### Measurement Equivalents

#### Beans and Peas
- 1 cup dried = 2 1/2 cups cooked

#### Berries
- 1 pint = 2 1/4 cups

#### Butter
- 1 stick = 1/2 cup or 8 Tbs
- 1 pound = 4 sticks or 2 cups

#### Cheese
- 8 oz cream cheese = 1 cup
- 8 oz cottage cheese = 1 cup
- 3 1/2 oz Parmesan cheese, grated = 1 cup
- 4 oz Cheddar or Swiss cheese = 1 cup

#### Chocolate
- 1 square = 1 oz
- 6 oz chips or pieces = 1 cup

#### Cream
- 1 cup heavy cream = 2 cups whipped

#### Pasta
- 8 oz elbow macaroni = 4 cups cooked
- 8 oz medium-wide = 3 3/4 cups cooked
- 8 oz fine noodles = 5 1/2 cups cooked
- 8 oz spaghetti = 4 cups cooked

#### Rice
- 1 cup white or brown = 3 cups cooked
- 1 cup instant = 1 1/2 cups cooked

#### Sugar
- 1 lb granulated = 2 cups
- 1 lb brown, packed = 2 1/4 cups
- 1 lb confectioners’ = 4 1/2 cups

### Measurement Conversions

#### Teaspoons (tsp)
- Under 1/8 teaspoon = 1 dash or pinch
- 1 1/2 teaspoons = 1/2 tablespoon
- 3 teaspoons = 1 tablespoon

#### Tablespoons (Tbs)
- 1 tablespoon = 3 teaspoons
- 4 tablespoons = 1/4 cup
- 5 1/3 tablespoons = 1/3 cup
- 8 tablespoons = 1/2 cup
- 10 2/3 tablespoons = 2/3 cup
- 16 tablespoons = 1 cup

#### Cups
- 1/4 cup = 4 tablespoons
- 1/3 cup = 5 1/3 tablespoons
- 1/2 cup = 8 tablespoons or 1/4 pint
- 2/3 cup = 10 2/3 tablespoons
- 1 cup = 16 tablespoons or 1/2 pint
- 2 cups = 1 pint
- 4 cups = 1 quart

#### Liquid Measures
- 2 tablespoons = 1 fluid ounce
- 3 tablespoons = 1 1/2 fluid ounces
- ¼ cup = 2 fluid ounces
- ½ cup = 4 fluid ounces
- 1 cup = 8 fluid ounces
When the recipe calls for: You should buy:

- 4 cups shredded cabbage
- 1 cup grated carrot
- 2 1/2 cups sliced carrots
- 4 cups cut green beans
- 1 cup chopped onion
- 1 cup sliced potato
- 1 cup chopped bell pepper
- 1 cup chopped tomato
- 1 cup sliced apple
- 1 cup mashed bananas
- 1 tsp grated lemon rind or zest
- 2 Tbs lemon juice
- 1 tsp grated orange rind or zest
- 1 cup orange juice
- 1 cup sliced peaches
- 2 cups sliced strawberries
- 1 cup fresh bread crumbs or cubes
- 2 cups shredded Swiss or Cheddar
- 1 cup egg whites
- 4 cups chopped walnuts or pecans

When the recipe calls for: You may substitute:

- 1 cup cake flour
- 2 Tbs flour for thickening
- 1 tsp baking powder
- 1 cup buttermilk or sour milk
- 1 cup sour cream for baking
- 1 tsp lemon juice
- 1 clove garlic
- 1 Tbs fresh herbs
- 2 cups tomato sauce
- 1 Tbs prepared mustard
- 1 egg white

- 1 cup less 2 Tbs all purpose flour
- 1 Tbs cornstarch
- 1/4 tsp baking soda + 1/2 tsp cream of tartar + 1/4 tsp cornstarch
- 1 cup milk less 1 Tbs + 1 Tbs vinegar or lemon juice
- 1 cup plain yogurt
- 1/4 tsp vinegar
- 1/4 tsp garlic powder
- 1 tsp dried herbs
- 3/4 cup tomato paste + 1 cup water
- 1 tsp dry mustard + 1 Tbs water
- 2 tsp egg white powder + 2 Tbs water

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Food Safety Tips

- Keep food cold, below 40 degrees Fahrenheit, or hot, above 140 degrees Fahrenheit. Food left out between those temperatures for more than two hours should be discarded.
- Keep cooked food separate from raw food.
- Wash hands, utensils, cutting boards and counter tops after preparing or handling raw meats.
- Avoid interrupted cooking. Don’t let food stand partially cooked for any period of time.
- Meat, poultry, fish and eggs should never be eaten raw. A cooking temperature of 160 degrees is advised.
- Store leftovers in separate containers and refrigerate.