



Vacuum Sealing General Guidelines

Delicate foods, such as bread or fruit, which are likely to be compressed under the pressure of vacuum sealing should be frozen first to help the product hold its shape.

Vegetables should not be vacuum sealed fresh. It is best to blanch them (place in boiling water until they are hot, yet still crunchy), then submerge in ice water to stop the cooking process. This will allow the vegetables to retain their color and firmness. You may then continue with the vacuum sealing. You can also freeze the fresh vegetables and then continue the vacuum sealing process. If this is not followed, they will emit a gas after they have been vacuum sealed that will interfere with the vacuum seal of the bag.

Fresh Produce: To maximize product life, store fresh produce in the freezer. This product may also be stored in the refrigerator, but this storage method will considerably reduce the shelf life. Vegetables, if blanched, will last in the freezer for 2 1/2 years. If refrigerated, the shelf life is reduced to 3 weeks. Fruits, if frozen, will last for up to 2 years, yet if refrigerated they should maintain their freshness for 2 weeks.

Cheese: Cheese should be stored in the refrigerator to prevent spoilage. If sealed properly, cheese will have a shelf life of approximately 6 months. Please note that if you plan to open and reseal the cheese, you should start with a larger bag to allow for multiple uses.

Breads: Breads, which includes items such as cookies or crackers, may be stored at room temperature. They should maintain their freshness for up to 6 weeks.

Grains: Grains, including pasta and nuts, may be stored at room temperature. They will have a shelf-life of 1 1/2 - 2 years.

Fresh Pizza dough: It's better to freeze it after it rises.