This National Seafood Month in October, Seafood Nutrition Partnership Is Bringing the Focus Back to Family

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ARLINGTON, Va. (PRWEB) August 28, 2019 -- *Seafood Nutrition Partnership* (SNP) is here to inspire Americans to enjoy seafood at least twice a week by showing how buying and preparing seafood is simple and delicious! For National Seafood Month in October, we are bringing the focus back to family.

Be thankful for October, after the back-to-school rush and before the holiday hectic. It’s the perfect time to focus on sitting down together as a family to regroup. Renew your commitment to creating and serving meals at home that nourish your kids’ bodies, brains, and help them flourish for life.

“Research shows that having regular family meals can be life-changing,” SNP President Linda Cornish said. “When children and parents gather around the table and engage each other in conversation, we see the kinds of outcomes we all want for our children: higher grades and self-esteem, healthier eating habits and weight, and less risky behavior.”

Fish and shellfish are good options for busy nights. Most seafood can be cooked in 15 minutes or less. Additionally, fish and shellfish are good sources of lean protein, low in saturated fat and rich in vitamins and minerals, most notably the omega-3 fatty acids EPA and DHA. The Dietary Guidelines for Americans and American Academy of Pediatrics both recommend at least two servings of seafood per week to support heart and brain health.

Seafood Nutrition Partnership is working with the *Food Marketing Institute Foundation* to emphasize the importance of family meals, expanding *National Family Meals Month* throughout the year and into a true movement - the Family Meals Movement.

“We commend SNP for their visionary partnership with food retailers in providing consumers the easy means of achieving their desire for more family meals at home each week,” said David Fikes, Vice President, Communications & Consumer/Community Affairs at the Food Marketing Institute. “Their action leads the charge for National Family Meals Month becoming a year-round endeavor and is a great example we hope others follow.”

Join us as we work collaboratively with health partners, seafood companies, retailers and dietitians from across the country to bring families back to the table. SNP has created a [toolkit for partners](#) to utilize as they participate in National Seafood Month.

This toolkit showcases resources for:

- **Quick, Easy Weeknight Meals** - Many fish dishes cook in 15 minutes or less
- **Fun Ways to Engage your Little Seafoodies** - Get kids cooking in the kitchen
- **Live Smarter and Healthier with Seafood** - The benefits of seafood for everyone in the family
- **Seafood 101** - Help customers be more confident in purchasing seafood
SNP wants to help your family eat well together to be well together. We’re committed to helping you make shared meals at home fun, affordable and healthier.

You and your family are an important part of our community! Show your commitment to more meals on social media. Share your own family meal experiences, misadventures and solutions with your social channels, and don’t forget to use hashtags #SeafoodMonth and #FamilyMeals.

**Seafood Nutrition Partnership**

Seafood Nutrition Partnership is a charitable nonprofit with a mission to create a healthier America through consumption of seafood. SNP addresses the biggest barriers to eating seafood — a lack of confidence in knowing how to select, buy, prepare and eat seafood — to encourage more Americans to consume fish, shellfish and omega-3s as part of a balanced diet.

SNP provides resources that help answer customers’ questions about seafood and health and encourages balanced nutrition throughout the lifespan. SNP’s outreach materials emphasize seafood at all price points, ease of prep and cooking, and provide culturally relevant recipes — many of which feed a family of four for less than $10 and can be made in less than 15 minutes.

**Food Marketing Institute Foundation**

Established in 1996, the Food Marketing Institute Foundation seeks to ensure continued quality and efficiency in the food retailing system and is operated for charitable, educational and scientific purposes. To help support the role of food retailing, the FMI Foundation focuses on research and education in the areas of food safety, nutrition, and health. The FMI Foundation is a 501(c)3 non-profit organization.
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