



















# How long does your vacuum sealed food last?

Keep your food fresh by learning how long your food will last in the freezer, refrigerator and at room temperature

FOOD ITEM	LENGTH OF TIME		
	FREEZER	REFRIGERATOR	ROOM TEMPERATURE
 Large cuts of meat: beef, poultry, lamb, pork	2 - 3 years	3 - 5 years	Not recommended
 Ground meat: beef, poultry, lamb, pork	1 year	1 - 2 days	Not recommended
 Deli meats	1 - 2 months	7 - 10 days	Not recommended
 Lean fish: bass, cod, haddock, halibut	2 years	1 - 2 days	Not recommended
 Fatty fish: salmon, whitefish, mackerel	1 year	1 - 2 days	Not recommended
 Uncooked shrimp	4 - 6 months	1 - 2 days	Not recommended
 Cooked shrimp	10 - 12 months	3 - 4 days	Not recommended
 Uncooked lobster	6 - 8 months	1 - 2 days	Not recommended
 Cooked lobster	2 - 3 months	3 - 4 days	Not recommended
 Uncut vegetables	2 - 3 years	1 - 2 weeks	1 week
 Uncut fruit	6 - 9 months	1 - 2 weeks	1 week
 Soups, stews and sauces	1 - 2 years	3 - 4 days	Not recommended
 Bread	1 - 3 years	7 - 14 days	5 - 7 days
 Hard cheese: Parmesan, Romano, cheddar, etc.	8 months	2 - 4 months	Not recommended
 Semi-hard to semi-soft cheese: Gruyere, Gouda, etc.	2 months	2 - 3 weeks	Not recommended
 Soft cheese: Brie, mozzarella, feta, Gorgonzola, etc.	Not recommended	1 - 2 weeks	Not recommended
 Nuts: almonds, cashews, macadamias, peanuts and pecans, etc.	2 years	1 year	6 - 9 months
 Flour	Not recommended	Not recommended	1 - 2 years