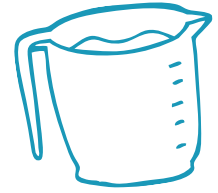


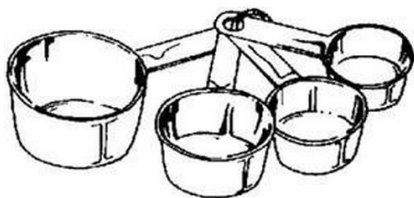
# Measurement Conversion



Teaspoon	Tablespoon	Cup	Fluid Ounce	Other
3	1	1/16	1/2	
6	2	1/8	1	
	4	1/4	2	
	8	1/2	4	1/4 pt
	12	3/4	6	
	16	1	8	1/2 pt
		2	16	1 pt
		4	32	1 qt

## Dry measure

Fill measuring cup or spoon with a dry ingredient and level it off with the flat part of a table knife blade.



Measuring cups

## Abbreviations

- Teaspoon = **t** or **tsp**
- Tablespoon = **T**, **Tbs**, or **Tbsp**
- Ounce = **oz**
- Fluid ounce = **fl oz**
- Cup = **c**
- Pint = **pt**
- Quart = **qt**
- Gallon = **gal**
- Pound = **lb**



Measuring spoons

## Liquid measure

Fill liquid measuring cup with liquid to the right quantity marker line. To check, place the cup on a flat surface and check measured quantity at eye level.



Liquid measuring cup

**Solid Ground believes poverty is solvable.**

*We meet basic needs, nurture success, and spread change.*

**WEB:** [solid-ground.org/get-help/food-resources](http://solid-ground.org/get-help/food-resources)

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