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Welcome to '10 Things You Should Know Before Vacuum Sealing!' e-book from Fresherpack.

We hope you enjoy reading it.

1. The average family with children throws away £680 of food a year, a total of £12billion across the UK, says research by food company Birds Eye. May 2012. Why not use a vacuum sealer it could save you up to £680 a year! Keep food fresher for longer.
2. Vacuum seal your meat or fish with a marinade for just 1 hour and it's the equivalent of marinating for 24 hours in a normal dish. The reason for this is when the air is removed from the vacuum sealer bag, containing the meat and marinade, the pores of the meat open, allowing the marinade to add its flavour to the meat much more quickly.
3. Vacuum seal non-food items with a vacuum sealer! For example, you can vacuum seal special photos, certificates or newspaper clippings to keep them free from moisture in the air damaging them as vacuum packing removes the air and moisture, so will keep them preserved for years to come. You can also vacuum pack jewellery to stop it tarnishing, or even your paintbrush to stop it drying out.

4. Going on holiday? Why not vacuum seal your shampoo bottles or similar for your holiday suitcase to stop them exploding and spoiling your clothes mid-air. How? The vacuum sealer removes the air, so the difference in air pressure does not then matter in the hold of the plane.

5. Want to avoid a costly mistake when buying a vacuum sealer? Check the model you are planning on buying has a liquid and dust trap (safety chamber) this protects the vacuum pump and stops it breaking! Heating element protection helps keep the heat sealer part of your vacuum sealer in good shape. Have a look at the Eiffel Freshpack Pro Vacuum Sealer.

6. How long can food be vacuum sealed in the fridge?

Food Stored in the Fridge	Normal Storage	Using an Eiffel Freshpack Vacuum Sealer
Boiled food	2 days	10 days
Fresh meat	2 days	6 days
Fresh poultry	2 days	6 days
Boiled meat	4-5 days	8-10 days
Fresh fish	2 days	4-5 days
Cold meats	3 days	6-8 days
Smoked sausages	90 days	365 days
Hard cheeses	12-15 days	50-55 days
Soft cheeses	5-7 days	13-15 days
Fresh vegetables	5 days	18-20 days
Fresh herbs	2-3 days	7-14 days
Washed lettuce	3 days	6-8 days

7. Want to know how long you can store vacuum sealed foods in the freezer, check out the 'Advice page' at Fresherpack.

8. Are vacuum sealer bags made in China the same quality as made in Europe? Non-Foodgrade plastic can leach into foods, causing health problems, if the wrong sort of plastic is used in manufacture. All bags made in the EU are foodgrade and foodsafe complying fully with EU law. If you buy the made in China or if the country of origin is not stated, can you be sure?

9. What is the difference between a vacuum seal bag & roll? They are made out of the same type of embossed plastic but the roll is a tube of plastic and a piece of roll can be made into a bag by sealing one end of it, using the heat sealer part of your vacuum sealer. Every vacuum sealer that came with bags can use rolls and vice-versa. Great!

10. Vacuum sealers rated at less than -0.8bar are not drawing enough air out to make your food fresher for longer. You may as well squash the air out of the vacuum bag yourself.

We welcome your comments on our ebook. Just visit www.fresherpack.co.uk and fill in the 'contact us' form.

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