



Canned Fish

3 Prep and cooking tips

- Canned fish, like tuna and salmon, are fully cooked, so it is safe to eat them without cooking! It can be added to soups, salads, casseroles, and sandwiches and can be eaten either hot or cold.
- Mix tuna with chopped vegetables, mustard, and a little mayo for a tasty tuna topping to put on salad, crackers or in sandwiches.
- Canned tuna also goes great in tuna noodle casserole and is very easy to make!

2 Shopping and storage

- If possible, choose tuna canned in water vs canned in oil.
- Store unopened cans in a cool, clean, dry place.
- Store remaining canned fish in a tightly covered container that is not made from metal and refrigerate; use within 3 days of opening.

1 Nutrition Fact:

- Canned tuna and salmon are great sources of protein and omega-3 fatty acids. Omega-3 fatty acids like EPA and DHA play an important role in brain function, normal growth and may reduce risk of heart disease!

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