



Vacuum-Sealed Food Preservation Guide

Vacuum Sealer Pro | vacuumsealerpro.com

Multiply the shelf life of your fresh food by 5

Are you tired of throwing away food? Do you want to enjoy the flavors of summer all year round? This guide shows you how your Scelleuse PRO machine can preserve the freshness of your favorite foods for months.



Meats

Meat	 (Refrigerator: 3°C +/- 2°C)	 (Freezer: -18°C +/- 2°C)
Beef	6 to 8 days	15 to 20 months
Chicken	6 to 8 days	15 to 20 months
Pork	7 to 9 days	15 to 20 months
Lamb	6 to 8 days	15 to 20 months
Veal	6 to 8 days	15 to 20 months



Fish

Fish	 (Refrigerator: 3°C +/- 2°C)	 (Freezer: -18°C +/- 2°C)
Salmon	8 to 15 days	8 to 12 months
Tuna	9 to 13 days	8 to 12 months
Sea Bass	9 to 13 days	8 to 12 months
Trout	8 to 12 days	8 to 12 months
Sea Bream	9 to 14 days	8 to 12 months

Vegetables

Vegetables	 (Refrigerator: 3°C +/- 2°C)	 (Freezer: -18°C +/- 2°C)
Lettuces	8 to 10 days	17 to 23 months
Carrots	8 to 10 days	17 to 23 months
Broccoli	10 to 15 days	17 to 23 months
Peppers	10 to 15 days	17 to 23 months
Onions	8 to 10 days	17 to 23 months
Spinach	10 to 12 days	17 to 23 months

Fruits

Fruits	 (Refrigerator: 3°C +/- 2°C)	 (Freezer: -18°C +/- 2°C)
Apples	9 to 15 days	10 to 15 months
Bananas	9 to 15 days	10 to 15 months
Lemons	9 to 15 days	10 to 15 months
Strawberries	9 to 15 days	10 to 15 months
Mangoes	9 to 15 days	10 to 15 months
Peaches	9 to 15 days	10 to 15 months

Cooked Foods

Cooked Foods	 (Refrigerator: 3°C +/- 2°C)	 (Freezer: -18°C +/- 2°C)
Rice	6 to 8 days	6 to 8 months
Pasta	7 to 10 days	6 to 8 months
Legumes	6 to 7 days	6 to 8 months
Soups	3 to 5 days	6 to 8 months
Prepared Dishes	5 to 10 days	6 to 8 months

The 3 Golden Rules of Preservation

- **Hygiene first:** Vacuum sealing does not sterilize. Package very fresh products with clean hands.
- **The cold chain:** A vacuum-sealed product must always be kept cold (except for dry products).
- **The right machine:** For long-term preservation, the seal must be perfect. Use a double pump machine.

Which Machine to choose?

The External Vacuum Sealing Machine 290W:

- **Versatile:** For meats, vegetables, fish, and dry products.
- **"Pulse" Function:** Essential for not crushing bread, brioches, and small fruits.
- **Double Pump:** For professional reliability every day.
- [Link to the Machine](#) 



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