

Enjoy the increased shelf-life of vacuum packed foods with FoodVacBags!

Foods	Store in	Vacuum Seal Bag or Canister	Vacuum-Sealed Safe Storage Life	Normal Safe Storage Life
Meats				
Beef, Lamb, Pork, Poultry	Freezer	Bag	2-3 years	6 months
Wild Duck, Pheasant, Goose	Freezer	Bag	2-3 years	6 months
Venison	Freezer	Bag	2 years	3-4 months
Fish	Freezer	Bag	2 years	3-6 months
Lobster, Shrimp	Freezer	Bag	1-2 years	6-12 months
Rabbit, Squirrel	Freezer	Bag	1 year	12 months
Ground Meat	Freezer	Bag	1 year	4 months
Crab	Freezer	Bag	8-12 months	2 months
Eggs (hardboiled)	Refrigerator	Canister	2-3 weeks	1 week
Cheeses (Hard, semi-soft, and pasteurized cheeses only)				
Parmesan	Refrigerator	Bag/Canister	4-8 months	1 month
Swiss, Cheddar	Refrigerator	Bag/Canister	4-8 months	1-2 weeks
Vegetables (recommend blanching first for best results)				
Green Beans, Snap Peas	Freezer	Bag	2-3 years	8 months
Corn (kernel or cob)	Freezer	Bag	2-3 years	8 months
Broccoli, Brussels Sprouts	Freezer	Bag	2-3 years	8 months
Asparagus	Freezer	Bag	2-3 years	8 months
Cauliflower, Cabbage	Freezer	Bag	2-3 years	8 months
Carrots	Refrigerator	Bag	2-3 months	2 weeks
Lettuce, Spinach	Refrigerator	Canister	2 weeks	3-6 days
Fruits				
Plums, Peaches	Freezer	Bag	6-12 months	1-3 years
Mangos, Apricots	Freezer	Bag	6-12 months	1-3 years
Tomatoes	Freezer	Bag	6-12 months	1-2 weeks
Apples	Refrigerator	Bag	2 months	2-4 weeks
Pears	Refrigerator	Bag	2 months	2-4 weeks
Pineapple	Refrigerator	Bag	4 weeks	1-2 weeks
Citrus Fruits	Refrigerator	Bag	4 weeks	1-2 weeks
Softer Berries				
Black-, Ras-, Strawberries	Refrigerator	Canister	1 week	1-3 days
Black-, Ras-, Strawberries	Freezer	Bag	6 months	3 months
Grapes	Refrigerator	Canister	2 weeks	4-6 days
Grapes	Freezer	Bag	8 months	5 months
Harder Berries				
Blue-, Huckle-, Cranberries	Refrigerator	Canister	2 weeks	3-6 days
Blue-, Huckle-, Cranberries	Freezer	Bag	8 months	5 months

Bakery Goods

Bagels, Bread, Pastries	Freezer	Bag (pulse to seal)	1-3 years	2-3 months
Muffins	Freezer	Bag (pulse to seal)	2 years	6-12 months
Pancake Mix	Pantry	Bag	1-2 years	6-9 months
Cookie Dough	Refrigerator/Freezer	Bag	2 weeks/1 year	1-2 days/3 months
Waffles	Freezer	Bag	1 year	1 month
Croutons	Pantry	Bag	1 year	6 months
Cookies (homemade)	Pantry/Freezer	Bag (pulse to seal)	2 weeks/2 years	3-5 days/6-12 months
Cookies (packaged)	Pantry/Freezer	Bag	3 months/2 years	1 month/12-18 months

Nuts

Almonds, Peanuts	Pantry	Canister/Bag	2 years	6 months
Sunflower Seeds, Pistachios	Pantry	Canister/Bag	2 years	6 months

Coffee & Tea

Coffee Beans	Pantry	Canister	1 year	1-3 months
Coffee Beans	Freezer	Bag	2-3 years	6-8 months
Ground Coffee	Pantry	Canister	5-6 months	1-2 months
Ground Coffee	Freezer	Bag	2 years	4-6 months
Tea (bags or loose)	Pantry	Canister/Bag	1-2 years	8-12 months

Prepared Liquids

Sauces, Soups, Stews	Freezer	Canister	1-2 years	3-6 months
Oils (no preservatives)	Pantry	Canister	1-2 years	3-6 months

Dry Foods

Rice (white), Pasta	Pantry	Canister/Bag	2-3 years	1-2 years
Beans, Grains	Pantry	Canister/Bag	1-2 years	6 months
Ready-to-eat Cereals	Pantry	Canister/Bag	1-2 years	1 year
Uncooked Cereals	Pantry	Canister/Bag	1-2 years	1 year
Rice (brown)	Pantry	Canister/Bag	1 year	6 months
Chips, Crackers	Pantry	Canister	4-8 weeks	1-2 weeks

Powdery Foods

Baking Soda	Pantry	Canister/Bag	2-3 years	2 years
Baking Powder	Pantry	Canister/Bag	2 years	18 months
Gelatin	Pantry	Canister/Bag	2 years	18 months
Dry Milk	Pantry	Canister/Bag	1-2 years	5-6 months
Flour (white, wheat, whole)	Pantry	Canister/Bag	1-2 years	5-6 months
Sugar, Brown Sugar	Pantry	Canister/Bag	1-2 years	5-6 months
Dried Coconut	Pantry	Canister/Bag	1-2 years	5-6 months

Spices

Spices, Whole	Pantry	Canister/Bag	2-3 years	1-2 years
Herb/Spice Blends	Pantry	Canister/Bag	1-3 years	1 year
Spices, Ground	Pantry	Canister/Bag	1 year	6 months