

## Approximate guide to product volumes and weights

Every food product has a different volume to weight ratio and we know this can make it tricky trying to work out what size containers to bring to collection. This table provides an approximate guide to the product weight in relation to the volume of container required.

Back to the old kilogram of feathers and kilogram of stones analogy - yes, they weigh the same but you will have a small bag of stones and a huge sack full of feathers!! Product volumes that most commonly surprise people are highlighted in green!

Bringing bags to collection for products, either cotton or recycled plastic or paper can often work better as they will also mould to the shape of the product meaning they can work even if it is a close fit.

| Product  | Weight | Minimum volume container required |
|--|--------|-----------------------------------|
| Couscous   | 1kg    | 1200ml                            |
| Rice   | 1kg    | 1200ml                            |
| Pearl barley   | 500g   | 600ml                             |
| Popcorn  | 500g   | 600ml                             |
| Quinoa - british organic   | 500g   | 700ml                             |
| Oats   | 500g   | 1300ml                            |
| Muesli   | 500g   | 1000ml                            |
| Apricots / Dates / Figs / Prunes   | 250g   | 500ml                             |
| Banana chips   | 250g   | 750ml                             |
| Raisins / Sultanas   | 500g   | 900ml                             |
| Almonds / Cashews / Hazelnuts / Brazil nut pieces / Pine nuts / Pistachios | 250g   | 500ml                             |
| Walnut halves  | 250g   | 800ml                             |
| Sunflower seeds / Pumpkin seeds  | 250g   | 400ml                             |
| Flax seeds   | 500g   | 800ml                             |
| Coconut chips  | 250g   | 1300ml                            |
| Chia seeds   | 250g   | 300ml                             |
| Cannellini beans / Kidney beans  | 500g   | 700ml                             |
| Chick peas   | 500g   | 700ml                             |
| Puy lentils / Green lentils  | 500g   | 600ml                             |
| Red split lentils  | 500g   | 700ml                             |
| Yellow split peas  | 500g   | 600ml                             |
| Sugar  | 500g   | 600ml                             |

| Product                       | Weight | Minimum volume container required |
|-------------------------------|--------|-----------------------------------|
| Flour                         | 1kg    | 1600ml                            |
| Polenta                       | 250g   | 300ml                             |
| Pasta shapes (fusilli, penne) | 1kg    | 3000ml                            |
| Gluten free shells            | 500g   | 1300ml                            |
| Loose leaf tea                | 125g   | 400ml                             |
| Coffee beans                  | 250g   | 800ml                             |
| Bombay mix                    | 250g   | 700ml                             |
| Japanese rice crackers        | 250g   | 800ml                             |
| Black peppercorns             | 250g   | 500ml                             |
| Salt / Bicarbonate of soda    | 250g   | 200ml                             |
| Nutritional yeast             | 125g   | 700ml                             |