

Food Storage Guide - VacAndPac.com

	WHERE TO STORE	USE WITH	STORAGE LIFE W/FOODSAVER BAGS OR ROLLS	NORMAL STORAGE LIFE
MEAT				
Ground Meat	Freezer	VacAndPac Bags or Rolls	1 year	4 months
Fish	Freezer	VacAndPac Bags or Rolls	2 years	6 months
Beef, Pork, Lamb	Freezer	VacAndPac Bags or Rolls	2 to 3 years	6 months
Poultry	Freezer	VacAndPac Bags or Rolls	2 to 3 years	6 months
HARD CHEESES				
Cheddar, Swiss, Parmesan	Refrigerator	VacAndPac Bags or Rolls	4 to 8 months	1 to 2 weeks
*Do not vacuum package soft cheese				
VEGETABLES				
Asparagus	Freezer	VacAndPac Bags or Rolls	2 to 3 years	8 months
Broccoli, Cauliflower	Freezer	VacAndPac Bags or Rolls	2 to 3 years	8 months
Brussels Sprouts, Cabbage	Freezer	VacAndPac Bags or Rolls	2 to 3 years	8 months
Corn (kernel or cob)	Freezer	VacAndPac Bags or Rolls	2 to 3 years	8 months
Green Beans	Freezer	VacAndPac Bags or Rolls	2 to 3 years	8 months
Snap or Snow Peas	Freezer	VacAndPac Bags or Rolls	2 to 3 years	8 months
*Do not vacuum package fresh mushrooms/onions/garlic				
FRUITS				
Apricots, Plums	Freezer	VacAndPac Bags or Rolls	1 to 3 years	6 to 12 months
Nectarines, Peaches	Freezer	VacAndPac Bags or Rolls	1 to 3 years	6 to 12 months
COFFEE				
Coffee Beans	Freezer	VacAndPac Bags or Rolls	1 year	6 months
Ground Coffee	Freezer	VacAndPac Bags or Rolls	5 to 6 months	1 month
BAKED GOODS				
Bagels, Bread & Pastries	Freezer	VacAndPac Bags or Rolls	1 to 3 years	6 to 12 months
LIQUIDS				
Sauces, Soups & Stews	Freezer	VacAndPac Bags or Rolls	1 to 2 years	3 to 6 months
NUTS				
Almonds, Peanuts	Pantry	VacAndPac Bags or Rolls	2 years	6 months
Sunflower Seeds	Pantry	VacAndPac Bags or Rolls	2 years	6 months
DRY FOODS				
Beans, Grains	Pantry	VacAndPac Bags or Rolls	1 to 2 years	6 months
Pasta, Rice	Pantry	VacAndPac Bags or Rolls	1 to 2 years	6 months
POWDERY FOODS				
Dry Milk	Pantry	VacAndPac Bags or Rolls	1 to 2 years	6 months
Dried Coconut	Pantry	VacAndPac Bags or Rolls	1 to 2 years	6 months
Flour	Pantry	VacAndPac Bags or Rolls	1 to 2 years	6 months
Sugar, Brown Sugar	Pantry	VacAndPac Bags or Rolls	1 to 2 years	6 months