



# Food Weight Guide



**Gallon of milk**  
9 pounds



**Yogurt**  
2 pounds



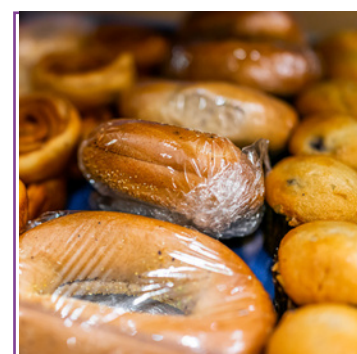
**1 dozen eggs**  
1 1/2 pounds



**Loaf of bread**  
1-2 pounds



**Clamshell of pastries**  
1-2 pounds



**1 dozen bagels**  
2 1/2 pounds



**1 dozen donuts**  
2-3 pounds



**Medium box of apples**  
20 pounds



**Head of lettuce**  
1 pound



**Prepared meal**  
1.2 pounds



**Canned drinks**  
(Coffee/sparkling water)  
1/2 pound per can



**Carton of juice**  
64oz = 4 pounds



**LIGHT WEIGHT BOX:**  
Example:  
10 loaves of bread  
Estimated weight:  
10 pounds



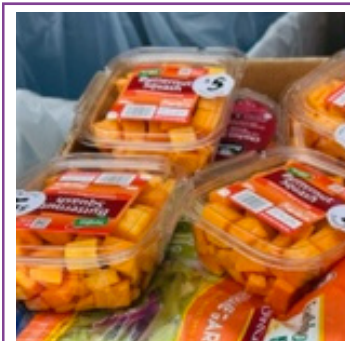
**MEDIUM WEIGHT BOX:**  
Example:  
Prepared items  
Estimated weight:  
20 pounds



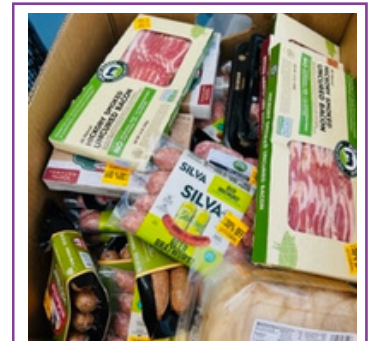
**HEAVY WEIGHT BOX:**  
Example:  
Potatoes, apples  
Estimated weight:  
35 pounds



**LIGHT WEIGHT BOX**  
Example:  
Leafy greens  
Estimated weight:  
10 pounds



**MEDIUM WEIGHT BOX:**  
Example:  
Packages of squash  
Estimated weight:  
20 pounds



**HEAVY WEIGHT BOX:**  
Example:  
Bacon, sausages  
Estimated weight:  
35 pounds

**For meat, cheese, canned items, etc. please check the weight on the package**