



# User Manual

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[support@potane.com](mailto:support@potane.com)



**PLEASE DO NOT RETURN THIS ITEM TO PLACE OF PURCHASE**




**If you are missing parts, have ANY issues when operating,  
need replacement / return or assistance**

Simply send an email to

[support@potane.com](mailto:support@potane.com)

We promise to respond in 12 hours



 [m.me/PotaneOfficial](https://m.me/PotaneOfficial)  
 [support@potane.com](mailto:support@potane.com)  
 [www.potane.com](http://www.potane.com)

# 5-Year Free Warranty

POTANE, at its option, will repair or replace this product or any component of the product found to be defective during the warranty period. Replacement will be made with a new or remanufactured product or component. If the product is no longer available, replacement may be made with a similar product of equal or greater value. This is your exclusive warranty. Do NOT attempt to repair or adjust any electrical or mechanical functions on this product. Doing so will void this warranty.

This warranty is valid for the original retail purchaser from the date of initial retail purchase and is not transferable. Keep the original sales receipt. Proof of purchase is required to activate the warranty. POTANE dealers, service centers, or retail stores selling POTANE products do not have the right to alter, modify, or any way change the terms and conditions of this warranty. By activating your warranty, you can also obtain access to other exclusive benefits, such as exclusive code for POTANE products, notice of new POTANE products, license to sell POTANE products in the USA, etc.

## How to Obtain Warranty Service In the U.S.A.

If you have any questions regarding this warranty or would like to obtain it, please mail to [support@potane.com](mailto:support@potane.com).

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# Important Safeguards & Tips

## Important Safeguards

**For your own safety, always follow these basic precautions when using a POTANE® appliance:**

1. Read the User Manual carefully for operating instructions.
2. Do not use the appliance on wet surfaces or outdoors.
3. To protect against electric shock, do not immerse any part of the appliance, power cord or plug in water or other liquid. Unplug from outlet when not in use and before cleaning.
4. To disconnect, unplug power cord from electrical outlet. Do not disconnect by pulling on cord.
5. Do not operate the appliance with a damaged power cord or plug. Do not operate the appliance if it malfunctions or is in any way damaged. For details, contact Consumer Services at the email address SUPPORT@POTANE.COM.
6. Use appliance only for its intended use.
7. Closely supervise children when using any electrical appliance. Do not allow appliance to be used as a toy.
8. Caution: all cords should not drape over counter or tabletop where cords can be tripped over or pulled on unintentionally, especially by children.
9. Do not place on or near a hot gas or electric burner, or heated oven.

## Important Tips

10. Vacuum sealing is NOT a substitute for the heat process of canning. Perishables still need to be refrigerated or frozen.
11. For better results, use with POTANE® Bags, Rolls, Containers and Accessories.
12. During the vacuum sealing process, small amounts of liquids, crumbs or food particles can be inadvertently pulled into the Vacuum Channel. Clean it after each use.
13. Avoid overfilling, always leave at least 3 inches of bag material between bag contents and top of the bag. This allows room for the bag material to cinch tightly against the food and prevents the bag from pulling out of the Vacuum Channel during the sealing process. Then leave at least one additional inch of bag material for each time you plan to reuse bag.
14. To prevent wrinkles in the seal when vacuum sealing bulky items, gently stretch bag flat while inserting bag into Vacuum Channel and continue to hold bag until vacuum pump starts.
15. When you are vacuum sealing items with sharp edges (dry spaghetti, silverware, etc.), protect bag from punctures by wrapping item in soft cushioning material, such as a paper towel. You may want to use a POTANE® canister instead of a bag.
16. When using a canister, remember to leave one inch of space at top of it.
17. Pre-freeze fruits and blanch vegetables before vacuum sealing for best results. See Guidelines for Vacuum Sealing.
18. Wait 20 seconds between seals to allow appliance to cool.
19. Never store lid in LOCKED position as gaskets may become compressed.

**For Household Use Only**

**SAVE THESE INSTRUCTIONS**

# What you get



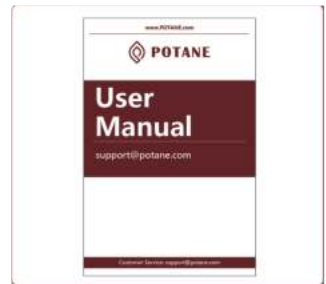
Potane vacuum sealer



1. Lower gasket replacement



2. Two bags rolls



3. User Manual



4. Safety cutter

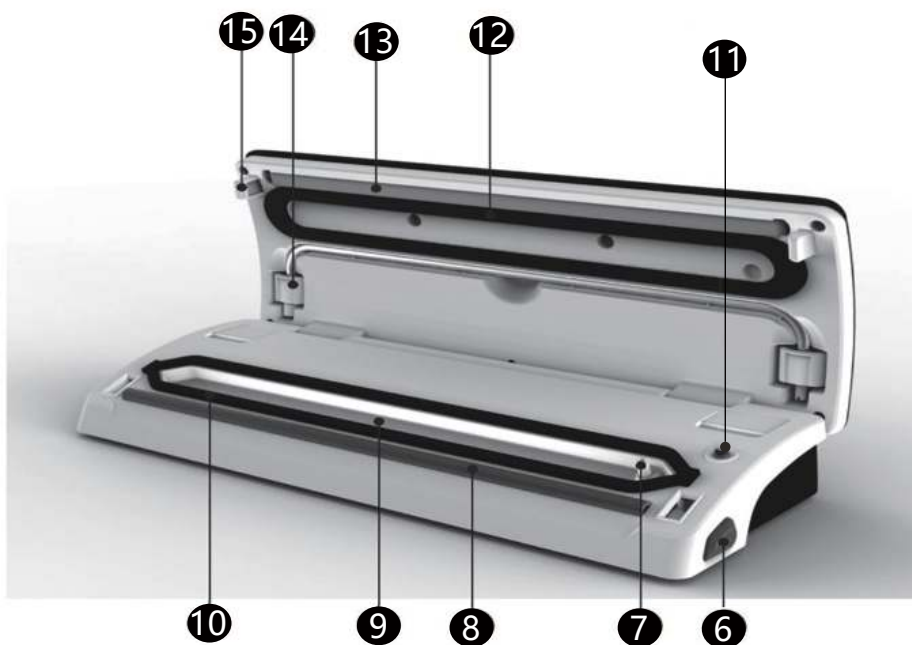
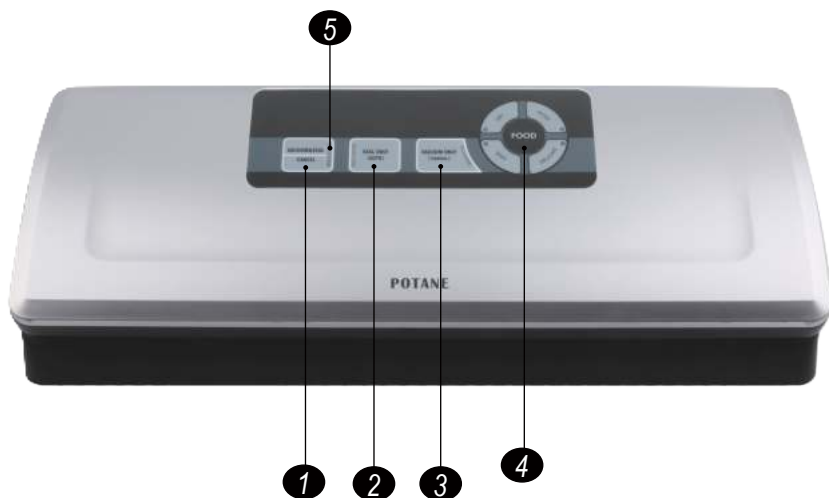


5. Hose

If anything is missing with your VS2690 package, send an email to [support@potane.com](mailto:support@potane.com) to get it for FREE.

If you want to know more about VS2690 accessories which are sold separately, just send your questions to [support@potane.com](mailto:support@potane.com).

# Construction & Function



## **The user-friendly, intuitive control panel makes it easy for you to get the most out of your POTANE® System:**

### **1.VACUUM & SEAL / CANCEL**

Press the button once to start. It automatically draws air out of the bag and seals it after vacuuming is complete. Totally hands-free.

Press a second time to stop/pause if you want to stop halfway.

### **2.SEAL ONLY(AUTO)**

This button provides two functions.

(1) Seal bags only. Usually used to seal one side of the bag roll before using.

(2) When the "Vac&Seal" function is in operation, press "Seal Only" to stop the vacuum process and immediately seal the bag.

**Note: the food type must be on "DRY" when you use the "Seal Only" function.**

### **3.VACUUM ONLY(MANUAL)**

Need to keep pressing this button to do vacuum, once you remove your finger it will stop immediately. Usually used to do finer suction control and avoid excessive suction.

### **4.FOOD TYPE**

DRY/MOIST/SOFT/DELICATE

DRY: For most dry objects and food types in order to obtain the highest vacuum pressure.

MOIST: For wet food with little moisture like fresh vegetables, chicken, steak. For liquid foods, get it frozen first before putting into the bag.

SOFT: For food types such as strawberry, cheese, etc.

DELICATE: For food item that is crisp and needs lowest suction, like cookies, nuts, etc.

**Note: The default setting is "DRY" with the strongest suction power, use "VACUUM ONLY" more to do finer suction control.**

### **5.LED Indicators:**

Indicate the status of vacuum or seal process and the status of the machine setting.

### **6. Release button**

There are two release buttons on both sides of the machine. Press both sides to open the lid. And release the vacuum pressure inside the machine.

### **7. Air intake**

Connect vacuum chamber and pump. For canisters and wine stoppers, place the hose into this air intake.

### **8. Sealing strip**

Place the bag to be sealed over this strip.

### **9. Vacuum chamber**

Put the opening of the bag in the vacuum chamber, it draws air out of bag and catches any moisture overflow from the bag.

### **10. Lower gasket**

Keep air away by forming a vacuum with the upper gasket in the vacuum chamber. Keeps clean and dry. Replace it when distorted or broken.

### **11.Canister Switch**

Used to vacuum POTANE canisters, POTANE wine bottle stoppers and other containers. It will automatically stop when the vacuum is done. You can choose to press it again to stop it manually.

### **12. Upper gasket**

Keep air away by forming a vacuum with the lower gasket in the vacuum chamber. Keeps clean and dry. Replace it when distorted or broken.

### **13. Sealing element**

The PTFE resin and special glass fabric complexed sealing element can be hot and works for sealing the bag.

### **14. Hose**

Used with POTANE canisters, POTANE wine bottle stoppers and other containers. The hose can be stored in the groove of the lid when the machine is not in use.

### **15. Hook**

To lock the lid to the base. There are two locked sounds when the machine is locked, otherwise, it's not locked and won't work.

# Product Features

Model	VS2690
Rated voltage (V)	120V 60Hz
Rated power	120W
Pump power	17W
Motor speed	2800RPM +/-10%
Heating power	103W
Function buttons	vacuum & seal/cancel, seal only, vacuum only, four food options
Sealing time( Moist setting)	18 seconds
Sealing time( Other setting)	6-8 seconds
Heating wire width(mm)	2.5
Work width(mm)	300
Vacuum power	max -0.85bar
unit size(mm)	370mm x 144mm x 74mm
unit weight(Kg)	1.4



# How to

## 1. Make a Bag from a POTANE® Roll

1. Plug the cord into an electrical outlet, wait 5-7 seconds until the green light on "Dry" is on.
2. Use a scissor/cutter to cut enough bag material from a roll to hold the item. Be sure to cut 3 more inches for seal and keep the bag straight.
3. Open appliance lid. Insert one end of bag material across Sealing Strip.
4. Press down the lid of the machine firmly until you hear locked sounds from both sides.
5. Make sure the food type must be on "DRY". Then press the "Seal Only" button.
6. When "Seal Only" Indicator Light turns off, sealing is complete. Press the release buttons to open the lid. Lift the lid and remove the bag.

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**Now you are ready to vacuum seal with your new bag (see next page)**

# How to

## 2.Vacuum Seal with POTANE® Bags

- 1.Place item(s) in the bag, allowing at least 3 inches of space between bag contents and top of the bag.
- 2.Open appliance lid and place the open end of the bag into Vacuum Chamber.
- 3.Close the upper lid, Press the lid down firmly on both sides to make the lid in the lock position —you will hear two locked sounds.
- 4.Choose the proper setting for your food from "DRY, MOIST, SOFT, DELICATE". Press the Vacuum&Seal button to begin the vacuum and sealing process. The motor will continue to run until the bag is fully vacuumed, then it will automatically seal.
- 5.Choose "Vacuum Only" button before sealing if you want to vacuum the bag manually and do finer suction control.
- 6.When Seal Indicator Light turns off, press the release buttons, lift the lid and remove the bag. Refrigerate or freeze if needed.

**NOTE: Let the appliance cool down for 20 seconds after each use. Always store appliance with the lid closed gently (Don't lock it)**



2



4

# How to

## 3. Vacuum Seal with POTANE® Accessories

### 3.1 Canisters

1. Wipe the vacuum sealed storage container, making sure it is clean and dry. Ensure that once the items are placed in the container, it is not too full and there is a certain space within the vacuum cover.
2. Insert one end of the hose into the hose port in the vacuum chamber and another end of the hose into the center hole of the canister cover. Turn the button in the center of the cover to "Seal" position
3. Press the "Canister Switch" to start the vacuum, and it will automatically stop when the air is all out.

### 3.2 Bottle stoppers

1. Push the bottle seal as far down into bottle as possible.
2. Plug the white adapter with two white connecting pieces into the hose port of your vacuum sealer.

Note: \*The large connecting piece is for VS2690 vacuum sealer.

\*The small connecting piece can be removed if you want to use the large connecting piece.

3. Push the round rubber knob of the vacuum adapter onto the grey valve in the bottle seal.
4. Press the "Canister Switch" to start the vacuum, and it will automatically stop when the air is all out.
5. Take the vacuum adapter off of the valve.

Note: POTANE accessories are available on [www.potane.com](http://www.potane.com)

Video instructions: YouTube - search "potane"

# Guidelines For Successful Vacuum Sealing

## Vacuum Sealing and Food Safety

The vacuum sealing process extends the life of foods by removing most of the air from the sealed container, thereby reducing oxidation, which affects nutritional value, flavor and overall quality. Removing air can also inhibit growth of microorganisms, which can cause problems under certain conditions:

**Mold** – Easily identified by its fuzzy characteristic. Mold cannot grow in a low oxygen environment, therefore vacuum sealing can slow the growth of mold.

**Yeast** – Results in fermentation, which can be identified by smell and taste. Yeast needs water, sugar and a moderate temperature to grow. It causes also survive with or without air. Slowing the growth of yeast requires refrigeration, while freezing stops it completely.

**Bacteria** – Results in an unpleasant odor, discoloration and/or soft or slimy texture. Under the right conditions, anaerobic bacteria such as Clostridium Botulinum (the organism that causes Botulism) can grow without air and sometimes cannot be detected by smell or taste. Although it is extremely rare, it can be very dangerous.

To preserve foods safely, it is critical that you maintain low temperatures. 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. For long-term storage, always freeze perishable foods that have been vacuum sealed, and keep refrigerated after thawing.

It is important to note that vacuum sealing is NOT a substitute for canning and it cannot reverse the deterioration of foods. It can only slow down the changes in quality. It is difficult to predict how long foods will retain their top-quality flavor, appearance or texture because it depends on age and condition of the food on the day it was vacuum sealed.

**IMPORTANT: Vacuum sealing is NOT a substitute for refrigeration or freezing. Any perishable foods that require refrigeration must still be refrigerated or frozen after vacuum sealing.**

# Food Preparation and Reheating Tips



## Thawing and Reheating Vacuum- Sealed Foods

Always thaw foods in either refrigerator or microwave. Do not thaw perishable foods at room temperature.

To reheat foods in a microwave in a POTANE® Bag, always cut a corner of the bag before placing it on a microwave-safe dish. However, to avoid hot spots, do not reheat bone-in meat or greasy foods within a POTANE® Bag in a microwave. You can also reheat foods in POTANE® Bags by placing them in water at a low simmer below 170°F (75°C).



## Preparation Guidelines for Hard Cheeses

To keep cheese fresh, vacuum seal it after each use. Make your POTANE® Bag extra long, allowing one inch of bag material for each time you plan to open and reseal in addition to the 3-inch room you normally leave between contents and seal. Simply cut sealed edge and remove cheese. When you're ready to reseal the cheese, just drop it in bag and reseal.

**IMPORTANT: Due to the risk of anaerobic bacteria, Soft cheeses should never be vacuum sealed.**



## Preparation Guidelines for Meat and Fish

For best results, pre-freeze meat and fish for 1-2 hours before vacuum sealing in a POTANE® Bag. This helps retain the juice and shape. And guarantees a better seal. If it's not possible to pre-freeze, place a folded paper towel between meat or fish and top of bag, but below seal area. Leave the paper towel in the bag to absorb excess moisture and juices during vacuum sealing process.

**Note:** Beef may appear darker after vacuum sealing due to the removal of oxygen. This is not an indication of spoilage.



## Preparation Guidelines for Vegetables

Vegetables need to be blanched before vacuum sealing. This process stops the enzyme action that could lead to loss of flavor, color and texture.

To blanch vegetables, place them in boiling water or in the microwave until they are cooked, but still crisp. Blanching times range from 1 to 2 minutes for leafy greens and peas; 3 to 4 minutes for snap peas, sliced zucchini or broccoli; 5 minutes for carrots; and 7 to 11 minutes for corn on the cob. After blanching, immerse vegetables in cold water to stop the cooking process. Finally, dry vegetables on a towel before vacuum sealing.

**Note:** All vegetables (including broccoli, brussels sprouts, cabbage, cauliflower, kale, turnips) naturally emit gases during storage. Therefore, after blanching, they must be stored in freezer only.

# Food Preparation and Reheating Tips (cont.)

When freezing vegetables, it is best to pre-freeze them for 1-2 hours or until solidly frozen. To freeze vegetables in individual servings, first place on a baking sheet and spread them out so they are not touching. This prevents them from freezing together in a block. Once they are frozen, remove from baking sheet and vacuum seal vegetables in a POTANE® Bag. After they have been vacuum sealed, return them to the freezer.

**IMPORTANT: Due to the risk of anaerobic bacteria, Fresh mushrooms, onions and garlic should never be vacuum sealed.**



## Preparation Guidelines for Leafy Vegetables

For best results, use a canister to store leafy vegetables. First wash the vegetables, and then dry with a towel or salad spinner. After they are dried, put them in a canister and vacuum seal as normal. Store in refrigerator.



## Preparation Guidelines for Fruits:

When freezing soft fruits or berries, it is best to pre-freeze them for 1-2 hours or until solidly frozen. To freeze fruit in individual servings, first place on a baking sheet and spread them out so they are not touching. This prevents them from freezing together in a block.

Once they are frozen, remove from baking sheet and vacuum seal fruit in a POTANE® Bag. After they have been vacuum sealed, return them to the freezer.

You can vacuum seal portions for baking, or in your favorite combinations for easy fruit salad all year round. If storing in the refrigerator, we recommend using a POTANE® Canister.



### **Preparation Guidelines for Baked Goods**

To vacuum seal soft or airy baked goods, we recommend using a POTANE® Canister so they will hold their shape. If using a bag, pre-freeze for 1-2 hours or until solidly frozen. To save time, make cookie dough, pie shells, whole pies, or mix dry ingredients in advance and vacuum seal for later use.



### **Preparation Guidelines for Coffee and Powdery Foods**

To prevent food particles from being drawn into vacuum pump, place a coffee filter or paper towel at top of bag or canister before vacuum sealing. You can also place the food in its original bag inside a POTANE® Bag, or in a POTANE® container to vacuum seal.



### **Preparation Guidelines for Liquids**

Before you vacuum seal liquids such as soup stock, pre-freeze in a casserole dish, loaf pan or ice cube tray until solid. Remove frozen liquid from pan and vacuum seal in a POTANE® Bag. You can stack these “frozen bricks” in your freezer. When you’re ready to use, just cut corner of bag and place in a dish in microwave or drop into water at a low simmer, below 170°F (75°C).



### **Preparation Guidelines for Make-ahead Meals, Leftovers and Sandwiches**

Efficiently store your make-ahead meals, leftovers and sandwiches in the POTANE® square containers. They are microwaveable, top rack dishwasher safe. The lightweight containers will be ready to head off to the office, to school or the great outdoors whenever you are!



### **Preparation Guidelines for Snack Foods**

Your snack foods will maintain their freshness longer when you vacuum seal them. For best results, use a POTANE® Canister for crushable items like crackers.

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### **Vacuum Sealing Non-Food Items**

The POTANE® Vacuum Sealing System also protects non-food items from oxidation, corrosion and moisture. Simply follow the directions to vacuum seal items using POTANE® Bags, Canisters and Accessories.



To vacuum seal silver, wrap fork tines in soft cushioning material, such as a paper towel, to avoid puncturing bag, and seal as normal. Your silver will be clean, fresh and untarnished right when you need it for your next dinner gathering.



Your POTANE® Bags are ideal for outdoor excursions. For camping and hiking, keep your matches, maps and food dry and compact.



To have fresh water for drinking, simply fill a POTANE® Bag with ice, vacuum seal it, and when needed, let the ice pack melt. You can trim the corner off the bag to make a spout for drinking or pouring.



If you' re going sailing or boating, you can vacuum seal your food, extra batteries, memory cards, cash, identification cards, boating license and a dry change of clothes. Just remember to bring scissors or a knife to open the bags when you need them!



To keep emergency kits safe and dry, vacuum seal flares, batteries, flashlights, matches, candles, first aid kits, extra food and other necessities. Your emergency items will stay dry and organized in your home, car, boat or RV.



# Care and Cleaning of your Vacuum Sealer

## To Clean Appliance

1. Always unplug the unit before cleaning.
2. Do not immerse in water or any other type of liquid.
3. Avoid using abrasive products or material to clean the unit as it , for they will scratch the surface.
4. Use mild dishwashing soap and a warm, damp cloth to wipe away food residue or around components.
5. Dry thoroughly before using it again.

Note: The foam gaskets around the vacuum chamber should be dried thoroughly before re-assembling, when re-assembling, is careful to prevent any damage, and assemble as an original position to ensure no vacuum leaking.

6. Washing all vacuum accessories in warm water with mild dishwashing soap, But do not immerse cover in water.
7. Canister bases (not lids) are top rack dishwasher safe. But canister cover should be wiped down with a damp cloth.
8. Ensure the accessories to bare dry thoroughly before reusing.
9. Canister cover is not allowed to use in microwave or freezer.

## To Store Appliance

Clean unit thoroughly as detailed above.

After the unit has been cleaned and allowed to fully dry, close lid without lock it. This will prevent any undue pressure from being applied to the internal sealing gaskets of the unit. **Never store lid in LOCKED** position as gaskets may become compressed.

When appliance is left in locked position, the gaskets become compressed and the unit may not function properly.

# Troubleshooting

Problem	Solution
No lights on the control panel	<ul style="list-style-type: none"><li>•Make sure unit is plugged in.</li><li>•Make sure the wall outlet is functional.</li><li>•Make sure lid is all the way down, but not in the locked position.</li></ul>
Vacuum Pump is running, but bag is not evacuating	<ul style="list-style-type: none"><li>•If making a bag from a roll, make sure one end of bag is sealed. See How to Make a Bag from a POTANE® Vacuum Sealing Roll.</li><li>•Adjust the bag and try again. Make sure the open end of the bag is in down inside the vacuum channel.</li><li>•Check for wrinkles in bag along Sealing Strip. To prevent wrinkles in the seal, gently stretch bag flat while inserting bag into Vacuum Channel.</li><li>•Open unit and make sure Gaskets are inserted properly and there are no foreign objects, dirt or debris on the Upper or Lower Gasket (See Care and Cleaning).</li><li>•Latch has been left in LOCKED position: Gaskets may be compressed. Unlatch and allow 10 to 20 minutes for Gaskets to expand.</li><li>•Make sure the accessory hose is not attached to accessory port.</li><li>•Make sure the lid is latched down all the way. If the Latch does not catch the lid and bring it down, there will be a leak between the Gaskets.</li><li>•<b>The problem happens suddenly after you use the machine for 4-8 months: Please check if the foam gasket is compressed and loses elasticity. Use a new foam gasket to replace it.</b></li></ul>
Gasket is loose or has a tear	<ul style="list-style-type: none"><li>•Take out the gasket, clean it and reinsert the Gasket into the Vacuum Channel (See Care and Cleaning).</li><li>•Email <a href="mailto:support@potane.com">support@potane.com</a> or visit our website for replacement.</li></ul>
Bag is not sealing properly	<ul style="list-style-type: none"><li>•Too much liquid in bag, freeze before vacuuming.</li><li>•Check for food debris around seal area. If present, Take out the gasket, clean it and reinsert the Gasket into the Vacuum Channel (See Care and Cleaning).</li><li>•Bag has wrinkles: To prevent wrinkles in the seal, gently stretch bag flat while inserting bag into Vacuum Channel.</li></ul>

# Troubleshooting (cont.)

Problem	Solution
Nothing happens when Latch is closed and Button is pressed	<ul style="list-style-type: none"><li>•Make sure unit is plugged in.</li><li>•Make sure wall outlet is functional.</li><li>•Open Latch, make sure lid is all the way down, re-latch lid.</li></ul>
Cannot insert bag into machine	<ul style="list-style-type: none"><li>•Make sure there is enough bag material to reach center of drip tray. Always allow three inches (7.62 mm) extra space to allow the bag to seal tightly around food contents.</li><li>•Gently stretch bag flat while inserting. Insert bag CURL DOWN into Vacuum Channel.</li></ul>
Air was removed from the bag, but now air has re-entered	<ul style="list-style-type: none"><li>•Examine the seal. A wrinkle along the seal may cause air to re-enter the bag. To prevent wrinkles in the seal, gently stretch bag flat while inserting bag into Vacuum Channel.</li><li>•Sometimes moisture or food material (such as juices, grease, crumbs, powders, etc.) along seal prevents bag from sealing properly. Cut bag open, wipe top inside of bag and reseal.</li><li>•Sharp food items may have punctured bag. Use a new bag if there is a hole. Cover sharp food items with a soft cushioning material, such as a paper towel, and reseal.</li><li>•Fermentation or the release of natural gases from inside the foods may have occurred. When this happens, food may have begun to spoil and should be discarded.</li></ul>
Bag melts	<ul style="list-style-type: none"><li>•Sealing Strip may have become too hot. Always wait at least 20 seconds for appliance to cool down before you vacuum seal another item.</li><li>•Better use POTANE® brand bags. Our POTANE® Bags and Rolls are specially designed for POTANE® units.</li></ul>
If you need further assistance:	<ul style="list-style-type: none"><li>•Email Consumer Services at <a href="mailto:support@potane.com">support@potane.com</a>.</li></ul>

# Storage Guide:

## Meat, Cheese, Vegetables, Fruits




Foods	Where to Store	Recommended POTANE® Bag/Accessory	Storage Life with POTANE® Bag/Accessory	Normal Storage Life
<b>Meat</b>				
Beef, Pork, Lamb	Freezer	POTANE® Bag	2-3 years	6 months
Ground Meat	Freezer	POTANE® Bag	1 year	4 months
Poultry	Freezer	POTANE® Bag	2-3 years	6 months
Fish	Freezer	POTANE® Bag	2 years	6 months
<b>Hard Cheeses</b> ( Do not vacuum seal soft cheese )				
Cheddar, Swiss	Refrigerator	POTANE® Bag, Canister	4-8 months	1-2 weeks
Parmesan	Refrigerator	POTANE® Bag, Canister	4-8 months	1-2 weeks
<b>Vegetables</b> ( Do not vacuum seal fresh mushrooms, onions & garlic )				
Asparagus	Freezer	POTANE® Bag	2-3 years	8 months
Broccoli, Cauliflower	Freezer	POTANE® Bag	2-3 years	8 months
Cabbage, Brussels Sprouts	Freezer	POTANE® Bag	2-3 years	8 months
Corn (cob or kernel)	Freezer	POTANE® Bag	2-3 years	8 months
Green Beans	Freezer	POTANE® Bag	2-3 years	8 months
Lettuce, Spinach	Refrigerator	POTANE® Canister	2 weeks	3-6 days
Snow Peas, Snap Peas	Freezer	POTANE® Bag	2-3 years	8 months
<b>Fruits</b>				
Apricots, Plums	Freezer	POTANE® Bag	1-3 years	6-12 months
Peaches, Nectarines	Freezer	POTANE® Bag	1-3 years	6-12 months
<b>Softer Berries</b>				
Raspberries, Blackberries	Refrigerator	POTANE® Canister	1 week	1-3 days
Strawberries	Refrigerator	POTANE® Canister	1 week	1-3 days
<b>Harder Berries</b>				
Blueberries	Refrigerator	POTANE® Canister	2 weeks	3-6 days

# Storage Guide:

## Baked Goods, Coffee, Snacks and liquids

Foods	Where to Store	Recommended POTANE® Bag/Accessory	Storage life with POTANE® Bag/Accessory	Normal Storage Life
<b>Baked Goods</b>				
Bagels, Bread, Pastries	Freezer	POTANE® Bag	1-3 years	6-12 months
<b>Nuts</b>				
Almonds, Peanuts	Pantry	POTANE® Bag, Canister	2 years	6 months
Sunflower Seeds	Pantry	POTANE® Bag, Canister	2 years	6 months
<b>Coffee</b>				
Coffee Beans	Freezer	POTANE® Bag	2-3 years	6 months
Coffee Beans	Pantry	POTANE® Bag, Canister	1 year	3 months
Ground Coffee	Freezer	POTANE® Bag	2 years	6 months
Ground Coffee	Pantry	POTANE® Bag, Canister	5-6 months	1 month
<b>Prepared Liquids</b>				
Sauces, Soups, Stews	Freezer	POTANE® Bag	1-2 years	3-6 months
<b>Bottled Liquids</b>				
Oils	Pantry	POTANE® Canister	1-1.5 years	5-6 months
<b>Dry Foods</b>				
Beans, Grains	Pantry	POTANE® Bag, Canister	1-2 years	6 months
Pasta, Rice	Pantry	POTANE® Bag, Canister	1-2 years	6 months
<b>Powdery Foods</b>				
Dry Milk	Pantry	POTANE® Bag, Canister	1-2 years	6 months
Dried Coconut	Pantry	POTANE® Bag, Canister	1-2 years	6 months
Flour	Pantry	POTANE® Bag, Canister	1-2 years	6 months
Sugar, Brown Sugar	Pantry	POTANE® Bag, Canister	1-2 years	6 months



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-  [support@potane.com](mailto:support@potane.com)
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