



Waste-Free Lunch

CHALLENGE

Sample Weights of Common Lunch Items

If you have very little waste, a regular scale may not be sensitive enough to calculate the waste produced. This guide provides typical weights for items found in a lunch.

Organics

Material	Weight (grams)
Apple	38 grams
Banana Peel	58 grams
Orange Peel	63 grams
Pizza Crust	34 grams
Sandwich Crusts	47 grams

Plastic Products

Material	Weight (grams)
DunkAroo HDPE Plastic Container	4 grams
HDPE (#2) YOP beverage bottle (200mL)	24 grams
Instant Noddle Paper based Cup (70 grams)	17 grams
Lunchables Plastic #7 Package	14 grams
Lunchables Soft Plastic Wrap	2 grams
PET beverage bottle (1L)	49 grams
Plastic Food Wrap	1 gram
Plastic Zip top sandwich bag	8 grams
Small plastic yogurt cup	8 grams
Straw	1 gram

Metal Products

Material	Weight (grams)
Aluminum beverage can	18 grams
Aluminum Foil	6 grams



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Paper Products

Material	Weight (grams)
Lunchables Cardboard Package	15 grams
Medium Brown Paper Bag	35 grams
Milk Carton (250mL)	12 grams
Milk Carton (500 mL)	24 grams
Paper Serviette	4 grams
Tetra Pak juice box carton (200 mL)	12 grams

Poly Foil

Material	Weight (grams)
Chocolate Bar Wrapper (43 grams)	1 gram
Chip Bag	4 grams
DunkAroo Top	1 gram
Fruit To Go	1 gram
Granola bar wrapper	2 grams
Lunchables Candy Wrapper	1 gram

Other

Material	Weight (grams)
Rubber band	1 gram



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