



# Collier County Government

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## FOR IMMEDIATE RELEASE

### **SEAFOOD SAFETY WORKSHOP OFFERED THIS APRIL**

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(Naples, FL) – If you are not seafood savvy, you should be! Collier County University of Florida Extension Service is offering a FREE Seafood Safety and Sustainability Workshop at North Collier Regional Park's Exhibit Hall on Tuesday, April 13 from 6 p.m. to 8 p.m.

Collier County's Marine Science Extension Agent Bryan Fluech will be talking about fish issues including how much you should eat, what types of fish you should eat and how long you should keep fresh fish.

Do you know how much mercury is in your favorite fish? Although a healthier protein option, because it is low in saturated fat and high in Omega-3 Fatty Acids, some fish contain high levels of mercury.

The U.S. Food and Drug Administration (FDA) in recent years has warned people about eating too much fish with high mercury levels, which has been known to cause problems, specifically in unborn children, according to the FDA Web site. According to the FDA, it can take up to a year for high mercury levels to diminish through the human body's natural process, and why it is important for women specifically to monitor their intake carefully.

The Seafood Safety and Sustainability Workshop will address balancing seafood health benefits and risks, seafood sustainability issues, and purchasing and storing seafood at home. The workshop is open to the general public.

For questions about the workshop, contact Collier County Marine Science Extension Agent Bryan Fluech by calling (239) 417-6310, extension 204 or email him at [fluech@ufl.edu](mailto:fluech@ufl.edu).