

The Shabby Shack Kitchen Conversion Guide

Quick & Easy Measurement Conversions

Liquid Measurements

4 cups	=	1 quart (32 fl oz)
2 cups	=	1 pint (16 fl oz)
1 cup	=	8 fl oz
½ cup	=	4 fl oz
¼ cup	=	2 fl oz
⅛ cup	=	1 fl oz
2 Tbsp	=	1 fl oz
1 Tbsp	=	½ fl oz
1 tsp	=	⅙ fl oz

Dry Measurements

4 cups	=	1 quart
2 cups	=	1 pint
1 cup	=	16 Tbsp
½ cup	=	8 Tbsp
⅓ cup	=	5⅓ Tbsp
¼ cup	=	4 Tbsp
⅛ cup	=	2 Tbsp
1 Tbsp	=	3 tsp
1 tsp	=	⅓ Tbsp

Oven Temperature Conversions

°F (Fahrenheit)		°C (Celsius)
250°F	=	120°C
275°F	=	135°C
300°F	=	150°C
325°F	=	165°C
350°F	=	175°C
375°F	=	190°C
400°F	=	200°C
425°F	=	220°C
450°F	=	230°C

Common Equivalents

3 tsp	=	1 Tbsp
4 Tbsp	=	¼ cup
8 Tbsp	=	½ cup
12 Tbsp	=	¾ cup
16 Tbsp	=	1 cup
1 pint	=	2 cups
1 quart	=	4 cups
1 gallon	=	4 quarts (16 cups)

Weight Equivalents (Approximate)

1 oz	=	28 grams
4 oz	=	113 grams (¼ lb)
8 oz	=	227 grams (½ lb)
12 oz	=	340 grams (¾ lb)
16 oz	=	454 grams (1 lb)

Helpful Reminders

- 1 stick of butter = ½ cup (8 Tbsp) = 4 oz
- 1 cup of all-purpose flour = about 4½ oz (128 grams)
- 1 cup of granulated sugar = about 7 oz (200 grams)
- Canned ingredients do not have a universal cup conversion (weights vary by product).



Handy Pan Size Equivalents

8 × 8 inch	=	2 quarts (8 cups)
9 × 13 inch	=	3 quarts (12 cups)
9 inch round	=	8–10 cups
10 inch round	=	12–14 cups
Bundt pan (10–12 cup)	=	1 standard cake mix



The Shabby Shack
Kitchen Safety & Cleanliness Guide

Safe Food • Clean Kitchen • Healthy Family

Turkey Safety



- ✔ Wear disposable gloves when handling raw turkey.
- ✔ Keep turkey and its juices away from other foods.
- ✔ Use a separate cutting board and utensils for raw poultry.
- ✔ Wash hands for 20 seconds with soap and warm water after handling.
- ✔ Do not rinse the turkey (it can spread bacteria).
- ✔ Cook turkey to 165°F in the thickest part of the breast, thigh and wing.

Prevent Cross-Contamination



- ✔ Keep raw meat, poultry, and seafood separate from ready-to-eat foods (fruits, vegetables, breads, and cooked foods).
- ✔ Use separate cutting boards (one for raw meat, one for produce).
- ✔ Change gloves between different foods.
- ✔ Wash knives, cutting boards, and surfaces with hot, soapy water after each use.

Egg Safety



- ✔ Keep eggs refrigerated at 40°F or below.
- ✔ Use clean, uncracked eggs.
- ✔ Wash hands after handling raw eggs.
- ✔ Cook eggs until both the yolk and white are firm (160°F for egg dishes like casseroles).
- ✔ Refrigerate egg-based dishes within 2 hours (1 hour if the temperature is above 90°F).

Keep It Clean



- ✔ Wash hands often (20 seconds).
- ✔ Clean and sanitize counters, sinks, and cutting boards.
- ✔ Use hot, soapy water to wash utensils, dishes, and pans.
- ✔ Replace dishcloths and sponges often.
- ✔ Keep trash covered and emptied regularly.

Refrigerator & Food Storage



- ✔ Keep the refrigerator at 40°F or below and the freezer at 0°F.
- ✔ Store raw meats on the lowest shelf to prevent drips.
- ✔ Use airtight containers.
- ✔ Refrigerate leftovers within 2 hours (1 hour if above 90°F).
- ✔ Use leftovers within 3–4 days.

Kitchen Safety Reminders



- ✔ Use oven mitts for hot pans and dishes.
- ✔ Keep pot handles turned inward.
- ✔ Keep the stovetop area clear.
- ✔ Clean up spills right away to prevent slips.
- ✔ Keep knives sharp and stored safely.
- ✔ Keep children and pets away from hot foods and cooking areas.

Key Temperatures to Remember



Poultry (turkey, chicken)	165°F
Ground meats	160°F
Egg dishes (casseroles, quiche, etc.)	160°F
Whole cuts of beef, pork, lamb (with a 3-minute rest)	145°F