

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 year
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

Rival Seal A Meal Vs100 Manual

D Kirk



Rival Seal A Meal Vs100 Manual Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has be more evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **Rival Seal A Meal Vs100 Manual**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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