



# Ingathering<sup>2020</sup>

## Tips for Calculating Pounds of Food

### Count Your Cans

1 regular can  $\approx$  1 pound

2 soup cans  $\approx$  1 pound

3 small cans  $\approx$  1 pound

### Fill a Box

A standard banker's box should hold approximately 40lbs of food.

Or fill your box, then weigh each box on a scale.

