Food storage life of vacuum sealed food In the freezer

Food	Regular freezing	Vacuum sealed freezing
Fresh meat	6 months	24 months
Minced meat	4 months	12 months
Poultry	6 months	18 months
Fish	6 months	18 months
Fresh Vegetables	8 months	24 months
Mushrooms	8 months	24 months
Herbs	3 - 4 months	8 - 12 months
Fruit	6 - 10 months	18 - 30 months
Cold meats	2 months	4 - 6 months
Baking goods	6 - 12 months	18 months
Coffee beans	6 - 9 months	18 - 27 months
Ground coffe	6 months	12 -34 months
Bread / Rolls	6 - 12 months	18 - 36 months

Food storage life of vacuum sealed food In the fridge

Food	Regular storage	Vacuum storage
		Bags or Canisters
Boiled food	2 days	10 days
Fresh meat	2 days	6 days
Fresh poultry	2 days	6 days
Boiled meat	4 - 5 days	8 - 10 days
Fresh fish	2 days	4 - 5 days
Cold meats	3 days	6 - 8 days
Smoked sausages	90 days	365 days
Hard cheese	12 - 15 days	50 - 55 days
Soft cheese	5 - 7 days	13 - 15 days
Fresh vegetables	5 days	18 - 20 days
Fresh Herbs	2 - 3 days	7 - 14 days
Washed lettuce	3 days	6 - 8 days
Fresh fruit	3 - 7 days	8 - 20 days
Desserts	5 days	10 - 15 days

Food storage life of vacuum sealed food In the pantry

Food	Regular storage	Vacuum storage
		Bags or Canisters
Bread / Rolls	2 - 3 days	7 - 8 days
Pastry	120 days	300 days
Dried food	10 - 30 days	30 - 90 days
Raw rice / pasta	180 days	365 days
Coffee / Tea	30 - 60 days	365 days
Wine (wine stopper)	2 - 3 days	20 - 25 days
Baking goods	2 - 3 days	7 - 10 days
Nuts	30 - 60 days	120 - 180 days
Crackers / Potatoe chips	5 - 10 days	20 - 30 days