



# NATIONAL CONSUMER PROTECTION WEEK 2026



**HOW TO DETERMINE TARE WEIGHT AT THE SUPERMARKET**



## **FOR BULK AND PRODUCE SECTIONS**

### **Check the Scale Options:**

Many supermarkets have scales that allow you to enter the tare weight before weighing your items.

### **Use Store-Provided Containers or Bags:**

If you bring your own container, ask an employee to weigh it first and note the tare weight.

### **Look for Pre-Set Tare Weights:**

Some stores pre-program tare weights for common packaging like plastic bags, glass jars, or paper containers.



## **PRE-PACKAGED ITEMS**

### **Look for the Label:**

Pre-packaged deli, meat, or bakery items often include a printed label that shows:

- **Total weight (gross weight)**
- **Tare weight**
- **Net weight (actual product weight)**

### **Ask the Cashier or Clerk:**

If the tare weight is not listed, a store employee can check it for you.



## **SELF-CHECKOUT**

Some self-checkout systems prompt you to place the container on the scale before filling it, automatically deducting the tare weight.

