

Vacuum packing helps preserve the nutritional value and natural flavours of your food.

Food Stored in the Refrigerator	Regular storage	Vacuum storage
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 cheeses	12-15 days	50-55 days
Soft cheeses	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 Stored in cupboards	Regular Storage	Vacuum Storage
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	2-3 days	20-25 days
Non-alcoholic drink (sealed)	7-10 days	20-25 days
Non-alcoholic drink in a vacuum jar	2-3 days	7-10 days
Baking goods	2-3 days	7-10 days
Hazelnuts, walnuts etc.	30-60 days	120-180 days
Crackers/potato chips	5-10 days	20-30 days

Food Stored in the Freezer	Regular Storage	Vacuum Storage
Fresh meat	6 months	18 months
Ground meat	4 months	12 months
Poultry	6 months	18 months
Fish	6 months	18 months
Fresh Vegetables (*1)	8 months	24 months
Mushrooms (*2)	8 months	24 months
Herbs (*3)	3-4 months	8-12 months
Fruit	6-10 months	18-30 months
Cold meats	2 months	4-6 months
Biltong & Droewors	6 months	18 months
Baking goods	6-12 months	18 months
Coffee beans	6-9 months	18-27 months
Ground coffee	6 months	12-34 months
Bread/rolls	6-12 months	18-36 months

