



NATIONAL SEAFOOD MONTH

Seafood is an important source of protein for millions of people around the world. By choosing sustainable seafood, you are helping to recognize and reward sustainable practices. October is National Seafood Month, and we are celebrating with recipes featuring Faroe Island Salmon. According to the Monterey Bay Seafood Watch, Faroe Island Salmon is harvested from pure, unspoiled waters by responsible fisheries and aquaculture farms, making it a good sustainable seafood choice.

Compass Group has long-standing commitments to do what is best for the planet and our oceans by only purchasing sustainable seafood all year round, not just during National Seafood Month. At your grocery store or local fish market, ask for sustainably caught seafood and enjoy it grilled, baked or sautéed. Season with olive oil, fresh herbs, lemon slices, freshly ground black pepper, and a sprinkle of salt before cooking to enhance the flavor of your fresh catch.



BREAST CANCER AWARENESS MONTH

October is Breast Cancer Awareness Month. This is a month to promote screening for this disease and to raise awareness on prevention. Everyone is familiar with wearing the bright pink hues to show support, but another thing to do is to eat pink! There are so many pink and red foods that provide vitamins, minerals, and antioxidants that all play a role in cancer prevention.

Beets, cabbage, radish, raspberries, strawberries, tomatoes, and watermelon are some of the many delicious options to enjoy this month. Use these options to build a nutrient-packed salad topped with some beans or lentils for a plant-forward protein boost! Top your salad with a homemade dressing like a vinaigrette to get the wonderful, heart healthy fats without too much added salt. Lastly, top a salad with some nuts or seeds to add even more disease-fighting nutrients.

CHEF'S TIPS

Tips for choosing the freshest seafood:

- Wild caught is always preferred over farm-raised fish.
- Whole fish should have firm flesh, red gills, and clear, shiny eyes.
- Fish should smell fresh and mild. The flesh should appear firm and should spring back when touched. You will notice a slightly softer texture when choosing previously frozen fish, but it should never have a strong odor.
- Shrimp and scallop flesh should be clear with a pearl-like color and little or no odor.
- Whole crabs and lobsters must be purchased live and should demonstrate leg movements when disturbed.
- Mollusks, including clams, oysters, and mussels, must be alive when purchased. They should not have cracked or broken shells and any that do not open during the cooking process should be discarded.
- Fresh seafood can be stored in the refrigerator at 40 degrees or below for up to two days after purchasing.

