

# Hao blong handelem ol kakai long solwota

## INFOMESEN PEPA

Fis hemi wan impoten pat blong kakai long Pasifik. Plante long ol fis we yumi kakai, yumi bin kasem mo treidem wetem fulap difren man ino olgeta we oli kakai nomo. Blong mekem sua se fres mo helti fis hemi aksesible long everi man thru long ol distribusen jen, hao yumi handelem fis I mas hygenic (klin) mo sef oltaem.

Buk ia I kontenem 5 infomesen kad long ol save blong kipim fis I fres, helti mo sef blong yumi kakae. trifala fes infomesen I tokbaot hao yumi handelem fis kiln mo sef oltaem blo trifala grup blo ol man ia:

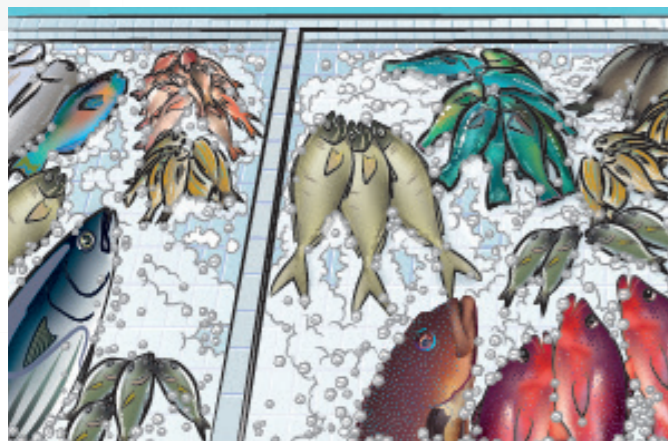
- Man o woman we I stap fising
- Man we I salem fis
- Ol kastoma

Infomesen ia I gat ol save blong handelem mo lukaot gud long ol fis olsem wan man we stap huk, wan man blong salem fis o olsem wan kastoma blong mekem sua se fis blong yu hemi fres, helti mo sef blong kakae. Infomesen buk ia i gat 4 rule: Lukaot, Kolkol, Klin mo Hariap. I gat infomesen long saed blong hao nao yu olsem wan kastoma i save lukluk mo jusum fres fis. I gat narafala infomesen tu insaed long buk ia we hemi about:

- Kol jen mo
- Hao blong mekem fis I aes (freezem) gud

Kol jen infomesen hemi long impotens blong kipim fis I kolkol oltaem, stat long taem we oli kasem fis kasem taem we oli salem. Nara infomesen blong mekem fis I aes gud hemi tokbaot hao nao blong mekem fis I kolkol gud long aes blong mekem sua se fis i save stap gud blong longfala taem. I gat ol gudfala tok save long saet blong preparem gud fis blong putum long aes blong mekem sua se kwaliti blong mit blong fis hemi gud.

Evri pis blong infomesen we I stap insaed long buk ia, yumi save mekem copi mo usum long ol difren aktiviti.



# Hao blong handelem ol kakai long solwota

## long ol aelan blong Pasifik

# INFOMESEN PEPA

blong ol man/woman  
we oli stap fising,  
salem mo kakai fis



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## Preface

Ol infomesen long buk ia hemi bes long seafood handling manuel we Tony Chamberlain mo Gabriel Titili i raetem, wetem contribusen blong Lyn Lambeth, we oli pablishem, olsem pat blong Community Fiaris Trening Seris, from olgeta long USP Marine Studies Programme mo Pacific Community (SPC) long 2001.

Infomesen pepa ia oli mekem wetem tingting blong helpem olgeta we oli stap fising, olgeta we oli stap salem fis mo ol konsuma wetem haigin mo stret wei blong handelem fis

Man we I raetem: Owen Li (Australian National Centre for Ocean Resources and Security)  
Hampus Eriksson (WorldFish)  
Ian Bertram (Pacific Community)  
Aymeric Desurmont (Pacific Community)  
Michel Blanc (Pacific Community)  
Man we i drawem: Jipé LeBars (Pacific Community)  
Woman we i putum gud ol toktok mo pikja long buk ia: Constance Odiardo (Pacific Community)

## Tok Tankio

Wok ia oli tekem olsem pat blong CGIAR Resej Program long Fish Agri-Food Systems (FISH). Sapot lo saed blong mani, I kam long SwedBio, wan programme long Stockholm Resilience Centre, mo gavman blong Australia tru long projek FIS/2016/300 "Strengthening and scaling community-based approaches to Pacific coastal fisheries management in support of the New Song".



Pablikasen ia yu shud saetem olsem:

Li O., Eriksson H., Bertram I., Desurmont A. and Blanc M. 2018. Handling seafood in the Pacific Islands: Information sheets for fishers, vendors and consumers. Noumea, New Caledonia: Pacific Community. 10 p

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# INFOMESEN PEPA

blong ol man/woman we oli stap fising, salem mo kakai fis

## #1 OL MAN/WOMAN WE OLI STAP FISING



### FROM WANEM

Infomesen long saet blong prisevem fresnes blong fis blong longfala taem:

- From i save hollem taet valiu blong fis blong longfala taem
- Fis blong yu i save taes gud mo hemi helti blong yu mo ol kastoma blong yu



### KEA

Handelem fis wetem kea.

Fis i save nogud hariap taem we yumi no lukaotem gud. Sapos yumi sak sakem, mekem skin i brok o spos we gat o bel blong fis i brok i save mekem fis i nogud hariap. Fasin blong killim fis hariap (killim hed blong hem long wan ston) bae i mekem i moa isi blong storem mo stoppem fis blong kasem kill long bodi blong hem.



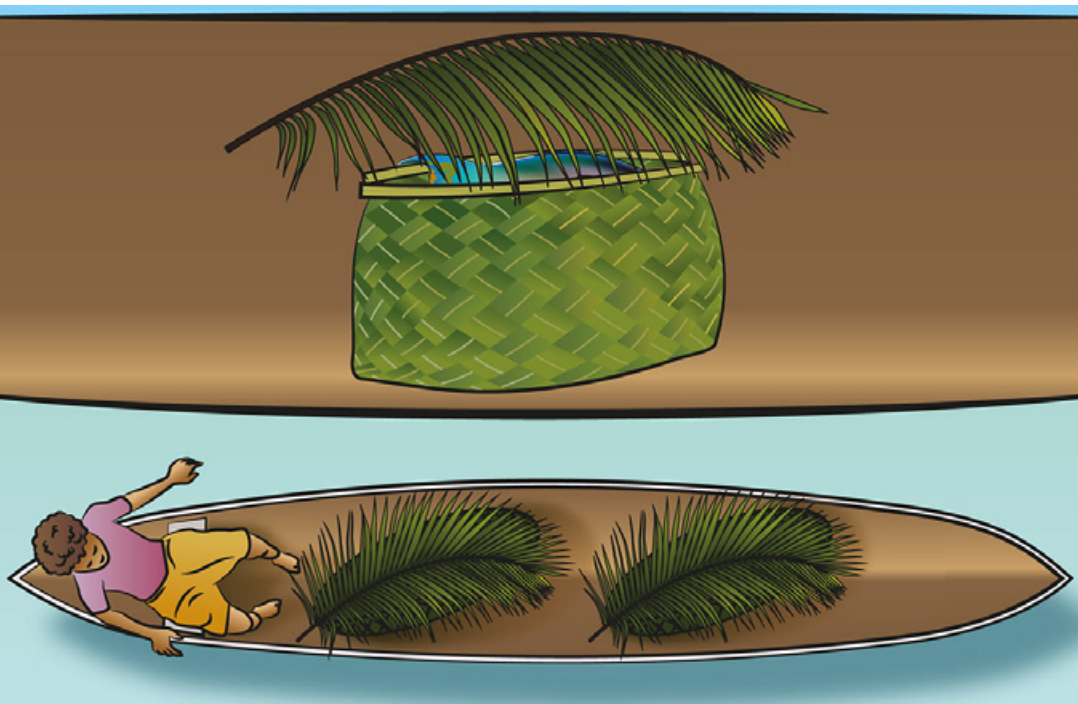
### KOLKOL

Taem we temperaja (hot) blong fis i hae tumas, bakteria (smolsmol bebet) mo enzaem isave spoilem kwaliti blong fis hariap.

Kipim fis i kolkol oltaem mo daonem temperaja blong fis hariap afta we yu karemaot gil, gat mo klinim fis. Blong kipim fis i kolkol, yu save:

- Mekem fis i wetwet mo kipim long wan ples we igat shed
- Packem gud fis long aes Tanem (bel iko antap sipos we yu no karemat gut blong hem iet)
- Putum fis insaed long wan kontena we i fulap long solwota mo aes blok
- Putum fis insaed long wan aes box

Hemi impoten blong kipim fis i kolkol oltaem stat long taem we yu kasem go kasem taem we yu salem fis blong yu.



# INFOMESEN PEPA

## blong ol man/woman we oli stap fising, salem mo kakai fis



### KLIN

#### Bakteria mo toti i save spolem kwaliti blong fis

Yumi save faenem bakteria mo toti:

- Long bodi blong fis mo long gat blong hem
- Long eria we fis i stap long hem mo long ples yu stap prosesem fis
- Long ol tul we yu usum
- Long man/woman we i handelem fis

Long ples we yumi usum blong klinim mo storem fis i mas klin oltaem mo yumi mas wasemaot toti blong fis hariap afta we yumi klinim mo muvumaot fis.

#### Neva putum fis blong yu stret long graon :

Blong mekem sua se bakteria mo toti ino spolem fis mo mekem se i no moa sef blong kakae; yu mas:

- usum kiln wota blong wasem fis blong yu
- usum kwaliti mo kiln aes blong mekem sua se fis blong yu i kolkol i stap
- usum ol kiln kontena blong storem fis blong yu
- mekem sua se fis blong yu i kolkol gud oltaem
- mekem sua se fis i stap long shed oltaem



### KWIK TAEM

#### Karemaot gill mo gat, klinim mo mekem fis blong yu i kolkol hariap

Bakteria hemi save gro hariap. Taem yumi klinim mo mekem fis i kolkol hariap, fis blong yumi hemi save stap fres, swit mo sef blong kakae longtaem. Yu shud karem fis igo long maket kwik taem afta we yu kasem.

# #2 BLONG OL MAN /WOMAN WE OLI SALEM FIS

## INFOMESEN PEPA blong ol man/woman we oli stap fising, salem mo kakai fis

### ? FROM WANEM

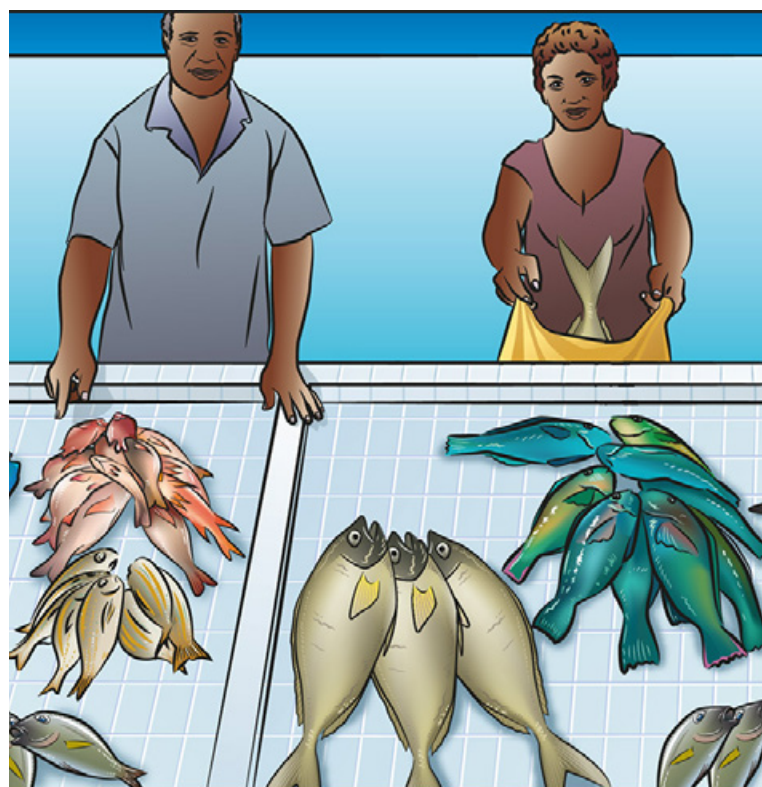
Kad ia i kontenem ol infomesen long hao blong presevem fresnes blong fis blong longfala taem:

- Blong fis i save holem taet valiu blong hem longfala taem mo
- Blong fis blong yu i tes gud mo hemi sef blong ol kas-toma blong yu

### KEA

Tekem gud kea long fis blong yu. Fis i save nogud hariap sipos we yu sakem olbaot mo i kasem kill long body blong hem, skin blong hem i brok mo sipos we gat long hem i broke.

- No tekem tumas taem blong handelem fisUsum shap naef taem yu stap katem fis.
- Mekem sua mit blong fis blong yu oli no sopsop taem yu stap displayem o taem yu storem antap long olgeta.



### KOLKOL

Ol bakteria mo ol enzaem we oli stap spolem fis oli moa aktiv taem we temperaja i hae o ples i hot.

Traem blong kipim fis i kolkol oltaem mo tekem sot taem blong klinim mo karemaot gat blong fis.

Yu save kipim fis i kolkol long ol fasin olsem:

- kipim fis i wetwet mo stap andanit long shed long shed
- packemap olgeta long ol smol aes. Sipos we oli no karem aot gat blong fis yet mekem bel blong fis e lukluk go antap taem yu storem
- draonem fis long wan kotena blong solwota wetem ae
- putum fis insaed long wan aes box

Hemi impoten blong kipim fis i kolkol oltaem yu stap long maket.

## INFOMESEN PEPA

### blong ol man/woman we oli stap fising, salem mo kakai fis



#### KLIN

Fis hemi save go nogud from bakteria (smolmol bebet )mo toti

- Yu save faenem bakteria mo toti:
- long fis, insaed long gat blong hem
  - roan long yu
  - long ol tul we yu usum blong handelem fis
  - long ol man

Long ples we yu iusum blong klinim mo storem fis, i mas klin oltaem mo yu mas wasem i klin afta we yu muvumaot fis.

#### No putum fis long graon

Blong mekem se bakteria mo toti ino go long fis blong ino sef blong kakai.

- Usum klin wota blong wasem fis.
- Taem we i gat aes, usum klin aes blong kipim fis i kolkol.
- Usum Klin kontena blong storem fis.
- Kipim fis i kolkol oltaem.
- Traem blong kavremap fis oltaem.
- No mas mekem fis we eno tan blong mix wetem fis we i tan o kuk finis.
- Kipim eria blong wok, ol tebol mo tul i klin oltaem.
- Kipim yu klin oltaem.
- Washem gud hand blong yu oltaem taem yu wok.
- No handelem fis spos yu sik.

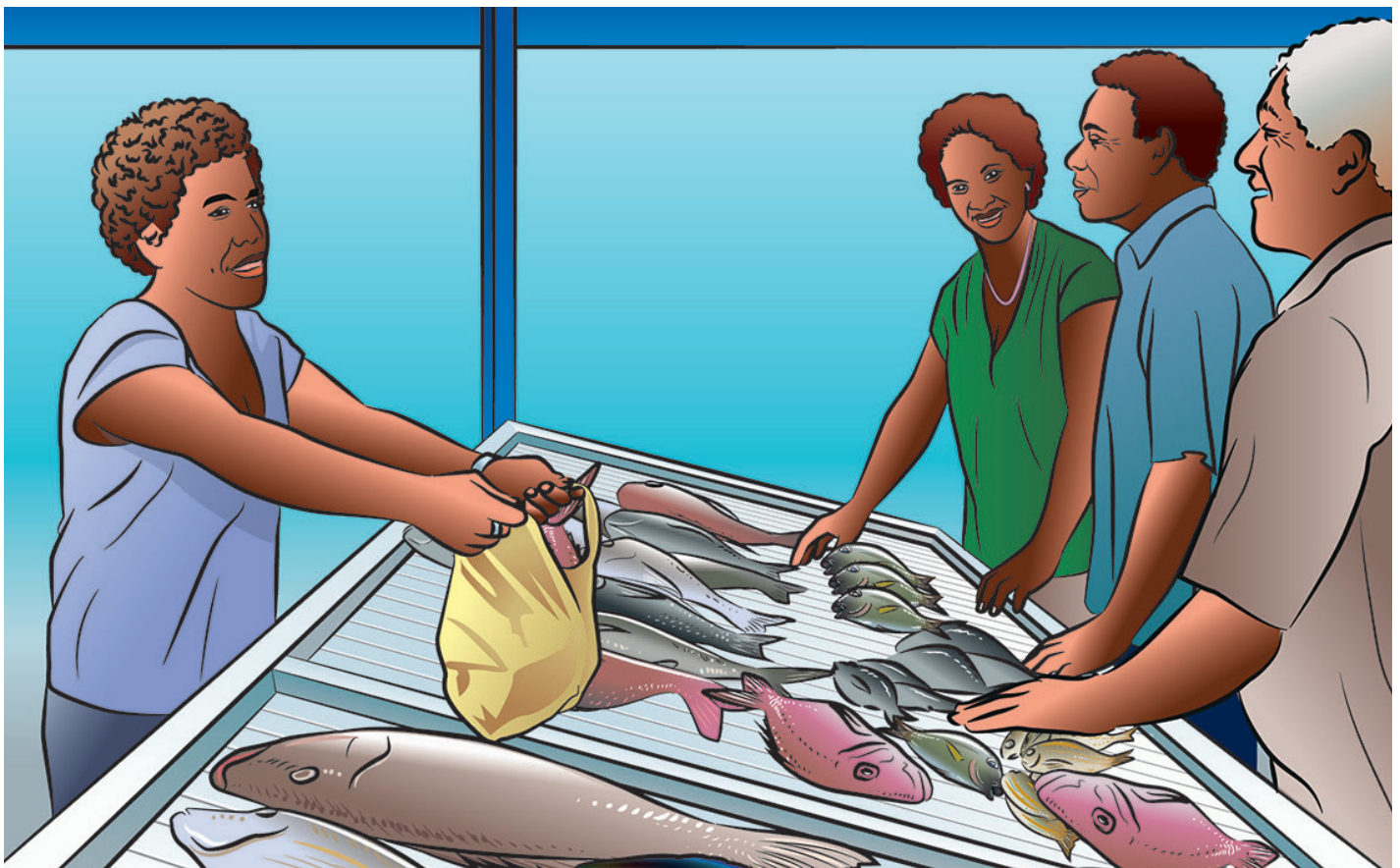


#### KWIK TAEM

Karem aot gill mo gat blong fis hariap mo mekem i kolkol hariap

Bakteria isave gro hariap. Mekem sua se fis blong yu imas klin mo kolkol hariap blong kipim fis i fres, swit mo sef blong kakai mo isave stap longtaem.

Blong fis ino ko nogud, mekem sua se fis ino stap long taem long displei tebol taem yu salem fis. 'Fes in, fes out.' Fes fis we yu putum aot blong salem hemi shud fis we yu salem aot festaem ia nao. Spos fis we yu karem aot blong salem i tekem long taem blong man i pem yu mas putum bak i ko long aes box o eski.



# #3 BLONG OL KASTOMA

## INFOMESEN PEPA

blong ol man/woman we oli stap fising, salem mo kakai fis



### FROM WANEM

Kad ia i kavremap ol infomesen long save blong jusum fres fis, mo hao blong kipim fresnes blong fis blong evriwan isave enjoem long wan sef mo helti wei.



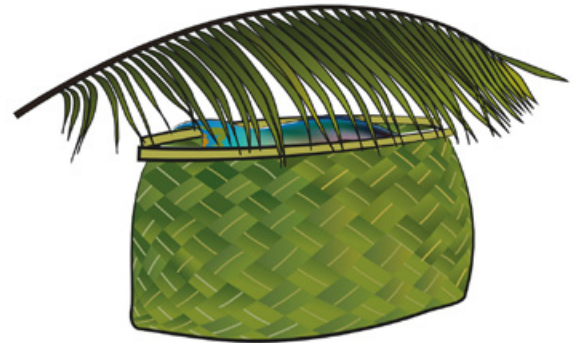
### KOLKOL

Bakteria (smolsmol bebep) mo enzaem we i save mekem fis i nogud oli moa aktif taem temperaja i hae mo ples i hot.

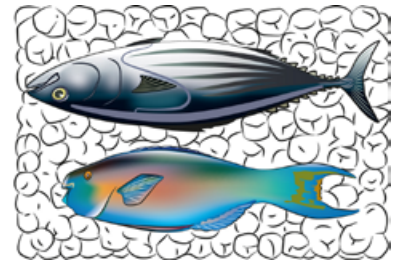
Jusum fis we oli kipim i kolkol stat long taem we oli kasem ko kasem taem we oli salem.

Fis i save stap kolkol spos yumi mekem olgeta fasin ia:

- mekem fis i wetwet mo stap andanit long shed



- pakemap fis wetem smolsmol aes sipos we i ga
- draonem fis long wan kontena o eski we igat solwota mo aes insaed.
- Putum fis long aes box



### KEA

#### Jusum fis we oli handelem wetem kea.

Fis i ko nogud hariap taem oli kat kil, skin blong olgeta i broke o gat blong olgeta i brok. No jusum fis we oli gat:

- brokbrok skin
- kala blong olgeta nomo naes mo i lus
- sopsop mit
- fis we oli no karemaot gat blong hem iet bae bel blong hem ino mas brok



Hemi impoten blong kipim fis i kolkol taem yu karem fis i go long haos. sipos yu no gat aes o wan samting blong kipim fis blong yu i kolkol, yu mas hariap blong ko bak long haos.

## INFOMESEN PEPA

blong ol man/woman we oli stap fising, salem mo kakai fis

**BLONG OL KASTOMA**  
#3



### KLIN



### JEKLIST

#### Fis i save nogud from bakteria mo toti.

Yu save faenem bakteria mo toti long:

- fis, mo insaed long gat blong fis
- raon long eria blong wok blong yu
- ol tul yu stap usum olsem naef
- ol man

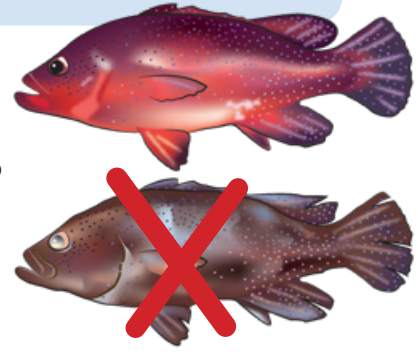
Pem fis long ol man/woman we oli kipim tebol o ples we oli sel long hem i klin

#### Gudfala fasin blong wan man/woman we i stap salem fis hemi:

- Usum klin wota blong wasem fis.
- Taem hemi gat aes, hemi usum kiln aes blong mekem fis i kolkol i stap.
- Usum klin kontena blong storem fis.
- Kipim fis i kolkol gud oltaem.
- Kavremap fis oltaem
- No allawem blong fis we no i tan blong i tajem o mix wetem fis we i tan finis.
- Kipim eria blong wok ples i klin oltaem
- Oli kipim olgeta klin oltaem
- Oli wasem gud hand wetem ol tul we oli stap usum oltaem.
- Oli no handelem fis taem oli sik.
- Kipim ol animol mo ol isekt aot long ol fis.
- Kipim ol bag blong toti o eni toti longwe long fis.
- Neva putum fis lo graon

#### Gudfala fis we i fres i shud:

- gat ol gills we i red gud
- nogat smell
- kala blong fis i gud
- no slakslak be strong nomo i stap
- kala blong ae blong fis i no lus mo ae blong hem i no draon i ko insaed long hed.



### KWIK TAEM

Ol bebet olsem bakteria oli save gro hariap. Mekem sua yu kipim fis i kolkol oltaem, mo karem iko long haos hariap. Olsem bae fis blong yu i fres, swit mo sef blong kakai mo i save stap long taem. Mekem sua yu priperem mo yu kakai fis bifo i ko nogud lo haos.

#### Hemia hemi wan tebol blong helpem yu jusum fis we i fres mo helti:

	I gud tumas	Gud	I oraet yet	I no gud	I no gud finis
Gills	Braet Red	Red	Pink	Braon	Dak Brown
Smel	Olsem solwota	Nogat	Fis	Smel olsem we istat blong sting	Sting nogud
Lukluk	Kala blong fis ino lu	Kala blong fis istat blong lus	Grey	Dak	Kala blong fis i lus evriwan
Mit	Mit i strong	Mit i strong be i slak lelpet	Mit stat blong slak	Sopsop	Sopsop tumas
Ae	Klia	Klia be gat smol blad	Ae kala olsem smok wetem smol blad	Kala blong ae olsem smok mo ae i draon go insaed	Kala blong ae i smok bigwan (waet) mo ae i draon iko insaed.
Kala	Braet gud	Braet	Kala stat blong lus	No braet	Kat ol braon mak mak long hem





#4

## TOKSAVE LONG KOL JEN



### FROM WANEM

Taem we yu kipim fis i kolkol i stap, hemi save daonem aktiviti blong ol bebet olsem ol enzaem mo bakteria we i save mekem fis i nogud.

Taem we yu follem ol step blong Kol jen hemi save alaoem yu blong mentenem kwaliti mo fresness blong fis blong yu blong longfala taem mo long sem taem yu save salem fis blong yu long wan hae praes. Infomesen pepa ia i stap kivim ol toksave lo saet blong kol jen mo hao nao blong mentenem.



### WANEM NAO HEMI KOL JEN?

Kol jen hemi wan lis blong ol steps we yumi save tekem blong kipim fis i kolkol i stap long taem we yu kasem fis ko kasem taem yu salem

Mentenem Kol jen" hemi wan toktok we i tokbaot olsem wanem blong kipim fis i kolkol (kolosap long 0°C blong ol fres fis o -18°C blong ol fis we i aes) long evri step; olsem:

- Taem we fis i laef i stap long dek
- Putum fis igo insaed long eski wetem aes
- karem aot fis long wof
- muvum fis iko long ples o man we i salem
- Salem fis long maket
- Salem fis long kastoma

## INFOMESEN PEPA

blong ol man/woman we oli stap fising, salem mo kakai fis

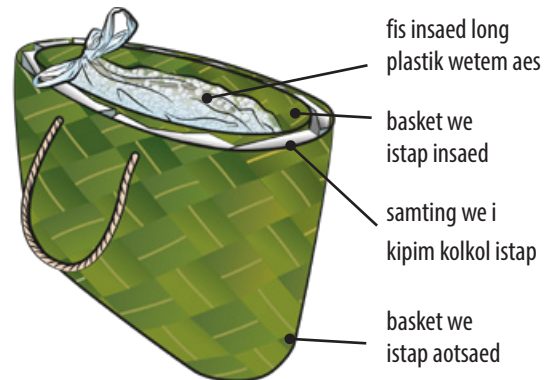


### HAO

Blong kipim fis i kolkol:

- Pakem fis wetem aes (semak kwantiti olsem fis)
- Draonem fis blong yu lo wan kontena blong aes mix wetem solwota
- Freezem olgeta long aes-box
- Kipim ol fis i wetwet mo kipim olgeta lo shed

Sapos we i nogat aes box lo bot, wan eski we igat aes o wan mix blong aes mo solwota hemi save kipim fis blong yu i kolkol i stap. Sapos we yu no save pem wan eski, yu save usum wan basket kokonas we oli wivim tu taem; wan insaed mo wan aotsaed.



Long evri step blong kol jen, i shud gat wan man/woman we i risponsibol blong mekem sua se kol jen hemi stap gud oltaem (e.g: kipim temperaja blong fres fis i stap kolosap long 0°C o kipim fis i aes i stap long -18°C).



# INFOMESEN PEPA

blong ol man/woman we oli stap fising, salem mo kakai fis

**TOKSAVE  
LONG  
KOL JEN #4**



## KLIN

Bakteria mo doti i stil save spoilem fis we i kolkol finis.

Yu save faenem bakteria mo doti long:

- Fis mo insaed long gat" instead of gut blong hem
- Eria raon long yu
- Ol tul we yu usum
- Ol man we i handelem fis

Long evri step blong kol jen, yu mas rimemba blong:

- Usum klin wota blong washem fis
- Usum klin aes blong kipim fis i kolkol i stap
- Usum ol klin kontena blong storem fis
- Kaveramap fis

- No aloem fis we i tan blong stap long semak ples wetem fis we ino tan iet
- Kipim wok eria i klin mo everi tebol o ples we yu usum blong katem o handelem fis i kiln oltaem
- Kipim yu wan i klin
- Wasem gud han mo ol tul blong yu afta we yu usum
- No handelem fis sipos yu sik
- Kipim ol animol mo ol insekt olsem fly blong i no staon long fis o kam kolosap long fis
- Kipim doti i stap long we long fis
- Neva putum fis long graon



## KWIK TAEM

Bakteria i save gro hariap. Mekem sua se yu muvum fis blong yu hariap blong mentenem kol jen. Hemi gud sipos we fis i stap smol taem nomo bifo yu muvum, storem o salem blong no givim janis lo bakteria blong spoilem

Hemia hemi wan tebol blong helpem yu jusum fis we i fres mo helti:

	I gud tumas	Gud	I oraet yet	I no gud	I no gud finis
Gills	Braet Red	Red	Pink	Braon	Dak Brown
Smel	Olsem solwota	Nogat	Fis	Smel olsem we istat blong sting	Sting nogud
Lukluk	Kala blong fis ino lu	Kala blong fis istat blong lus	Grey	Dak	Kala blong fis i lus evriwan
Mit	Mit i strong	Mit i strong be i slak lelpet	Mit stat blong slak	Sopsop	Sopsop tumas
Ae	Klia	Klia be gat smol blad	Ae kala olsem smok wetem smol blad	Kala blong ae olsem smok mo ae i draon go insaed	Kala blong ae i smok bigwan (waet) mo ae i draon iko insaed.
Kala	Braet gud	Braet	Kala stat blong lus	No braet	Kat ol braon mak mak long hem



## JEKLIST

Sapos yu maintenem kol jen, kipim fis blong yu i kiln mo muvum hariap, fis blong yu i save stap fres mo sef blong kakae.



## #5 TOKSAVE BLONG FREEZEM FIS



### FROM WANEM

Taem we yu freezem fis, aktiviti blong ol enzaem mo bakteria we hemi save spolem fis i save stop.

Hemia i minim se fis we i aes i stap, yu save storem blong longfala taem mo yu save transpotem ova long ol longfala rod. Infomesen kad ia i save helpem yu lo saet blong olsem wanem yu save preparem fis blong yu. Bae i helpem yu blong save hao blong freezem gud fis blong yu mo hao blong mekem sua se yu no spolem fis blong yu taem we yu freezem.



### WANEM

Taem we yu putum wan fis long aes-box, yumi save talem se fis ia i aes gud nomo taem we evri wota insaed long bodi blong hem i kam aes.

I gat tri step blong freezem wan fis?

1. Temperaja blong fis i mas foldaon hariap igo long  $-1^{\circ}\text{C}$ .
2. Temperaja blong fis i mas stap everitaem long  $-1^{\circ}\text{C}$  taem we wota insaed long fis ino freeze everiwan iet.
3. Taem we kolosap everi wota i aes insaed long fis, yu mas droppem temperaja bakegen blong freezem ol las wota we ino aes yet insaed long fis.



## INFOMESEN PEPA

blong ol man/woman we oli stap fising, salem mo kakai fis



### OLSEM WANEM

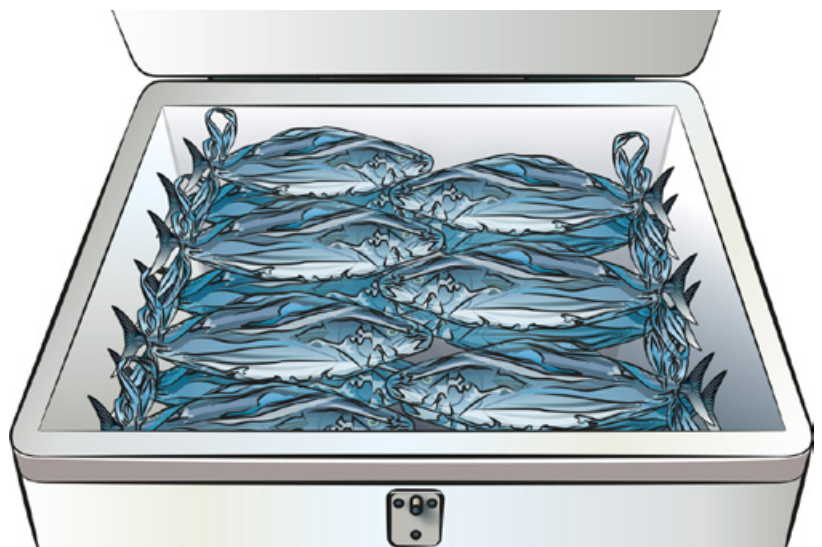
Taem we yu freezem fis blong yu, yu shud storem insaed long aes-box mo maintenem wan tempereja blong  $-30^{\circ}\text{C}$

Ol 12V/24V solar freezer, oli no save freezem gud fis blong yu. Blong yu save freezem gud fis long wan solar freezer, yu nid blong adjustem temperaja dipen long weta, taem blong dei, batri mo namba blong fis. Taem yu putum temperaja blong freezer igo antap tumas, bae fis ino save stap gud blong longfala taem.

Taem we yu freezem fis i stap, yu mas storem long wan wei we i alaoem kolkol ea blong muv raon long fis mo bae yu save tanem olgeta moa esi. Sipos we kolkol ea ino save muv gud raon long fis, bae kolkol temperaja ino save mantenem kwaliti blong everi fis blong yu mo bae sam i save nogud insaed long aes-box.

Taem yu freezem fis, yu mas save wetaem nao yu putum long aes-box. Kwaliti blong fis i save ko daon sipos fis i stap long aes-box blong long taem tumas.

No freezem fis blong yu bakegen sipos we aes hemi lus long hem finis. Sam taem isave kosem sik blong bel i nogud, troat mo fiva



## INFOMESEN PEPA

### blong ol man/woman we oli stap fising, salem mo kakai fis



## KEA

**Yu mas handelem gud fis blong yu wetem kea.**

Fis we i gat ol kil long bodi blong hem o skin I brok o ol gat I brok bae i no save aes gud mo bae ino save stap gud long-taem. Sam long ol gudfala fasin blong kea long fis:

- No handelem fis blong yu long taem tumas.
- Usum ol naef we i shap blong karemaot gat, gil mo long taem we yu.
- Mekem sua se fis blong yu i no kasem kil taem yu wok long hem, pakemap o storem



## KLIN

**Bakteria I save go daon taem we yu freezem fis, be sipos we fis I gat fulap bakteria mo doti bifo yu freezem bae fis hemi stil no sef blong kakae afta we yu karemaot long freezer.**

Yu save faenem bakteria mo doti:

- long skin blong fis
- long gut blong hem.
- long ol eria raon long yu
- long ol tul we yu usum,
- mo long ol man we oli handelem fis.

Eni ples o eria we yu usum blong klinim o storem fis i mas stap klin oltaem mo yu mas wasem stret afta we yu usum.

Neva putum fis blong yu long graon.

Blong stopem bakteria mo doti blong no spolem fis mo mekem ino sef blong kakae, yu mas:

- Usum klin wota blong wasem fis
- Usum klin aes blong mekem fis i kolkol i stap,
- Usum ol klin kontena blong storem fis insaed
- Kipim fis i kolkol
- Kavremap fis i stap oltaem
- No allowem fis we I no tan blong i stap tugeta o kolosap long fis we oli cookem finis
- Kipim wok eria mo olgeta tul we yu usum i klin oltaem
- Kipim yu wan i klin oltaem
- Washem gud han blong yu
- No handelem fis sipos yu sik
- Kipim ol animol mo ol smol bebet blong no sidaon antap long fis o kam kolosap long fis
- Kipim fis blong yu longwe long ol doti



## KWIK TAEM

**Bakteria i save gro hariap. Yu mas mekem sua se eni fis we yu plan blong freezem hemi no stap long taem tumas aotsaed long solwota bifo yu freezem.**

Fis hemi moa sef blong kakai taem we i tekem smol taem blong travel, storem o putum long tebol blong sel. Blong helpem fis blong no lusum kwaliti blong hem, mekem sua se yu freezem kwik taem afta we yu kasem. Taem we yu freezem fis slo, hemi save mekem ol bigfala pis aes insaed long meat blong fis we i save spolem kwaliti blong fis.

## OL SAMTING BLONG TINGBAOT

Fis we i kasem kil o i gat smol damej long hem bae i stil nogud taem we yu freezem. Aes bae I no save mekem kwaliti blong fis blong yu i go antap sipos we fis blong yu i gat kil finis. Long sem taem, sam fis taem we oli freezem i save jenjem kwaliti blong hem.

Blong mekem se fis i no drae, usum ol narafala wei blong pakejem, o kavremap mo draonem long aes wota blong mekem aes i protektem fis.

Blong blokem oil blong samfala fis ino ko nogud, usum pakeging we bae i blokem ea blong no fas long mit blong fis. Mekem sua se temperaja blong storage hemi stap daon (gud temperaja hemi -30 degrees Celsius). Ol fis we oli no gris mo mit blong olgeta i waet oli tekem taem blong ol oil blong olgeta iko nogud. go nogud.

