products Reference Manual which proved so popular that more than 65,000 copies were distributed.

Designated as Circular 20, copies of Fresh and Frozen Fish Buying Manual may be purchased from the Superintendent of Documents, United States Government Printing Office, Washington 25, D. C. The price is 25¢ per copy.

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