

# Storage chart

70° F	Room temperature	No vacuum	Vacuum	Store in
	Baked goods	2-3 days	7-10 days	Vacuvita Home Base Vacuum bags Vacuvita container
	Bread, rolls	2-3 days	7-8 days	Vacuvita Home Base Vacuum bags Vacuvita container
	Coffee, tea	30-60 days	365 days	Vacuvita Home Base Vacuum bags Vacuvita container
	Cookies	120 days	300 days	Vacuvita Home Base Vacuum bags Vacuvita container

70° F	Room temperature	No vacuum	Vacuum	Store in
	Dry foods	10-30 days	30-90 days	Vacuvita Home Base Vacuum bags Vacuvita container
	Nuts	30-60 days	120-180 days	Vacuvita Home Base Vacuum bags Vacuvita container
	Pasta (uncooked)	180 days	365 days	Vacuvita Home Base Vacuum bags Vacuvita container
	Potato chips	5-10 days	20-30 days	Vacuvita Home Base Vacuum bags Vacuvita container
	Rice (uncooked)	180 days	365 days	Vacuvita Home Base Vacuum bags Vacuvita container

40° F	Fridge	No vacuum	Vacuum	Store in
	Cheese, hard	12-15 days	50-55 days	Vacuum bags Vacuvita container
	Cooked meals*	2 days	10 days	Vacuum bags Vacuvita container
	Desserts	5 days	10-15 days	Vacuum bags Vacuvita container
	Deli meats	3 days	6-8 days	Vacuum bags Vacuvita container
	Fish, fresh	2 days	4-5 days	Vacuum bags Vacuvita container
	Fruits, fresh	3-7 days	8-20 days	Vacuum bags Vacuvita container
	Lettuce	3 days	6-8 days	Vacuum bags Vacuvita container

40° F	Fridge	No vacuum	Vacuum	Store in
	Meat, cooked	4-5 days	8-10 days	Vacuum bags Vacuvita container
	Meat, fresh	2 days	6 days	Vacuum bags Vacuvita container
	Meat, sausages, smoked	90 days	365 days	Vacuum bags Vacuvita container
	Poultry, fresh	2 days	6 days	Vacuum bags Vacuvita container
	Spices, fresh	2-3 days	7-14 days	Vacuum bags Vacuvita container
	Vegetables, fresh	5 days	18-20 days	Vacuum bags Vacuvita container

0° F	Freezer	No vacuum	Vacuum	Store in
	Baked goods	6-12 months	18 months	Vacuum bags Vacuvita container
	Bread, rolls	6-12 months	18-36 months	Vacuum bags Vacuvita container
	Coffee, beans	6-9 months	18-27 months	Vacuum bags Vacuvita container
	Coffee, ground	6 months	12-34 months	Vacuum bags Vacuvita container
	Deli meats	2 months	4-6 months	Vacuum bags Vacuvita container
	Fish, fresh	6 months	18 months	Vacuum bags Vacuvita container

0° F	Freezer	No vacuum	Vacuum	Store in
	Fruit	6-10 months	18-30 months	Vacuum bags Vacuvita container
	Meat, fresh	6 months	18 months	Vacuum bags Vacuvita container
	Meat, minced	4 months	12 months	Vacuum bags Vacuvita container
	Poultry, fresh	6 months	18 months	Vacuum bags Vacuvita container
	Spices	3-4 months	8-12 months	Vacuum bags Vacuvita container
	Vegetables, fresh	8 months	24 months	Vacuum bags Vacuvita container

\* Depends on ingredients

\*\* Vacuum storage is not a substitute for canning, refrigeration or freezing. See instruction manual for details

\*\*\* Some types of food should not be stored together in the same container, bag or Home Base. Certain foods have impact on taste and storage life of other foods. See instruction manual for details.



# vacuvita®

Scan to download the Vacuvita app

