

Vacuum sealed food shelf life chart

Food type	Vacuum-Sealed Shelf Life			
Meats	Normal Shelf Life	Refrigerator	Freezer	Pantry
Cuts of meat (e.g., beef, pork, lamb, poultry)	6 months (Freezer)	n/a	2-3 years	n/a
Fish	3-6 months (Freezer)		2 years	
Ground/ Minced meat	4 months (Freezer)		1 year	
Lobster, shrimp	6-12 months (Freezer)		1-2 years	
Hardboiled eggs	1 week (Refrigerator)	2-3 weeks	n/a	
Hard cheeses	1 month (Refrigerator)	4-8 months		

Vegetables	Normal Shelf Life	Refrigerator	Freezer	Pantry
Green beans	8 months (Freezer)	n/a	2-3 years	n/a
Corn				
Carrots	2 weeks (Refrigerator)	2-3 years	n/a	
Broccoli, Brussel spouts, cauliflower, cabbage, asparagus (blanched)	8 months (Freezer)	n/a	2-3 years	

Fruits	Normal Shelf Life	Refrigerator	Freezer	Pantry
Apricots, mangoes, peaches	6-12 months (Freezer)	n/a	1-3 years	n/a
Apples, pears	2-4 weeks (Refrigerator)	2 months	n/a	
Pineapple	1-2 weeks (Refrigerator)	4 weeks		
Citrus				
Tomatoes	1-2 weeks (Freezer)	n/a	6-12 months	

Baked goods	Normal Shelf Life	Refrigerator	Freezer	Pantry
Bagels and breads	2-3 months (Freezer)	n/a	1-3 years	n/a
Cookie dough	3 months (Freezer)		1 year	
Nuts	6 months (Pantry)		n/a	2 years
Coffee (beans)	1-3 months (Pantry)			1 year
Coffee (grounds)	1-2 months (Pantry)			5-6 months
Tea	8-12 months (Pantry)			1-2 years

Liquids	Normal Shelf Life	Refrigerator	Freezer	Pantry
Soups, sauces	3-6 months (Freezer)	n/a	1-2 years	n/a

Dry food	Normal Shelf Life	Refrigerator	Freezer	Pantry
Grains	6 months (Pantry)	n/a	n/a	1-2 years
Rice, pasta	1-2 years (Pantry)			2-3 years
Cereals (eg., wheat)	1 year (Pantry)			1-2 years
Powdered milk	5-6 months (Pantry)			
Flour				
Dried coconut				

Spices and herbs	Normal Shelf Life	Refrigerator	Freezer	Pantry
Spices	1-2 years (Pantry)	n/a	n/a	2-3 years
Herbs	1 year (Pantry)			1-3 years



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