

Measure Equivalents

Cup	Fluid Ounces	Tablespoon	Teaspoon	Milliliter
1 C	8 oz	16 T	48 tsp	237 ml
3/4 C	6 oz	12 T	36 tsp	177 ml
2/3 C	5 1/3 oz	10 T + 2 tsp	32 tsp	158 ml
1/2 C	4 oz	8 T	24 tsp	118 ml
1/3 C	2 2/3 oz	5 T + 1 tsp	16 tsp	79 ml
1/4 C	2 oz	4 T	12 tsp	59 ml
1/8 C	1 oz	2 T	6 tsp	30 ml
1/16 C	1/2 oz	1 T	3 tsp	15 ml

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Substitutions

1 slice of bread = 1/4 cup bread crumbs

1 cup oil = 1/2 lb butter

4 oz cheese = 1 cup shredded

1 oz chocolate = 3 T cocoa + 1 T oil

1 tsp dry herbs = 1 T fresh herbs

1 T cornstarch = 2 T all-purpose flour

1 clove garlic = 1/8 tsp garlic powder

1 cup molasses = 1 cup honey

1 cup Half and Half = 1 T butter + 1 cup milk

1 cup whole milk = 1/2 cup evaporated milk + 1/2 cup water

1 tsp lemon juice = 1/4 tsp apple cider vinegar

1 cup light corn syrup = 1 cup sugar + 1/4 cup water

1 cup honey = 1 1/4 cup sugar + 1/4 cup water

2 cups tomato sauce = 3/4 cup tomato paste + 1 cup water

1 whole egg = 2 egg yolks or whites = 1/4 cup egg whites

1 tsp baking powder = 1/2 tsp cream of tartar + 1/4 tsp baking soda

1 cup self-rising flour = 1 cup all-purpose flour + 1 tsp baking powder + 1/2 tsp salt + 1/4 tsp baking soda

1 cup sugar = 1 cup packed brown sugar OR 2 cups powdered sugar

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Fridge/Freezer Shelf Life Guide

Meat & Seafood	Fridge	Freezer
Steak/Roast	3-5 days	6-12 mos
Ground Beef	1-2 days	3-4 mos
Pork Chops	3-5 days	4-6 mos
Bacon	7 days	1 mo
Sausage	1-2 days	1-2 mos
Whole Chicken or Turkey	1-2 days	1 yr
Chicken Parts	1-2 days	6-9 mos
Raw Fish	1-2 days	2-3 mos
Cooked Fish	3-5 days	4-6 mos
Shrimp or Crab	1-2 days	2 mos
Lunch Meat Unopened	2 wks	1-2 mos
Lunch Meat Opened	3-5 days	1-2 mos
Soups & Stews	3-4 days	2-3 mos
Dairy		
Butter	3 mos	9 mos
Margarine	3 mos	12 mos
Hard Cheese	4 mos	6 mos
Semi-Hard Cheese	6 mos	6 mos
Yogurt	1-2 weeks	1-2 mos
Egg Whites	4 days	12 mos
Fruit		
Apples	1-3 weeks	8-12 mos
Berries	1-2 days	8-12 mos
Citrus Fruits	3 weeks	4-6 mos
Melons	1 week	8-12 mos
Vegetables		
Asparagus	2-3 days	8-12 mos
Green Beans	1 week	8-12 mos
Carrots, Broccoli	3-5 days	8-12 mos
Corn	1 day	8-12 mos
Mushrooms	1-2 days	8-12 mos
Peas	3-5 days	8-12 mos
Breads/Pastries		
Unbaked Rolls	2-3 weeks	1 mo
Baked Breads	2-3 weeks	2-3 mos
Baked Muffins	4-5 days	6-12 mos
Unbaked Fruit Pies	1-2 days	2-4 mos
Baked Fruit Pies	2-3 days	6-8 mos
Pumpkin or Chiffon Pies	2-3 days	1-2 mos