

Manual / quick
reference guide



Storing your food

vacuvita[®]

www.vacuvita.com

Storing your food

Some general words of advice:

- Important: Do not store fresh onions, garlic, soft cheeses or mushrooms in Vacuvita Home Base or Vacuvita accessories.
- Vacuvita Home Base and other Vacuvita products are not a substitute for refrigeration or freezing. Perishables still need to be kept in the refrigerator or freezer. Vacuum packaging is not a substitute for canning.
- Beef may appear darker after vacuum packaging due to the removal of oxygen. This is not an indication of spoilage.
- Do not place crisp, dry foods and humid products in the same Home Base, container or bag. Moisture will migrate from the humid products to the dry ones and may cause them to turn soft or soggy.
- Foods with strong flavour and/or smell should be kept separately from other products to avoid transferring of their taste or odor to other foods.



Storing food in your Homebase

The Homebase is best used for dry products, such as crackers, potato chips and cereals. It can easily store a loaf of bread, but the best way to keep the bread depends very much on the type of bread and the ingredients. For more information on storing bread, please see the “bread” section in the food storage database.

The Homebase is great for storing coffee beans, keeping them fresh for a very long time, without the loss of flavor.

We don't recommend storing fruits or vegetables in vacuum that can be eaten with the peel on. It is recommended to prepare foods that (may have) come into contact with soil (for example by blanching or cooking them) prior to storing them in vacuum. Bananas should never be stored in vacuum.

Foods that need to be kept at low temperatures, such as peeled or sliced fruit, should be stored in in the fridge or freezer in a Vacuvita container or vacuum bag.

Do not place crisp, dry foods and humid products in the same Home Base. Moisture will migrate from the humid products to the dry ones and may cause them to turn soft or soggy.

 70°F	DO use with	DO NOT use with**
	Bread	Soup
	Rolls	Sauces / Marinades
	Cookies	Processed fruits* and vegetables
	Cereal	Cooked meals
	Fresh fruits and vegetables*	Raw meats, fish, poultry*
	Potato chips	Salads
	Coffee beans	Onions, garlic
		Mushrooms
		Soft cheese

* Foods that need to be kept at low temperatures should be stored in the fridge or freezer in a Vacuvita container or vacuum bag. Always use proper food saving techniques to avoid food-borne illness.

** Do not allow water or liquids inside the Vacuvita Home Base.

For a full list of products and preservation times, please see the food storage database

Storing food in your Vacuum Container

Like the vacuum bags, the Vacuvita containers are free from BPA and BPS.

The containers are freezer, refrigerator and microwave safe, so they are perfect for storing salads, soups, pre-cooked meals or leftovers to eat at a later time. Just make sure to always remove the lid before placing the container inside the microwave.

The containers are also great for marinating. Marinating usually takes around 24 hours, but the Vacuvita system can bring it down to just 20 minutes! Vacuum helps to open up the pores of meat, fish and poultry, allowing the marinade to get absorbed more quickly.



	DO use with	DO NOT use with
70 °F	Potato chips	Garlic
	Cookies	Mushrooms
40 °F	Nuts	Soft cheese
	Raw pasta	Onions
	Fresh meat, fish poultry	
0 °F	Soup*	
	Sauces*	

* Some foods, such as tomatoes, saffron or pepper based soups and sauces may cause staining of the plastic surfaces. This is not a malfunction and has no effect on the operation of the containers.

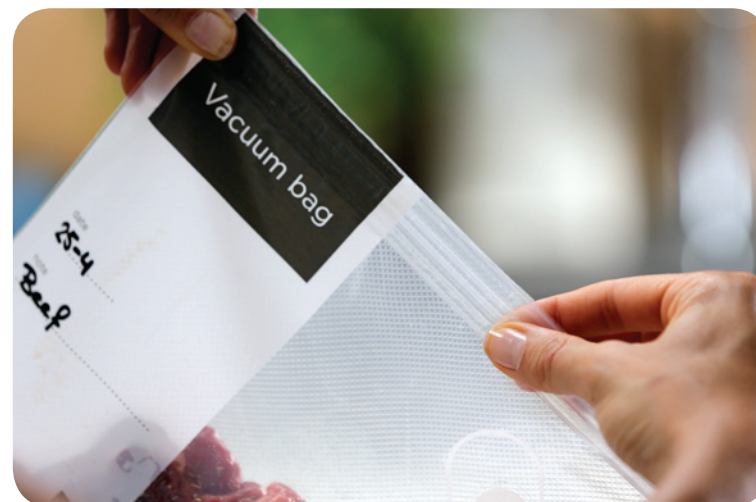
For a full list of products and preservation times, please see the food storage database

Storing food in your Vacuum Bags

Vacuvita vacuum bags are BPA- and BPS-free and come in a variety of convenient sizes. The bags can be opened and resealed, so it's very easy to use only one portion of the contents and store the rest away for a later time! Do not re-use the bags used for raw meats, fish or poultry.

Besides long-term storage, the bags are ideal for sous-vide cooking. This is a cooking technique that is based on the principle of slowly cooking your food under a vacuum in a temperature-controlled environment.

If you want to keep delicate products, such as potato chips and cereal, you can try one of the Vacuum Containers or the Homebase.



	DO use with	DO NOT use with*
40°F	Marinated meats, fish, poultry	Cereal
	Hard cheese	Potato chips
0°F	Deli meats	Leafy greens
	Fresh vegetables	Onions
	Coffee beans	Garlic
	Fresh fish	Mushrooms
	Fresh meat	Soft Cheese

* When vacuum packaging items with sharp edges (e.g. dried pasta or skewered products) in Vacuvita bags, protect the bag from punctures by wrapping items in soft cushioning material, such as a paper towel. You may want to use a Vacuvita container instead of a bag.

For a full list of products and preservation times, please see the food storage database

Important food safety advice

On the following pages is a list of some the most common types of food and our suggestions on where and how to store them. These are some general guidelines, it is difficult to predict how long foods will retain their quality because this also depends on the condition of the food on the day it was vacuumed packaged. Always use common sense when consuming preserved foods. For more tips and advice on food safety and preventing food-borne illnesses, visit www.foodsafety.gov.

Vacuum sealing fresh onions, garlic and/or mushrooms can lead to the growth of a species of bacteria that can cause botulism. Botulism is a very dangerous disease that can potentially be lethal, which is why we advise against storing these products in a vacuum when they are fresh. You can store cooked mushrooms, onions and garlic in Vacuvita bags or containers.

Soft cheeses can be a source of a species of bacteria called listeria that thrive under anaerobic conditions and can cause a possibly lethal infection called listeriosis. Due to this, soft cheeses should never be stored in a vacuum.

The vacuum packaging process extends the life of foods by removing most of the air from the sealed container, thereby reducing oxidation, which affects food's quality and flavor. Removing air can also inhibit the growth of microorganisms, such as molds and bacteria. Illness-causing bacteria can grow in perishable foods within two hours. But by refrigerating foods properly, you can help keep food

safe. You can significantly reduce the growth of microorganisms at temperatures of 40°F (4°C) or below. Freezing at 0°F (-17°C) does not kill microorganisms, but stops them from growing. Therefore, the long term storage of perishable foods should be in the freezer or refrigerator.























It is also important to note that vacuum packaging is NOT a substitute for canning and it cannot reverse the deterioration of foods. It can only slow down the changes in quality.

Use separate containers or vacuum bags for produce and for meat, poultry, seafood, and eggs. Placing ready-to-eat food inside a container that has held raw meat, poultry, seafood, or eggs can spread bacteria and make you ill. Preventing cross-contamination is simple. Use one container or vacuum bag for fresh produce and one for raw meat, poultry, or seafood. Before using them again, thoroughly wash containers and utensils that have been used to hold raw meat, poultry, seafood, or eggs.

Vacuum bags are not intended to be cleaned after being used for raw meats, poultry or seafood.


































There are two sections dedicated to particular types of food, with some extra information: bread and fresh produce. They can be found after the food storage chart.

Food Storage chart

Food type	Recommended storage conditions (temperature and days)		store in:	
Avocado	 40°F	3-4		
Baby food (fomula, prepared)	 40°F	1		
Baby food (fruit / vegetable pureé)	 40°F	3		
Bananas	DO NOT STORE UNDER VACUUM			
Beans, lentils (cooked)	 40°F	3-5		
Beans, lentils (dried)	 70°F	365		
Bread			 0°F	18-36 months
Breakfast Cereal	 70°F	30-90		
Cake (dry)	 70°F	3-7		
Cheese (hard)	 40°F	50-55		
Cheese (soft)	DO NOT STORE UNDER VACUUM			
Chili (con carne, prepared)	 40°F	3-4		
Chocolate	 70°F	365		 
































SEE ALSO THE "BREAD" SECTION

Food Storage chart



























Food type	Recommended storage conditions (temperature and days)		store in:	
Coffee (beans)	 365		 18-27 months	 
Coffee (ground)	 365		 12-34 months	 
Cooked meals *		 10		
Cookies	 300			
Crackers	 30-90			
Deli meats		 6-8	 4-6 months	
Desserts (cakes)		 10-15		
Donuts	 7-10			
Dough (pastry or bread)			 2 months	
Dressings (for salad, with oil)		 5		
Fish (fresh)		 4-5	 18 months	
Flour	 180			
Fruit (eat with peel)		 7	 18-30	































Food Storage chart

Food type	Recommended storage conditions (temperature and days)		store in:					
Fruit (need to peel)	 70°F	21						
Fruit (sliced or peeled)			 40°F	8-20	 0°F	18-30	 	
Fruits (berries)			 40°F	3				SEE ALSO THE "PRODUCE" SECTION
Fruits (dried)	 70°F	60					BANANAS SHOULD NEVER BE STORED IN VACUUM	
Garlic	DO NOT STORE UNDER VACUUM							
Grenola	 70°F	30-90						
Guacamole			 40°F	3-4	 0°F	3 months		
Herbs (Rosemary, Thyme etc.)	 70°F	7	 40°F	7-14	 0°F	8-12 months		DO NOT STORE BASIL UNDER VACUUM
Hummus			 40°F	7				
Jam			 40°F	180				
Juice (fresh fruit, vegetable)			 40°F	8-12				
Leftovers *			 40°F	10				
Lettuce (washed)			 40°F	6-8				SEE ALSO THE "PRODUCE" SECTION






























Food Storage chart

Food type	Recommended storage conditions (temperature and days)		store in:	
Mayonaise (home made)	 40°F	1-2		
Meat (cooked)	 40°F	8-10	 0°F 24 months	
Meat (fresh)	 40°F	6	 0°F 18 months	
Meat / Sausage (smoked)	 40°F	365		
Muffins / Bagels	 70°F	7-10		
Mushrooms	DO NOT STORE UNDER VACUUM			
Nuts	 70°F	120-180		 
Oatmeal (cooked, with milk)		 40°F	2-3	
Oatmeal (uncooked)	 70°F	180-365		 
Onions	DO NOT STORE UNDER VACUUM			
Pasta (dried)	 70°F	365		
Pasta Sauce (with meat)		 40°F	3-4	
Pasta Sauce (without meat)		 40°F	3-4	



Food type	Recommended storage conditions (temperature and days)		store in:	
Pie (with fruit / cream)		 2		
Pizza (fresh/leftover)		 3-4		
Popcorn	 7-14			
Potato chips	20-30			 
Potatoes (raw)	DO NOT STORE UNDER VACUUM			
Potatoes (cooked)		 7-14	 24 months	
Poultry (cooked / fried)		 8-10		
Poultry (fresh)		 6-8		
Rice (cooked)		 4	 6 months	
Rice (uncooked)	 365			
Rolls / Buns / Croissants	 10		 3-5 months	 SEE ALSO THE "BREAD" SECTION
Soup		 3-4		
Sugar	 500			 

Food Storage chart

Food type	Recommended storage conditions (temperature and days)			store in:				
Tea	 70°F	365						
Tofu			 40°F	7				
Tomatoes / Peppers (fresh)	 70°F	2-7	 40°F	4-10	 	SEE ALSO THE "PRODUCE" SECTION		
Tomatoes / Peppers (prepared)			 40°F	3-8		SEE ALSO THE "PRODUCE" SECTION		
Tortillas	 70°F	90						
Vegetables (blanched / cooked)			 40°F	4-7	 	SEE ALSO THE "PRODUCE" SECTION		
Vegetables fresh (cruciferous)	DO NOT STORE UNDER VACUUM					SEE ALSO THE "PRODUCE" SECTION		
Vegetables fresh (root vegetables)	 70°F	7	 40°F	7-14	 0°F	24 months	 	SEE ALSO THE "PRODUCE" SECTION
Vegetables (fresh, leafy)			 40°F	3-7		SEE ALSO THE "PRODUCE" SECTION		
Vegetables (peppers, tomatoes, fresh)	 70°F	2-7	 40°F	4-10	 	SEE ALSO THE "PRODUCE" SECTION		
Waffles / Pancakes			 40°F	5	 0°F	2 months		



Storing Bread

You probably enjoy bread several times a week, if not a few times a day! But when you make your own bread or buy a loaf at the store, you might not get to all of it right away and the remainder of the loaf can go stale. Storing your bread in the Vacuvita Homebase can solve that issue for you, but not every type of bread will store as well as another.

Storing crisp, dry foods and humid products in the same Home Base or container causes the dry products to go soggy and the moist products to turn dry. (Fresh baked) bread is actually both: a crispy crust, and a soft, moist interior. We recommend that you leave the bread in a closed paper or plastic bag inside the Homebase. That way it is protected from the outside air and atmosphere, but does not suffer from the moisture migration.

The quality of your bread and ingredients also strongly affect the storage time. Some store bought breads have preservatives in them, so they are likely to keep longer than home baked or artisanal breads that don't.

Because the air is sucked out of the Homebase, bags or containers, the relative humidity inside is much higher. This means that sometimes when you open the Homebase, it feels warm in there, while it is actually not warmer, but more humid than the room the Homebase is standing in. Some baked goods are very sensitive to high humidity and might even spoil faster. Keeping the bread inside a bag will resolve that as well.

Storing fresh produce

Out of all food types, fresh produce is the fastest to spoil, but the best to store as well. There are just a few things to consider, as vacuum storage of fresh, unprepared fruits and vegetables may lead to undesirable results. Vacuum sealing food in specially designed plastic bags or containers before storing them in the fridge or the pantry can increase their shelf life dramatically. But, in reality, a badly prepared vacuum package is no better than a normal package. In fact, you could be inviting more problems than solving a few if you are not careful.

Storing produce under vacuum, but not in the fridge or freezer, is only a good idea when you are sure that they are perfectly washed and clean and dry. It's alright to keep them in the fridge or on a shelf if you plan to consume them within a couple of days.

A serious concern is the presence and slow growth of anaerobic bacteria in these foods when they are vacuum sealed and stored without prior preparations. These bacteria can be found in the soil and therefore be transferred on to fruits and vegetables. When these same veggies are vacuum sealed, it only allows more room for these bacteria to grow and flourish.

Unlike other produce, fresh cruciferous vegetables emit gasses when they're stored, which means if they're kept in an airtight package, they will cause the plastic bags to expand. This introduction of unwanted gasses will cause your food to go bad quickly, so experts recommend boiling vegetables - or blanching - for a set amount of time before transferring them to a vacuum sealer bag. This process impedes the enzymes in the vegetables, which prevents food from discoloring or producing unwanted gasses.

What Counts as Cruciferous?

This type of vegetable is generally marked by florets or bulbs. The most common cruciferous vegetables include the following:

- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Kale
- Radishes
- Turnips

Warranty

1 year Limited Warranty

Vacuvita B.V. ("Vacuvita") warrants that from the date of purchase, this product will be free from defects in material and workmanship provided this product is used strictly as described in this user manual, using only original Vacuvita parts and accessories. This limited one year warranty shall be effective from the date of the original purchase and shall expire one (1) year after the original purchase date ("Limited Warranty Period"). Vacuvita, at its option, will repair or replace this product or any component of the product found to be defective during the Limited Warranty Period, provided the defect is not caused by the use of any non-Vacuvita branded part or accessory or has not been tampered with by others than Vacuvita personnel or service agents. A replacement will be made with a new or refitted product or component. If the product is no longer available, a replacement may be made with a similar product of equal or greater value. This is your exclusive Limited Warranty. Do NOT attempt to repair or adjust



any electrical or mechanical functions on this product. Doing so will void this Limited Warranty. This Limited Warranty applies only to the original purchaser of the product and only from the date of initial retail purchase as per the original sales receipt and is not transferable. Proof of purchase is required to obtain warranty performance.

Vacuvita dealers, service centers, or retail stores selling Vacuvita products do not have the right to alter, modify or in any way change the terms and conditions of this Limited Warranty. This Limited Warranty does not cover ordinary wear and tear of parts or damage resulting from any of the following: negligent use or misuse of the product, use on improper voltage or current, use contrary to the operating instructions or this DFU, disassembly, repair or alteration by anyone other than Vacuvita or an authorized Vacuvita service center, or use of this product with non-Vacuvita parts or accessories. Furthermore, this Limited Warranty does not cover Acts of God such as fire, flood, hurricanes and tornadoes. This Limited Warranty shall not be deemed to exclude or replace any warranties set by law. Apart from the specific legal rights conferred to you in this Limited Warranty, you may have other rights which vary from jurisdiction to jurisdiction.

What are the limits of Vacuvita's liability?

Damage to a product caused by use of non-Vacuvita parts or accessories, accident, misuse, or abuse is not covered by this Limited Warranty. Improper care and cleaning will void this Limited Warranty. Vacuvita shall not be liable for any indirect, incidental or consequential damages caused by the breach of any express, implied or statutory warranty or condition. Except to the extent prohibited by applicable law, Vacuvita disclaims all warranties, conditions or representations, express, implied, statutory or otherwise. Vacuvita does not claim the product to be fit for a particular purpose. Vacuvita shall not be liable for any damages of any

kind resulting from the purchase, use or misuse of, or inability to use the product including indirect, incidental, special, consequential or similar damages or loss of profits, or for any breach of contract, fundamental or otherwise, or for any claim brought against purchaser by any other party. Some provinces, states or jurisdictions do not allow the exclusion or limitation of incidental or consequential damages or limitations on how long an implied warranty lasts, so the above limitations or exclusions may not apply to you. This warranty gives you specific legal rights, and you may also have other rights that vary from province to province, state to state or jurisdiction to jurisdiction.

How to Obtain Warranty Service

In the U.S.A.

If you have any question regarding this warranty or would like to obtain warranty service, please visit www.vacuvita.com or email us at service@vacuvita.com.

In the U.S.A., this warranty is offered by:

Vacuvita B.V.
Orionstraat 15
2516 AS The Hague
The Netherlands

PLEASE DO NOT RETURN YOUR PRODUCT TO THIS ADDRESS.

B1 5116

Check latest version of manual and product updates online at www.vacuvita.com



vacuvita®

Designed to suit your taste



Vacuvita B.V.
Orionstraat 15, 2516 AS The Hague, The Netherlands

www.vacuvita.com