

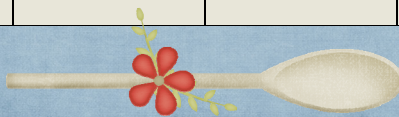
INSTRUCTIONS: PRINT ON REGULAR PAPER OR CARDSTOCK
& CUT OUT. TAPE ON FRIDGE, CUPBOARDS OR IN SIDE CUPBOARD DOORS

CONVERSION CHART

1/8 cup	.5 oz	1 TB	3 tsp
1/4 cup	2 oz	4 TB	
1/3 cup	3 oz	5 TB	
1/2 cup	4 oz	8 TB	
2/3 cup	5 oz	11 TB	
3/4 cup	6 oz	12 TB	
1 cup	8 oz	16 TB	1/2 pint
2 cups			1 pint
4 cups			1 quart
2 pints			1 quart
4 quarts			1 gallon

Conversion Chart

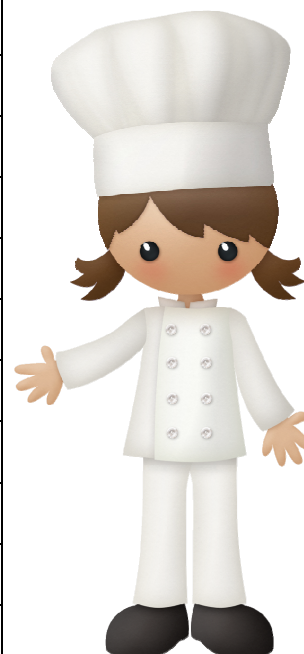
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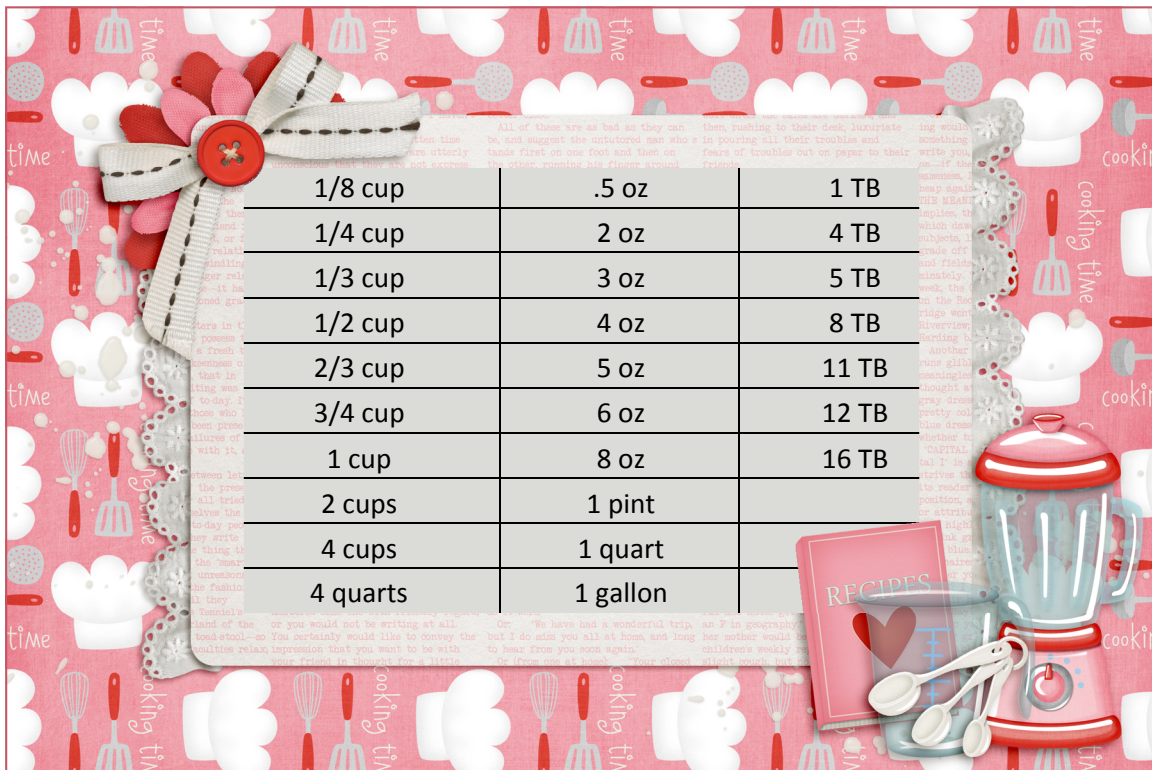


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