



# Vacuum Food Storage Lightweight On-the-Go Containers Reference Guide



[www.seal-a-meal.com](http://www.seal-a-meal.com)

*Preserves the taste and  
nutritional value of stored foods!*

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**READ AND SAVE THESE INSTRUCTIONS**

**VSDC**

## START ENJOYING THE ADDITIONAL BENEFITS OF YOUR SEAL-A-MEAL® VACUUM FOOD STORAGE SYSTEM WITH YOUR NEW LIGHTWEIGHT ON-THE-GO CONTAINER SET

Seal-a-Meal® Lightweight On-the-Go Containers protect your food from air and moisture loss, the enemies of fresh food. Vacuum sealing locks air out and seals freshness in, preserving the taste and nutritional value of stored foods.

Seal-a-Meal® Lightweight On-the-Go Container Set includes:

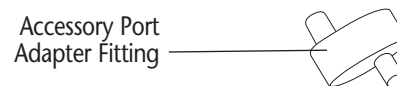
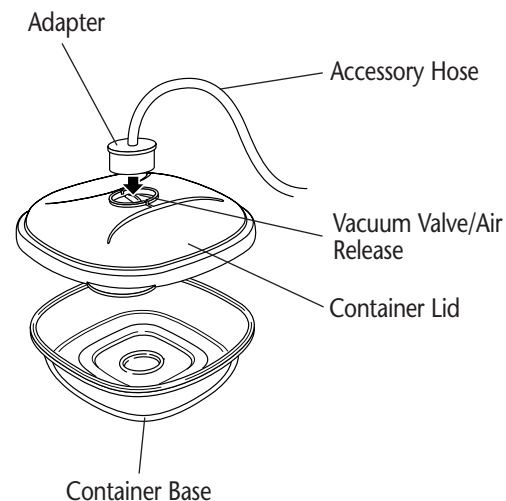
- 3 Stackable Lightweight On-the-Go Containers and Lids
- Accessory Hose and Adapter
- Accessory Port Adapter Fitting (for use with other brand Vacuum Sealers)

**Please note:** Your Seal-a-Meal® Lightweight On-the-Go Containers are intended for storing and reheating fully cooked foods, soups, sauces and more! Also note that tomato-based sauces contain a pigment called lycopene, which is not water-soluble and causes stains to porous materials, including most plastics. This only affects the appearance of the product and not the performance.

Visit our web site [www.seal-a-meal.com](http://www.seal-a-meal.com) to purchase bags and accessories, to learn about the benefits of the Seal-a-Meal® Vacuum Food Storage System and for:

- New product information and special offers
- Helpful hints and tips
- Seal-a-Meal® recipes

## GET TO KNOW YOUR SEAL-A-MEAL® LIGHTWEIGHT CONTAINERS

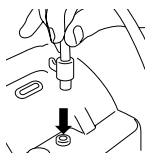


### USING YOUR SEAL-A-MEAL® LIGHTWEIGHT ON-THE-GO CONTAINERS WITH A SEAL-A-MEAL® VACUUM FOOD SEALER

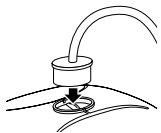
Your Seal-a-Meal® Lightweight On-the-Go Containers let you enjoy the convenience and benefits of storing pre-made meals, preserving leftovers, controlling portion sizes and simplifying reheating. They are great for storing foods or other items on the countertop, in the refrigerator or in the pantry.

Make sure your Vacuum Food Sealer and Container are sitting on a flat, dry surface and follow the instructions below:

1. Plug in your Vacuum Food Sealer.
2. Place the item you wish to seal inside the Container, leaving at least one inch between the contents and the top rim of the Container.
3. Place the Lid on the Container.
4. Insert the Accessory Hose into the Accessory Port on your Vacuum Food Sealer.



5. Place the Accessory Adapter over the Vacuum Valve on the Container Lid.



6. Close the lid on your Vacuum Food Sealer and activate the vacuum feature (refer to the Reference Guide for your Vacuum Sealer). Once the air has been removed from the Container, the Sealer will automatically turn off.

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### USING YOUR SEAL-A-MEAL® LIGHTWEIGHT ON-THE-GO CONTAINERS WITH A SEAL-A-MEAL® VACUUM FOOD SEALER CONTINUE

7. Remove Accessory Hose & Adapter from the Container Lid. The Container is now ready to be stored.

**Note:** If your Vacuum Sealer has a Cancel button, it is best to press the cancel button before removing the Accessory Hose and Adapter from the Container Lid.

**Note:** To release the vacuum in the Container, simply open the Vacuum Valve/Air Release flap.

### HELPFUL HINTS & TIPS

- Lightweight On-the-Go Containers are great for vacuum sealing any type of food—pre-made meals, leftovers and healthy portion sizes.
- Make sure there are no crumbs or food debris on the Container Lid, as gaps or an improper seal will prevent air from being removed.
- Do not overfill the Container Base with food or liquid.
- Store the vacuum sealed Container in an upright position.
- Easily microwave foods in your Container, simply remove the Lid and place the Container Base in your microwave.
- Some deformation of the Container base may occur during vacuuming. This is normal and does not effect performance.

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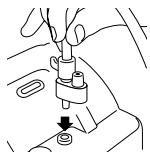
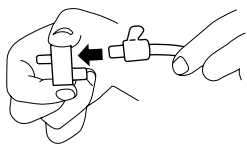
### CLEANING YOUR LIGHTWEIGHT ON-THE-GO CONTAINERS

The Container Base and Lid can be safely washed in the top rack of the dishwasher. You can also wash both pieces in warm, soapy water; rinse well and dry thoroughly.

### HOW TO USE THE ACCESSORY PORT ADAPTER FITTING

Use this fitting with other brand Vacuum Sealers that have a smaller diameter Accessory Port. **NOTE:** On newer Seal-a-Meal® models -- this Fitting will also be needed.

1. Insert the male end of the Seal-a-Meal® Accessory Hose into the female end of the Fitting.
2. Insert the Fitting into the Accessory Port of your Vacuum Sealer.
3. It's as easy as that! Now, you're ready to start using your Lightweight On-the-Go Containers.



### NOTES

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