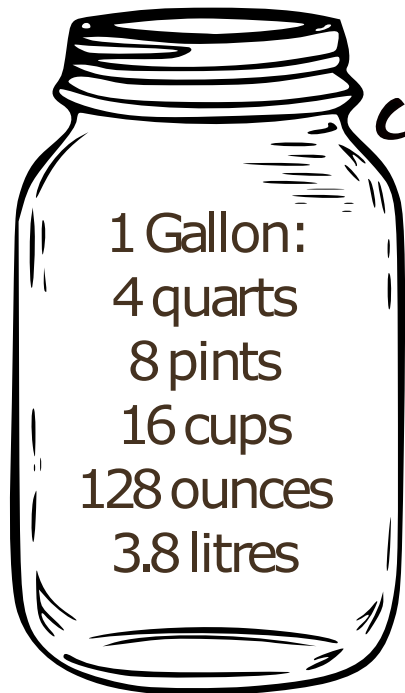
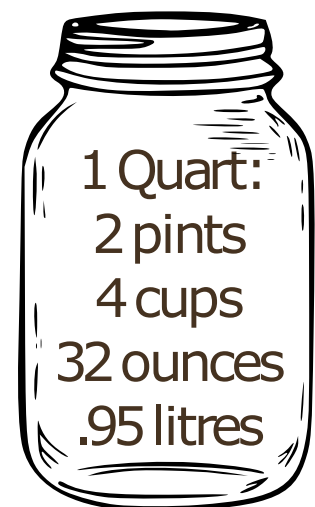


# Kitchen Conversions



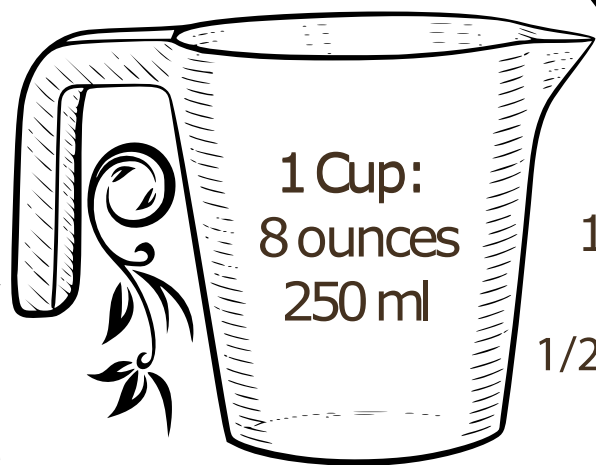
1 Gallon:  
4 quarts  
8 pints  
16 cups  
128 ounces  
3.8 litres



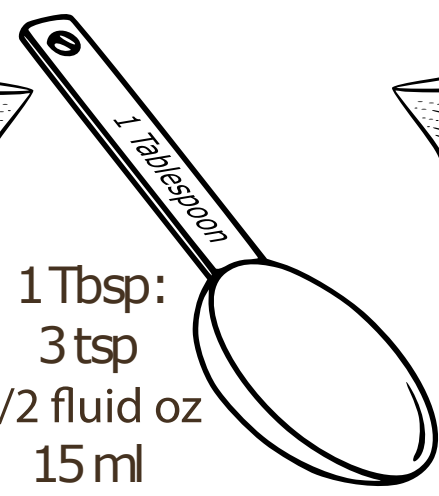
1 Quart:  
2 pints  
4 cups  
32 ounces  
.95 litres



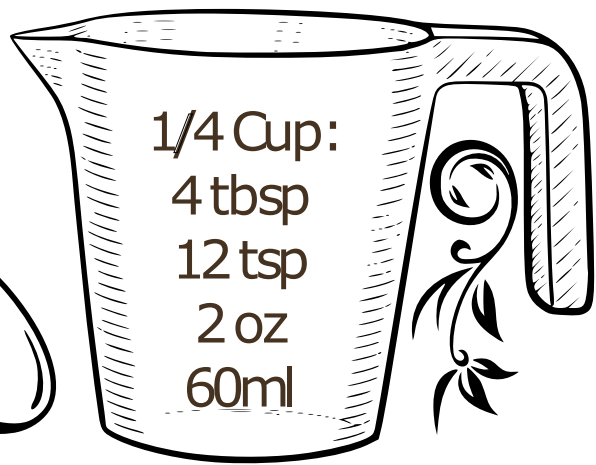
1 Pint:  
2 cups  
16 ounces  
480 ml



1 Cup:  
8 ounces  
250 ml



1 Tbsp:  
3 tsp  
1/2 fluid oz  
15 ml



1/4 Cup:  
4 tbsp  
12 tsp  
2 oz  
60ml