

# Vacuum Sealers



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## Benefits of a Vacuum Sealing

- Vacuum sealers save you money
- Preserves food
- Vacuum sealing protects food
- Extends shelf life
- Helps food taste and look better
- Helps with storage organization
- Can cook right in the bag...sous vide



## Freezer Burn

- White crystals that form on anything from ice cream to meat.
- Occurs when foods have been stripped of moisture, which leads to excessive dryness and an abundance of frost.
- When food has been improperly stored, or has been in the freezer for an extended period of time, water molecules escape from the packaging and become absorbed in the air.
- While safe to eat, there may be a considerable difference in quality. Both texture, color, and taste can be significantly altered by the process.



## Sous Vide

- Means “under vacuum” in French, refers to the process of vacuum-sealing food in a bag, then cooking it to a very precise temperature in a water bath.
- This technique produces results that are impossible to achieve through any other cooking method.



# Disadvantages of Vacuum Sealers

\$ Costly-dependending on the one you buy (\$50-\$175)

🛒 Ongoing costs for the bags or plastic-\$.15-\$.35/bag

🖨️ Space to store the machine

🛒 Not able to find the bags or plastic for your machine-some are not interchangeable.

🔧 Repair costs...or even finding someone to repair the machine





## Top Brands

- Nesco
- Food Saver (3 different models all ranked in top 10)
- Nutrichef
- Anova
- Geryon
- Mueller
- Koios
- Vremi





## Tips for Standard Sealers

- Bags or bag rolls come in different thicknesses
  - when sealing food items that contain bones or sharp edges, thicker bags are the better options.
  - the longer you plan on storing sealed food items, the thicker bags you should buy.
- If you're vacuum sealing liquid, freeze it first. Is there a removable, washable drip tray?
- Vacuum sealing a bag requires a textured area of the bag in the vacuum sealing channel. The textured area provides space for the air to get sucked out. Without the texture, the sealer clamps tightly shut, and seals before it vacuums.



# Foods Not Recommended for Vacuum Sealing

- Soft cheeses
- Mushrooms
- Garlic and onions
- Whole apples
- Whole bananas
- Broccoli, cauliflower, cabbage



## Food Safety Reminder

To further extend the life and safety of your food, thoroughly clean the vacuum sealer before storing.

Also, between packaging wipe down any surfaces used...to prevent cross contamination...counters, cutting boards, trays, etc.

Perishable foods must still be refrigerated or frozen for storage after packing in a vacuum or partial vacuum environment.

