



Vacuum storage guide


How does vacuum help extend the shelf life and quality of my food?

We all know that all food eventually spoils. But did you know that one of the most important causes is... oxygen! Many bacteria and fungi thrive when exposed to air. Enzymes and other chemicals also react with oxygen, browning and spoiling food. So, the science is easy: remove the oxygen by vacuum sealing and you instantly slow down all of these processes. The end result: food stays fresh and full of flavour and nutrients. So, vacuum doesn't only extend shelf life, but also preserves quality and taste!

Things to keep in mind

- Vacuum does not eliminate the need to refrigerate. All perishable foods that normally require refrigeration should remain refrigerated or frozen, even after they have been vacuum packed.
- Always store sliced or processed fresh foods in the fridge, even if they don't require it when whole.
- The more often you break the vacuum seal, the greater the chance that the stored food will spoil faster.
- The ideal temperature for the refrigerator is around 35-38°F (1.5-3°C). The recommended freezer temperature to keep food safe is 0°F (-18°C), but your freezer may need to be set higher or lower depending on its environment and other factors.
- Always follow proper hygiene when handling, storing and preparing foods. This will greatly influence shelf life! Pay attention to the best-before date and prevent (cross) contamination. And always follow common sense.

Food product	Where to keep	Shelf life with vacuum*	Shelf life without vacuum
Meat/fish			
Beef, pork, lamb	Refrigerator	6 days	2 days
Ground beef	Refrigerator	4 days	2 days
Poultry	Refrigerator	6 days	2 days
Fish	Refrigerator	4-5 days	2 days
Cheese			
Hard cheeses (Gouda, Cheddar, Parmesan)	Refrigerator	4-8 months	1-2 weeks
Soft cheeses (brie, cream cheese, Camembert)	Not suitable for vacuum storage 		
Vegetables			
Fresh vegetables	Refrigerator**	18-20 days	5 days
**Vegetables such as broccoli, cauliflower or cabbage generate gases. This process can decrease the vacuum level. For better storage performance, first blanch these products before vacuum storage.			
Mushrooms, garlic, fresh beans, onion and leafy greens	Not suitable for vacuum storage 		
Herbs			
Fresh herbs	Refrigerator	7-14 days	2-3 days
Fruit			
Fresh fruit (on average)	Refrigerator	8-20 days	3-7 days

Product	Where to keep	Shelf life with vacuum*	Shelf life without vacuum
Other common foods			
Nuts, seeds, kernels	Pantry	2 years	6 months
Chips, crackers, cookies	Pantry	3-6 weeks	1-2 weeks
Rice, grains, pasta, beans (dry, uncooked)	Pantry	1-2 years	6 months
Powdered milk	Pantry	1-2 years	6 months
Flour	Pantry	1-2 years	6 months
Sugar	Pantry	1-2 years	6 months
Oils	Pantry	1-2 years	5-6 months
Prepared meals			
Cooked food	Refrigerator	up to 10 days	2-3 days
Cooked meat	Refrigerator	up to 8 days	2-3 days
Drinks			
Coffee beans	Pantry	1 year	3 months
Ground coffee beans	Pantry	5-6 months	1 month
Wine, juices (opened bottle)	Refrigerator	10-15 days	2-3 days
Sparkling drinks (champagne, cola)	Not suitable for vacuum storage 		

*This document provides general guidelines and no guarantees. It is impossible to predict exactly how long food will retain its quality, since there are more factors that influence food quality besides vacuum. Airtender cannot be held liable for differing experiences or results, nor bound to or held responsible for typographical errors or omissions.

Always consult your local or national nutrition centers for more tips and advice on safe nutrition and preventing food waste. For additional information as well as inspiration, visit

www.airtender.com