

*Sunbeam*

# Food Preserver Vacuum Bag Sealer

Instruction Booklet  
VS5200

Please read these instructions carefully  
and retain for future reference.



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## Important instructions – retain for future use.

تأكد من تفهم احتياطات السلامة المذكورة اعلاه

請務必理解上述的安全預防措施。

Assurez-vous que les précautions ci-dessus relatives à la sécurité sont bien comprises

Versichern Sie sich daß die obenstehenden Sicherheitsmaßnahmen Verstanden werden

Βεβαιώνετε πως οι παραπάνω προφυλάξεις ασφαλείας γίνονται κατανοητές

Pastikan bahwa tindakan-tindakan keselamatan seperti di atas dimengerti anda

Accertatevi che le suddette norme di sicurezza siano comprese a dovere

上記の注意事項をよくお読みになり、安全を御確認ください

Уверете се дека погоре споменатите мерки на претпазливост се добро разбрани

Asegúrese de que las precauciones de seguridad precedentes sean bien comprendidas

کاری بکنید کہ احتیاطهای بالا حتماً درک بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenlik önlemlerinin anlaşılığundan emin olunuz

Xin kiểm chắc rằng những biện pháp làm an toàn kể trên được hiểu rõ

# Sunbeam's Safety Precautions

## SAFETY PRECAUTIONS FOR YOUR SUNBEAM FOOD PRESERVER, VACUUM BAG SEALER.

- Always operate on a flat surface.
- Do not operate continuously for more than 2 minutes at a time.

**Sunbeam are very safety conscious when designing and manufacturing consumer products, but it is essential that the product user also exercise care when using an electrical appliance. Listed below are precautions which are essential for the safe use of an electrical appliance:**

- Read carefully and save all the instructions provided with an appliance.
- Always turn the power off at the power outlet before you insert or remove a plug. Remove by grasping the plug – do not pull the cord.
- Turn the power off and remove the plug when the appliance is not in use or before cleaning.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified technician or service person.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the appliance.
- Close supervision is necessary when your appliance is being used near children or by infirm persons.
- Never leave an appliance unattended while in use.
- Young children should be supervised to ensure that they do not play with the appliance.
- Do not use an appliance for any purpose other than its intended use.
- Do not place appliance on or near a hot gas flame, electric element or on a heated oven. Do not place on top of any other appliance.
- Do not let the power cord of an appliance hang over the edge of a table or bench or touch any hot surface.
- For safety reasons and to avoid maintenance by unskilled persons, some appliances are 'sealed' using tamperproof screws. Such appliances should always be returned to the nearest Sunbeam Appointed Service Centre for adjustment or repair if required.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been dropped or damaged in any manner. If damage is suspected, return the appliance to the nearest Sunbeam appointed Service Centre for examination, repair or adjustment.
- For additional protection, Sunbeam recommend the use of a residual current device (RCD) with a tripping current not exceeding 30mA in the electrical circuit supplying power to your appliances.
- Do not immerse the appliance in water or any other liquid unless recommended.

If you have any concerns regarding the performance and use of your appliance, please visit [www.sunbeam.com.au](http://www.sunbeam.com.au) or contact the Sunbeam Consumer Service Line. Ensure the above safety precautions are understood.

# Introduction

Congratulations on your purchase of the Sunbeam Food Preserver™.

Vacuum packing will revolutionise the way in which you buy and keep food. By keeping food under vacuum (i.e. without air), the shelf-life of fresh foods can be greatly extended if properly handled, whether it is kept in the pantry, refrigerator or freezer.

The three basic elements which may cause food to spoil are oxygen (air), temperature and time. Minimising any or all of these elements will extend the useful life of foods. Vacuum packing can help keep your food fresher and more flavoursome for longer. This process minimises the oxygen component which is a main contributor to foods that are stale, have perished or show signs of freezer burns.

Now you can pack fresh food bought from the market, or food picked from your vegetable garden, in handy portions for future use, even in large quantities. Food bought

already vacuum-packed can be repackaged and vacuum sealed into more convenient portions, retaining its flavour and freshness once opened, without problems of moisture and mould. Meat, fish and vegetables can be frozen without the risk of frost burns and will keep their freshness and quality. Foods like coffee, rice, flour and nuts will last much longer if they are vacuum packed. Fresh or perishable foods must in any case be frozen or kept in the fridge.

Always keep your Food Preserver bags or rolls handy and you will quickly appreciate the many advantages and ease of use that Food Preserver offers when it comes to preserving the quality of food.

Consult the "Guide to food preservation times with Sunbeam Food Preserver™" table to see how vacuum packing can extend the life of food without in any way altering or impairing its taste, smell, appearance, hygiene and nutritional value.

# Features of your Food Preserver

## **ON button**

Starts the vacuum packing cycle.

## **Hose port**

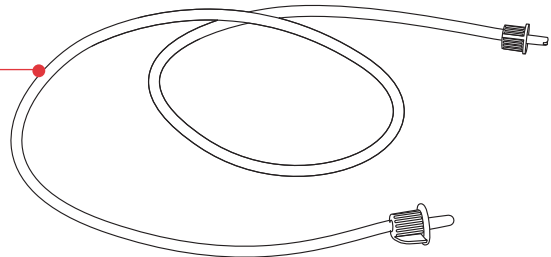
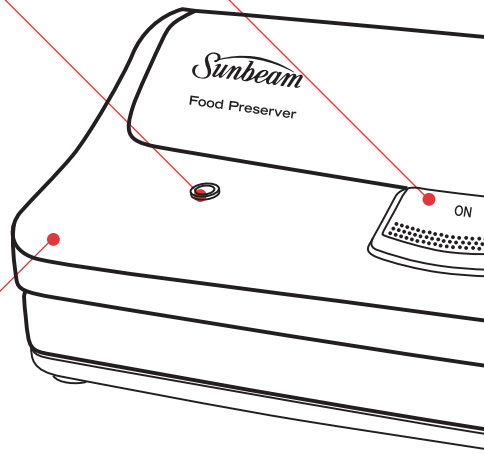
Accessory hose is connected here, for use with containers and jars. Contact the Sunbeam Consumer Line on 1800 025 059 to confirm availability.

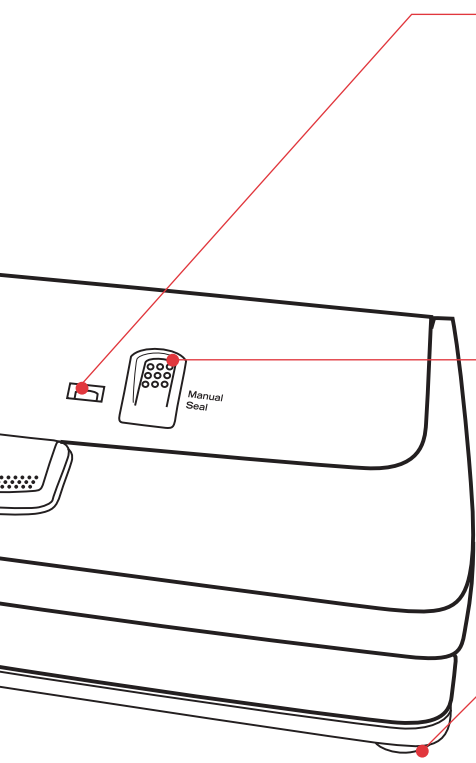
## **Lid**

The vacuum pump is turned on by pressing the ON button located on the lid and holding it down firmly until a vacuum is achieved.

## **Accessory hose**

Connects to the hose port and is used in conjunction with containers and jars which are not sold with this appliance at this time. Contact the Sunbeam Consumer Line on 1800 025 059 to confirm availability.





**Vacuum indicator**

Turns from yellow to green when a vacuum has been achieved.

When the sealing process is in its final stages, a light turns on, then turns off when the bag is sealed.

**Manual Seal button**

Seals the bag independently of the vacuum process. It can be turned on at any time and is particularly useful when vacuuming delicate foods that are likely to break apart from the full force of the vacuuming process.

**Non-slip feet**

Keeps the vacuum bag sealer secure on the bench top during use.

## Features of your Food Preserver continued

### Sealing gasket

Presses the bag onto the sealing bar.

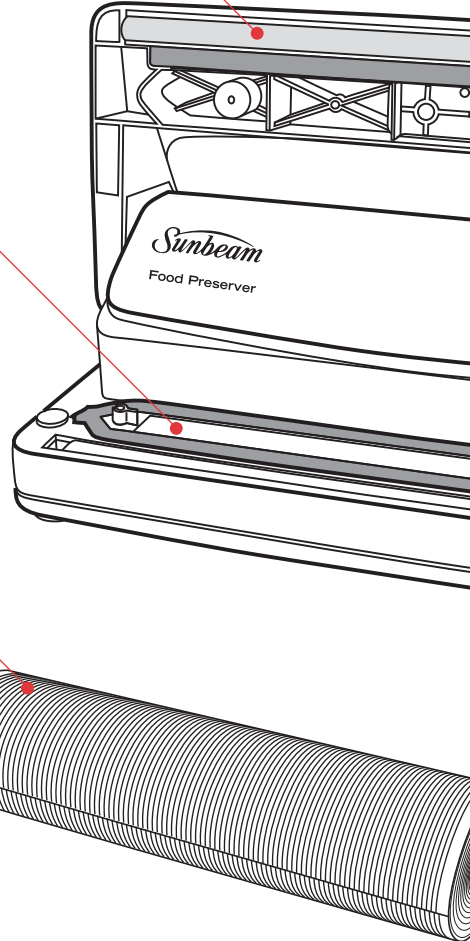
### Vacuum chamber

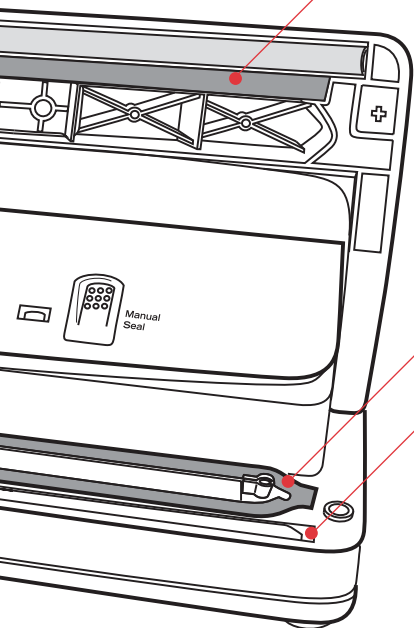
Open end of the bag is positioned over the chamber and air is drawn from the bag. Liquid that is accidentally vacuumed out during use is collected in this chamber.

### Precut bags and continuous packaging roll

The 5 precut bags measure at 20 x 30cm and the packaging roll 20cm x 6m.

With 4 unique layers, Food Preservers' patent rib bag design ensures maximum air suction through directed channels for an airtight bag, eliminating moisture, mould and freezer burn.



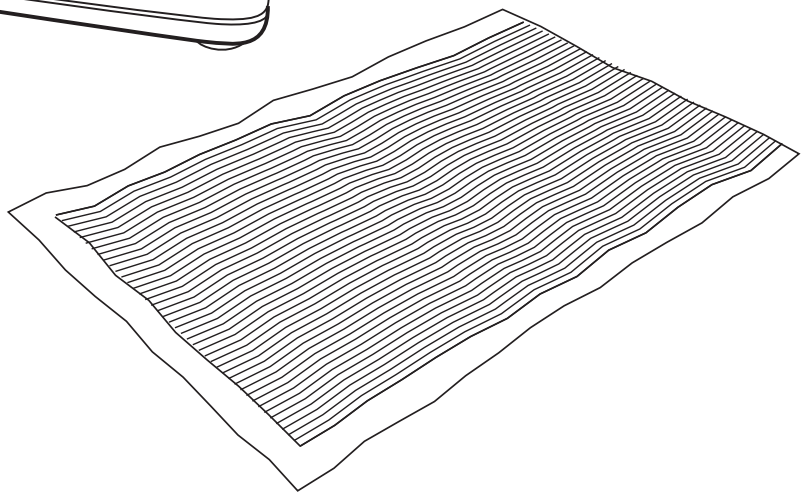


**Airtight gaskets**

Guarantees that a vacuum will be maintained in the chamber, therefore allowing air to be removed from bags.

**Sealing bar**

It contains a non-stick coated heating plate that seals the bag and prevents it from sticking to the bar.





# Using your Food Preserver

## Vacuum packing using Food Preserver pre-cut bags

1. Position the appliance in a dry place on a level surface, making sure that the work area in front of the appliance itself is clear of obstacles and there is enough room to accommodate the bags with the food to be packed.
2. Plug the power cord into a 230-240 volt power outlet.
3. Check that the bag you are going to use is at least 8 cm longer than the food to be packaged, taking into account an additional 2 cm for each time the bag will be subsequently resealed.
4. Lift the lid open until it is standing upright.
5. Place the food in the bag without creasing it excessively or stretching the surfaces.

**NOTE:** Eliminate any liquids or food residues from the area inside the bag that will be sealed. This will ensure a perfect seal every time.

6. Place the bag and its contents in front of the appliance and place the open end of the bag over the vacuum chamber. See Figure 1.

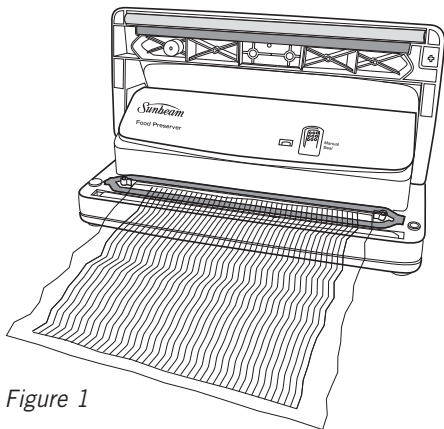


Figure 1

7. Close the lid.
8. Press and hold down firmly the 'ON' button to complete the vacuum packing cycle. The vacuum indicator will turn from yellow to green when this is completed. Wait until the seal light turns on and off. The appliance will not only vacuum out all the air but automatically seal the bag as well.

**NOTE:** Releasing the 'ON' button during this vacuum packing cycle will turn the appliance off.

9. Lift the lid and remove the bag.

**NOTE:** Check the quality of the seal obtained. It should appear as a regular, wrinkle-free, horizontal strip with the internal ridges of the bag flattened.

## Using your Food Preserver continued

### Vacuum packing by using the bag cut from the roll

1. Position the appliance in a dry place on a level surface, making sure that the work area in front of the appliance itself is clear of obstacles and there is enough room to accommodate the bags with the food to be packed.
2. Plug the power cord into a 230-240 volt power outlet.
3. Unroll and cut a bag of suitable length for packaging the food to be preserved. Check that the bag you are going to use is at least 8 cm longer than the food to be packaged, taking into account an additional 2 cm for each time the bag will be subsequently resealed.
4. Lift the lid open until it is standing upright.
5. Position either of the two open ends of the bag on the sealing bar, ensuring that the ribbed side of the bag is facing up and the flat side is facing down. See Figure 2.

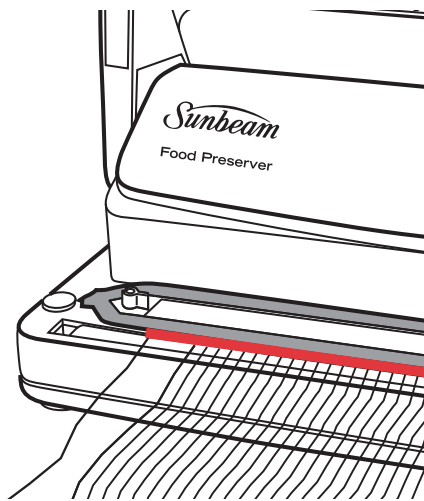


Figure 2

**NOTE:** Be careful not to let the bag hang over into the vacuum chamber or on the airtight gasket as this will prevent a seal being made.

6. Close the lid.
7. Press and hold down firmly the 'ON' button to carry out sealing. Wait until the seal light turns on and off.
8. Lift the lid and remove the bag.

**NOTE:** Check the quality of the seal obtained. It should appear as a regular, wrinkle-free, horizontal strip with the internal ridges of the bag flattened.

9. Place food in the bag without creasing it excessively or stretching the surfaces.

**NOTE:** Eliminate any liquids or food residues from the area inside the bag that will be sealed. This will ensure a perfect seal every time.

10. Place the bag and its contents in front of the appliance and place the open end of the bag over the vacuum chamber. See Figure 1.
11. Close the lid.

12. Press and hold down firmly the 'ON' button to complete the vacuum packing cycle. The vacuum indicator will turn from yellow to green when this is completed. Wait until the seal light turns on and off. The appliance will not only vacuum out all the air but automatically seal the bag as well.

**NOTE:** Releasing the 'ON' button during this vacuum packing cycle will turn the appliance off.

13. Lift the lid and remove the bag.

**NOTE:** Check the quality of the seal obtained. It should appear as a regular, wrinkle-free, horizontal strip with the internal ridges of the bag flattened.

## Using your Food Preserver continued

### How to use the Manual Seal button

The Manual Seal button prevents delicate, fragile foods from being crushed by the vacuum process, such as biscuits and berries.

1. Place the food in the bag without creasing it excessively or stretching the surfaces.

**NOTE:** Eliminate any liquids or food residues from the area inside the bag that will be sealed. This will ensure a perfect seal every time.

2. Place the bag and its contents in front of the appliance and place the open end of the bag over the vacuum chamber. See Figure 1.

3. Close the lid.

4. Press and hold down firmly the 'ON' button to commence the vacuum packing cycle. By keeping watch of the bag whilst air is being extracted, you will be able to decide when the vacuum cycle should be overridden so as to prevent delicate foods being crushed. Continue pressing the 'ON' button and now press the 'Manual Seal' button at the same time. See Figure 3.

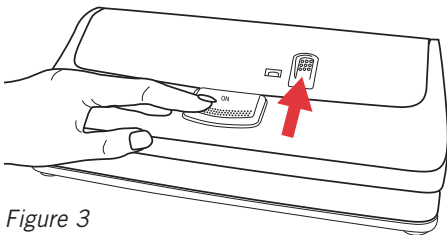


Figure 3

Pressing the Manual Seal button causes the sealing light to turn on and the sealing process starts immediately. Wait until the seal light turns off.

5. Lift the lid and remove the bag.

**NOTE:** Check the quality of the seal obtained. It should appear as a regular, wrinkle-free, horizontal strip with the internal ridges of the bag flattened.

# Vacuum Packing Explained

The deterioration of food is caused by chemical reactions that occur in food which is exposed to air, temperature, moisture, the action of enzymes, the growth of micro-organisms or contamination by insects.

Vacuum packing reduces the absolute pressure of the air inside the bag by removing the oxygen. The oxygen in the air causes food to deteriorate through a process of oxidation, which causes the loss of nutritional values, flavour and all the food's qualities. Air also promotes the growth of most micro-organisms and when freezing causes the frost burns which occur on frozen food.

Vacuum packing extends the shelf life of many fresh foods, by reducing oxidation and preventing the proliferation of microbes (bacteria and mould). However, many fresh foods contain sufficient moisture to encourage the growth of micro-organisms that can grow with or without air. To prevent the deterioration of such foods, they must be preserved at low temperatures.

Micro-organisms like mould, yeast and bacteria are present everywhere, but they can cause problems only in certain conditions. Refrigeration slows the growth of yeast and freezing blocks it completely.

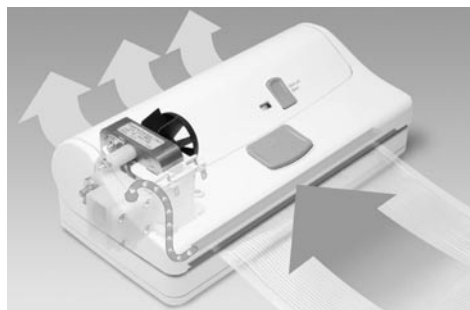
Clostridium Botulinum is a dangerous type of bacteria which can develop in environments which do not contain acids, are without oxygen and are exposed to temperatures in excess of 4°C for long periods of time.

Foods vulnerable to attack by Clostridium Botulinum are those with low acidity (like red meat, poultry, fish, seafood, olives in brine, eggs, mushrooms and vegetables) and medium acidity foods like virtually all vegetables and many fruits (ripe tomatoes, onions, red pepper, figs and cucumbers). To prevent contamination by this bacteria, it is essential to observe the basic rules of hygiene and to prevent its harmful proliferation in preserved foods, they must be refrigerated for only short periods and/or frozen for long-life preservation. However, such foods must be cooked and eaten immediately after defrosting and heating.

**Important: You must consume immediately any food which has been heated while still sealed in Food Preserver bags. Leaving the food to cool slowly at room temperature in the sealed vacuum bag may cause several harmful micro-organisms to multiply, in just a few hours, to values that are health-threatening.**

Insect larvae are frequently found in many low water content or dried foods found in the pantry which have not been vacuum packed and they can develop during storage and thus contaminate the food. Some products like flour and grain might contain larvae, but using Food Preserver vacuum packing will stop them developing into insects.

# The Food Preserver System explained



By placing a bag inside the vacuum chamber, air is quickly drawn and expelled via the air release valve on the piston pump and bag sealed using a non-stick coated heating plate.

## **HOW TO PRESERVE FOOD IN FOOD PRESERVER BAGS**

### **Vacuum packing for the freezer**

First of all, use the freshest possible food. The Food Preserver system will allow you to retain all the freshness of the food only if it is properly preserved. Some foods have a soft consistency which could be damaged by vacuum packing the product when fresh. To prepare delicate foods like fish, berries, bread, etc, it is advisable to pre-freeze them first. In the first twenty-four hours there is no risk of freezer burns, so you can vacuum pack the products frozen the previous day in Food Preserver bags, and then keep them in the freezer for long periods so as to preserve all the nutritional values and flavour of the product you have packed.

When vacuum packing soups, stews or other liquid food, pre-freeze it in a pan or temperature resistant dish. When the food

becomes solid, vacuum pack it and replace in your freezer. To vacuum pack vegetables, peel them and then blanch them briefly in boiling water or a microwave oven until they are warm but still firm. Refresh in iced water to stop the cooking process and drain thoroughly. Then vacuum pack them in convenient portions.

If the food is not pre-frozen, leave an extra 5 cm in the length to the bag, to allow for expansion due to freezing. With regard to meat and fish, it is advisable to place the food on a paper towel and vacuum pack it with the towel in the bag. This will absorb any moisture in the food.

To preserve food like focaccia, crêpes and small hamburger patties, stack them on top of each other, placing greaseproof paper or film between each piece. This will make it easier to remove some of the food, re-vacuum seal the rest and replace it immediately in the freezer.

### **Vacuum packing for the fridge**

For busy households, food can be prepared in advance, then vacuum packed and kept in the fridge for use at different times, ready to be heated as and when necessary.

### **Vacuum packing for the pantry**

Even foods that can keep at room temperature (for example, coffee, flour, pasta, sugar, etc.) can benefit from vacuum packing. If these food items are to remain unused for several days, it is advisable to protect them by vacuum packing. They will keep better and moisture, mould and insects will not attack and ruin them.

# The Food Preserver System explained continued

## **DEFROSTING FOODS IN FOOD PRESERVER BAGS**

### **Refrigerator**

Defrosting in the refrigerator is considered the best way to defrost whether it is raw meats or frozen meals. Place Food Preserver bags on the lowest shelf in the refrigerator to defrost overnight. Do not re-freeze.

### **Microwave**

Cut Food Preserver Bag on one corner and place onto a microwave safe plate. Use the defrost setting on your microwave to defrost slowly. Defrosting on a high heat will start to cook the food on the outside before it has fully defrosted. When defrosting in the microwave, foods must then be cooked or heated immediately. Do not re-freeze.

### **Room temperature**

This method is only suitable for foods such as breads or nuts. Cut Food Preserver Bag on one corner and leave at room temperature until thawed.

**Note:** Thawed raw foods such as meats or chicken, can only be vacuum sealed and re-frozen once cooked and allowed to cool thoroughly first.

## **HEATING FOODS IN THE FOOD PRESERVER BAGS**

Liquid foods such as soups and sauces can be placed still frozen into a saucepan of boiling water until defrosted. The Food Preserver Bag and its filling will be hot so take caution when opening the bag.

Precooked meals such as meat or rice dishes should be thawed as recommended above, removed from the bag and transferred to a saucepan for reheating. Alternatively, one corner of the Food Preserver Bag should be cut if being placed in the microwave. Ensure the bag is placed onto a microwave safe plate and heat on high until hot.

### **Repackaging pre-packed food**

Many foods, like cheese and meat, are sold prepacked in factory-prepared vacuum bags. To retain the flavour and freshness of these foods, repackage them in Food Preserver bags after the factory package has been opened.

**Note:** Pre-packed foods must always be consumed by the use-by date shown on the original package.

# Handy Hints

- The original quality of the food must be of the very highest quality, in terms of freshness and environmental hygiene, when you decide to vacuum pack it.  
There are in fact no preservation methods which will transform a poor product into a good one.
- Do not vacuum seal hot food. Allow to cool sufficiently, then vacuum seal.
- Vacuum packing red meat may cause discolouration, however this is a normal process and the colour will return to the meat once the seal is broken.
- If any unpleasant odours permeate from a vacuum bag once opened, contents should be allowed to rest for 5 minutes and then rechecked. If strong odours persist, it is recommended that the contents be discarded.
- Once perishable food has been vacuumed packed, place it in the refrigerator or freeze it immediately, maintaining a constant fridge or freezer temperature. Do not leave the food at room temperature.
- After opening tinned food or food that has been factory vacuum packed, it can be vacuum packed again.
- Do not defrost food in boiling water or using other heat sources, unless the food in question is liquid (soups, sauces etc.).
- Vacuum packing will not extend the life of fruit and vegetables including bananas, apples and potatoes unless they have been peeled prior to vacuum packing.
- Soft foods and food with a delicate structure (like fish, berries, etc.) must be pre-frozen for one night before they can be vacuum packed and placed in the freezer.
- For food with tapered ends or sharp edges, like bones and spaghetti, pad the edges with paper towels to prevent perforating the bag.
- Prior to vacuum sealing, write the date with a permanent marker on bags and rolls, to ensure that the bag contents are consumed within the correct time frames.
- Fragile and delicate foods like crackers or biscuits should be preserved using the “Manual Seal” function.
- There are many non-food products which can be vacuum packed, such as camping equipment including matches, first aid kits and clean, dry clothes. Silverware and collections can also be vacuum packed to protect the items against oxidation, etc.
- To ensure correct and safe vacuum packing, use only original Food Preserver bags and rolls.

# Guide to food preservation times with Sunbeam Food Preserver™

<b>Refrigerated foods ( 5± 2°C)</b>	<b>TRADITIONAL STORAGE TIMES</b>	<b>STORAGE TIMES WITH FOOD PRESERVER</b>
Red meat	3-4 days	8-9 days
White meat	2-3 days	6-9 days
Whole fish	1-3 days	4-5 days
Game	2-3 days	5-7 days
Sliced cured meats	4-6 days	20-25 days
Soft cheese	5-7 days	14-20 days
Hard and semi-hard cheese	15-20 days	25-60 days
Vegetables	1-3 days	7-10 days
Fruit	5-7 days	14-20 days

## **Cooked and Refrigerated foods (5 ± 2°C)**

Purees and vegetable soups	2-3 days	8-10 days
Pasta and risotto	2-3 days	6-8 days
Boiled and roast meats	3-5 days	10-15 days

## **Frozen foods (-18 ± 2°C)**

Meat	4-6 months	15-20 months
Fish	3-4 months	10-12 months
Vegetables	8-10 months	18-24 months

## **Food at ambient temperature (25 ± 2°C)**

Bread	1-2 days	6-8 days
Packed biscuits	4-6 months	12 months
Pasta	5-6 months	12 months
Rice	5-6 months	12 months
Flour	4-5 months	12 months
Dry fruit	3-4 months	12 months
Freeze-dried products	1-2 months	12 months
Powder tea	5-6 months	12 months
Ground coffee	2-3 months	12 months

Storage times with Sunbeam Food Preserver™ are indicative values that depend on the integrity of the package and the original quality of the food.

**IMPORTANT:** Keep perishable foods in the freezer or refrigerator. Vacuum packing extends the life of food, but does not turn it into a “preserve”, i.e. a stable product at ambient temperature.

**NOTE 1:** These food preserving performance claims are the product of collaboration between the Flaem Nuova Research and Development Division and Prof. Luciano Piergiovanni, Chair of “Agri-food product conditioning and distribution technologies” at Milan University, Italy.

**NOTE 2:** The average temperature for household freezers is -18°C. If the temperature of frozen foods is allowed to rise much above -18°C, the shelf life of foods will be shortened. In this instance, frozen foods do not become unsafe to eat, however changes will affect the sensory and nutritional properties of the food rather than its safety.



# Care and Cleaning

- Always turn the power off and remove the plug from the power outlet after use and before cleaning.
  - Both before and after use, clean the exposed surfaces of the Food Preserver using a non-abrasive sponge moistened with a gentle dishwashing detergent.
  - Any liquid which is accidentally vacuumed into the Vacuum Chamber during use should be soaked up and removed using a non-abrasive sponge.
  - Airtight and Sealing Gaskets may be cleaned by dusting with a dry cloth to remove dirt particles. If excessively dirty, both the Airtight and Sealing Gaskets may be removed and washed using a non-abrasive sponge moistened with a gentle dishwashing detergent and rinsed well. Gaskets should be dried thoroughly with a cloth or paper towel.
- NOTE:** Do not stretch the gaskets as this will prevent reinsertion back into the unit.
- Never immerse unit in water.

# Troubleshooting

<b>PROBLEM</b>	<b>POSSIBLE CAUSE</b>	<b>WHAT TO DO</b>
The vacuum cycle will not start.	There is a lack of pressure being applied to the lid in the closed position.	In case the unit does not start when pressing the 'ON' button, press simultaneously the right hand corner of the lid marked with the word 'PUSH', until the unit starts functioning.
The Food Preserver does not perform the first seal on the bag cut from the roll.	Bag has been incorrectly positioned.	Make sure the bag cut from the roll is properly positioned. See "Using your Food Preserver" page 8.
Food Preserver does not create a complete vacuum in the bags.	Open end of bag is not fully over the vacuum chamber.	To seal the bag properly, you must make sure that the open end remains completely over the Vacuum Chamber.
	Gaskets are dirty.	Make sure that the Sealing Bar, the Sealing Gaskets and Airtight Gaskets are free of impurities, following cleaning instructions on page 16.
	The Food Preserver bag might have a hole in it.	Check bag.
Sealed portion of Food Preserver bag has melted.	The Sealing Bar has overheated.	Raise the Lid and allow the Sealing Bar to cool down for 15 minutes and try again.
The Food Preserver bag does not maintain a vacuum after being sealed.	Leaks along the seam may be caused by creases, crumbs, grease or liquids.	Reopen the bag, clean the upper inside part of the bag and remove any foreign material from the Sealing Bar before resealing.
		Check that the bag has no holes in it which have caused air to leak out. Use paper towels to protect any sharp edges on the contents of the bag.

'Sunbeam', is a registered trademark of Sunbeam Corporation.

'Food Preserver' is a trademark of Sunbeam Corporation. Made in Italy. Due to minor changes in design or otherwise, the product may differ from the one shown in this leaflet. Backed by Sunbeam's 12 Month Replacement Guarantee and National Service Network.

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(INCORPORATED IN N.S.W.) A.C.N. 000 006 771

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For more information or advice on this or any other Sunbeam appliance, visit [www.sunbeam.com.au](http://www.sunbeam.com.au) or contact the Sunbeam Consumer Service Line.

**Australia 1800 025 059**

**New Zealand 0800 786 232.**

*Sunbeam*

## Consumer Hotline


Australia

1800 025 059

New Zealand

0800 786 232

[www.sunbeam.com.au](http://www.sunbeam.com.au)

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