

# How long does your vacuum sealed food last?

FOOD ITEM	LENGTH OF TIME		
	FREEZER	REFRIGERATOR	ROOM TEMPERATURE
Large cuts of meat: beef, poultry, lamb, pork	2 - 3 years	3 - 5 years	Not recommended
Ground meat: beef, poultry, lamb, pork	1 year	1 - 2 days	Not recommended
Deli meats	1 - 2 months	7 - 10 days	Not recommended
Lean fish: bass, cod, haddock, halibut	2 years	1 - 2 days	Not recommended
Fatty fish: salmon, whitefish, mackerel	1 year	1 - 2 days	Not recommended
Uncooked shrimp	4 - 6 months	1 - 2 days	Not recommended
Cooked shrimp	10 - 12 months	3 - 4 days	Not recommended
Uncooked lobster	6 - 8 months	1 - 2 days	Not recommended
Cooked lobster	2 - 3 months	3 - 4 days	Not recommended

# How long does your vacuum sealed food last?

FOOD ITEM	LENGTH OF TIME		
	FREEZER	REFRIGERATOR	ROOM TEMPERATURE
Uncut vegetables	2 - 3 years	1 - 2 weeks	1 week
Uncut fruit	6 - 9 months	1 - 2 weeks	1 week
Soups, stews and sauces	1 - 2 years	3 - 4 days	Not recommended
Bread	1 - 3 years	7 - 14 days	5 - 7 days
Hard cheese: Parmesan, Romano, cheddar, etc.	8 months	2 - 4 months	Not recommended
Semi-hard to semi-soft cheese: Gruyere, Gouda, etc.	2 months	2 - 3 weeks	Not recommended
Soft cheese: Brie, mozzarella feta, Gorgonzola, etc.	Not recommended	1 - 2 weeks	Not recommended
Nuts: almonds, cashews, macadamias, peanuts and pecans, etc.	2 years	1 year	6 - 9 months
Flour	Not recommended	Not recommended	1 - 2 years