



WILD-CAUGHT SHRIMP

A Nutritious, Versatile, and Healthy Seafood Choice

Shrimp is a lean, nutrient-dense protein that supports your heart, brain, and overall health. It provides important nutrients, including omega-3 fatty acids, B-vitamins, and minerals that help your body stay strong and energized.



Eating a variety of protein foods like seafood, beans, nuts, eggs, dairy, and lean meats, helps maintain energy, support healthy growth, and lower the risk of chronic disease. Shrimp is an easy way to add variety to meals while choosing real, wholesome foods.



PRODUCT INFORMATION

Shrimp is a mild-tasting shellfish. This product is **wild-caught, frozen, raw, peeled, deveined** and packed in a **2-pound bag**. These are **medium-sized shrimp**, about **31 to 50 pieces per pound**.



USES & TIPS

- Sauté, broil, steam, or grill with light seasoning.
- Add to tacos, wraps, rice bowls, or pasta.
- Mix into chowders or soups.
- Cook just until pink and loosely curled to keep shrimp tender.



STORAGE & HANDLING

- Keep frozen at 0°F until ready to use.
- Thaw safely in the refrigerator or use the microwave's defrost setting.
- **DO NOT** thaw at room temperature.
- Cook to the internal temperature indicated on the product packaging.



CULINARY TIPS & RECIPES

- America's Harvest Cookbook:
<https://www.fna.usda.gov/americanharvest>
- The Real Food Show: Cooking Real Food at Affordable Prices:
<https://www.hhs.gov/real-food-show/index.html>