

FOOD STORAGE COMPARISON CHART

Seal-a-Meal® Vacuum Food Storage System* Outperforms Conventional Bags & Wraps		
	Storage Time with Conventional Bags & Wraps	Storage Time with Seal-a-Meal® Vacuum Food Storage System*
Freezer		
Beef (Steaks, Roasts)	6 – 12 months	2 – 3 years
Beef (Ground, Stew Meat)	3 - 4 months	1 year
Lean Fish (Cod, Haddock)	4 – 6 months	2 years
Fatty Fish (Salmon, Sea Trout)	2 - 3 months	1 years
Pork Chops	4 – 6 months	2 – 3 years
Poultry	6 – 12 months	2 – 3 years
Soups and Sauces	2 - 4 months	1 – 2 years
Vegetables	6 – 9 months	2 – 3 years
Refrigerator		
Cheese	2- 4 weeks	4 – 8 months
Deli Meats	3 – 4 days	7 – 10 days
Fruits (Berries)	1 – 5 days	7 – 14 days
Vegetables	2 – 7 days	7 – 14 days
Pantry		
Cereal	2 -3 months	6 – 12 months
Coffee (Ground)	2 weeks	1 – 2 years
Cookies (Homemade)	1 -2 weeks	3 – 6 weeks
Flour	6 - 8 months	1 – 2 years
Nuts	6 - 8 months	1 - 2 years

*Seal-a-Meal® storage time estimates depend on preparation, quality of food and storage conditions.



www.seal-a-meal.com

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Vacuum Storage Bags Reference Guide



Preserves the taste and nutritional value of stored foods!

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READ AND SAVE THESE INSTRUCTIONS

VSB1-6 / VSB2-6 / VSB4-6 / VSB5-6

START ENJOYING THE BENEFITS OF YOUR SEAL-A-MEAL® VACUUM FOOD STORAGE SYSTEM...

No more creative packaging to protect your food – stop double wrapping, squeezing or rolling air out of the bag... with one-touch operation it's easy to protect your food from air and moisture loss, *the enemies of fresh food*. Vacuum sealing locks air out and seals freshness in, preserving the taste and nutritional value of stored foods.

- Save Money – Protect against freezer burn and reduce waste
- Save Time – Prepare and store meals in advance
- Keep food fresh up to 5 times longer

The Seal-a-Meal® Vacuum Food Storage System is a quick and easy way for you to save time and money, while serving healthy food that tastes great!

SEAL-A-MEAL® VACUUM STORAGE BAGS

Seal-a-Meal® multi-layer bags are available in convenient pre-cut quart and gallon sizes and versatile 8" and 11" bag rolls to make any size bag.

- Multi-layer protection
- For use in refrigerator or freezer
- Microwave or boil in the bag
- Reusable – wash and reuse*
- Write-on area for easy labeling

*Note: DO NOT reuse bags if they have been used to store raw meats, oily foods, fish, or have been boiled or microwaved.

Visit our fresh new website www.seal-a-meal.com to learn more about how to fully enjoy the benefits of the Seal-a-Meal® Vacuum Food Storage System:

- New product information and special offers
- Helpful hints and tips
- Seal-a-Meal® recipes
- Purchase bags and accessories

USING YOUR SEAL-A-MEAL® VACUUM STORAGE BAGS

Seal-a-Meal® Vacuum Storage Bags are for use in the freezer, refrigerator or pantry. Refer to your Vacuum Food Storage System Reference Guide for instructions on how to vacuum seal using pre-cut and roll bags.

Reheat

Follow these simple steps to heat foods directly in the bag:

- Boil - Place sealed bag in boiling water, reduce heat and simmer food until warm. For best results do not allow food inside the bag to reach a boil.
- Microwave - Cut corner of bag to vent and place on a microwave safe dish.

Reseal Bags

- Bags can also be resealed. Cut sealed edge of bag, remove desired amount of food and reseal.

Wash and Reuse

Follow steps below to wash bags for reuse:

- Wash bags in warm, soapy water.
- Bags can be washed in the dishwasher if desired. Turn bags inside out and spread them over the top rack.
- Allow bags to dry completely before reusing.

NOTE: DO NOT reuse bags if they have been used to store raw meats, oily foods, fish, or have been boiled or microwaved.

HINTS & TIPS

PREPARE MEALS IN ADVANCE

- Prepare large quantities of food, and then divide into smaller portions that work for you and your family. Seal in bags for tomorrow, next week, next month, etc.

BUY IN BULK

- Save money by purchasing food in bulk and vacuum sealing into smaller portions for later use.

KEEP LEFTOVERS AS FRESH AS THE DAY THEY WERE PREPARED

- After dinner, store leftovers in a Seal-a-Meal® bag, and keep in refrigerator or freezer for a later date.

HINTS & TIPS (CONT.)

MARINATE IN MINUTES

- Place food and favorite marinade in bag and vacuum seal for quick marinating.

PERFECT FOR FISHING AND HUNTING

- Use when fishing and hunting to keep your catch fresh until you're ready to prepare them as a meal. Seal-a-Meal® Vacuum Food Sealer prevents freezer burn during extended periods of time in the freezer. Store fish and meats in the freezer immediately after sealing.

NOTE: DO NOT store vacuum sealed fish (smoked or raw) at room temperature or in the refrigerator.

IT'S NOT JUST FOR FOOD

- Store clothing in Seal-a-Meal® bags to prevent potential damage when stored in an attic or closet.
- Protect valuable documents by sealing them in an airtight Seal-a-Meal® bag.
- Place cardboard or some stiff material on both sides of your documents to ensure that they maintain their continuity and shape.
- Keep your belongings clean and dry during boating outings. Simply seal your important materials prior to your trip.

Refer to back cover for helpful Food Storage Comparison Chart.

NOTES

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