



Home Canning Made
Easy

Canning Conversion Chart

MEASUREMENT	EQUIVALENT
3 teaspoons	1 Tablespoon
4 Tablespoons	1/4 Cup
5-1/3 Tablespoons	1/3 Cup
8 Tablespoons	1/2 Cup
10-2/3 Tablespoons	2/3 Cup
12 Tablespoons	3/4 Cup
16 Tablespoons	1 Cup
1 Tablespoon	1/2 fluid ounces
1 Cup	8 fluid ounces
1 Cup	1/2 pint
2 Cups	1 pint
4 Cups	1 quart
2 pints	1 quart
4 quarts	1 gallon