

Commodity Canned Salmon – Teacher Guide

Objective: To teach how to creatively use commodity canned salmon in recipes and how to properly prepare and store canned salmon safely.

Icebreaker: Ask participants: *“Have you eaten canned salmon? Share that salmon is a fish and packaged in a can like tuna. “How was the canned salmon prepared when you ate it?”*

Read the Salmon Questions to your participants. But first share with participants: *“I am going to read to you several questions concerning canned salmon. Just listen to the questions and don’t shout out the answers. If you do not know the answers that’s OK because it will be fun and interesting to learn the answers in today’s lesson. At the end of today’s lesson, we will review the questions one more time to make sure everyone has learned the answers.”*

Salmon Questions

T or F 1. Salmon is a fish that spends its entire life in salt-water.

False *The adults leave the ocean to go to a freshwater stream to spawn.*

T or F 2. It is dangerous to eat the bones in canned salmon.

False *Canned salmon is pressure cooked so the bones become soft and are easy to eat and digest.*

T or F 3. Canned salmon with bones is a good source of calcium.

True *The edible bones in canned salmon are a good source of calcium.*

T or F 4. You can substitute canned salmon in most recipes that call for canned tuna.

True *Canned salmon can be substituted for canned tuna in many recipes.*

T or F 5. Canned salmon should be stored in a cool, dry place for only 6 months.

False *Unopened canned salmon should be used within 3 years.*

Share with participants: *“When you open a can of salmon for the first time don’t be alarmed if you see salmon bones mixed in with the salmon meat. Canned salmon is pressure cooked so the bones become soft and are easy to eat and digest. Can you think of a good reason to eat canned salmon with bones?”* (The bones are a good source of calcium.)

Ask participants: ***“Do you know what a salmon fish looks like?”*** Show salmon picture.
“Today we will talk about how to cook with canned salmon and how to store it properly. But first let me share with you some interesting facts about this fish called salmon”.

Salmon Facts

- It is a fish that spends **most** of its time in salt-water.
- There is one variety of Atlantic salmon and 5 varieties of Pacific salmon.
- ***Salmon Life-cycle***
The adults leave the ocean to go to a freshwater stream to spawn. Spawning is the process where female salmon lay eggs and the male salmon fertilizes the eggs. Salmon eggs are laid in the same freshwater stream where the adult salmon were born (hatched). Most salmon die after they spawn. When the eggs hatch, the baby salmon (fry) will remain in the stream for a short while. Eventually, the young salmon make their way to the ocean where they will grow and fatten up for their return trip to the freshwater stream where they were born to lay eggs and die.
- Some salmon are caught in the wild but 70% of the world-wide salmon is farm-raised.

Share with participants: ***“Let’s talk about how to properly store canned salmon and tips for cooking with it.”***

How to Handle Commodity Canned Salmon:

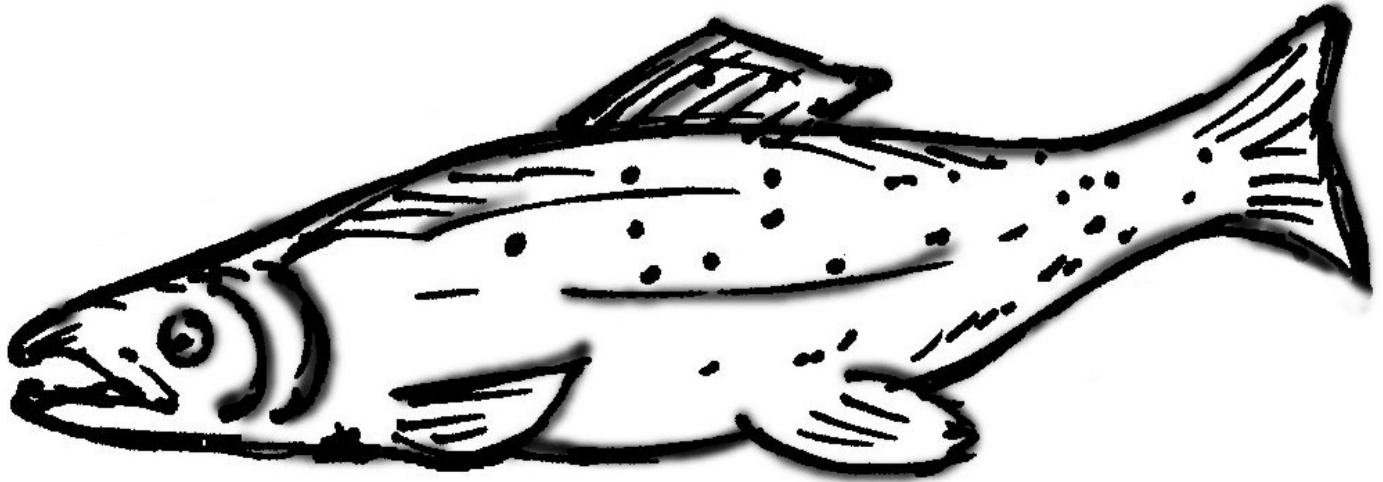
- Store unopened cans in a cool, dry place.
- Unopened can should be used within 3 years.
- After opening can, store unused salmon in a covered container in the refrigerator and use within 3 days.

Uses & Tips

- Bones in the canned salmon are soft and safe to eat. They are a good source of calcium. Crush the bones with a fork and mix into salmon meat.
- Salmon can be used in tuna recipes for casseroles, salads, sandwiches, dips and spreads.

Activity Suggestions:

- 1** Demonstrate what canned salmon looks like. Open a can of salmon and show the bones and skin and demonstrate how to mash bones with a fork and mix into salmon meat.
- 2** Have participants exchange ideas on how to prepare the canned salmon. Canned salmon can often be substituted for tuna in recipes.



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