EQUIVALENCIES OF MANY FOOD STORAGE PRODUCTS

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| Apple Slices | 10 cups per #10 can (1 ¼ lb.)  1 cup dry + ½ cup water = 2 cups fresh |
| Baking Powder | 59 tablespoons per pound  15 Tablespoons (45 teaspoons) per cup |
| Baking Soda | 38 tablespoons per pound  15 Tablespoons (45 teaspoons) per cup (9 0z.) |
| Beans | 12 cups per #10 can  1 lb. = 2 ½ cups dry = 6 cups cooked |
| Bread | 2 lb. loaf = 14 slices +2 ends |
| Carrots (dehydrated) | 12 cups per #10 can  ½ cup dry =1 cup carrots |
| Celery (dehydrated) | 12 cups per #10 can  ½ cup dry=1 cup celery |
| Cheese Powder | 4 cups per lb. of powder  96 tablespoons per lb.  Use 1 tablespoon for each cup cooked pasta |
| Cocoa  20+ years shelf life. Do not vacuum pack | 90 tablespoons per lb.  15 Tablespoons (45 teaspoons) per cup |
| Cornmeal (see also: Popcorn) | 4 cups=1 lb. |
| Cornstarch | 45 tablespoons per lb.  15 Tablespoons (45 teaspoons) per cup |
| Crisco  1 cup Crisco + 2 tablespoons water=1 cup butter | 6 ¾ cups per 3 lb. can (2 ½ cups per lb.)  17 tablespoons per cup |
| Eggs (powdered) | 1 lb. = 32 eggs (2 eggs per oz.) |
| Flour | 18 ¾ cups per 5 lb. bag (3 ½- 3 ¾ cups per lb.)  14-15 cups flour/4 lb. pouch (approx.) |
| Gelatin (unflavored—as egg substitute)  Stir 1 tsp. gelatin into 2 Tbsp. cold water. Add 1 ½ Tbsp. hot water and stir until dissolved. May need to decrease liquid by up to ¼ cup | 12 teaspoons per oz.=12 “eggs”  192 teaspoons per lb. (192 “eggs” per lb.) |
| Gluten (wheat) | 16 Tablespoons = 1 cup (5 oz.) |
| Honey | 20 Tablespoons = 1 cup (13 oz.)  6 cups = 5 lbs. |
| Hot Chocolate | 12 cups per #10 can = 56 liquid cups (servings)  Pouch (LDS Home Storage Center) 56 servings |
| Macaroni | 12 cups per #10 can ( 3 2/3 cups per pound)  2 cups dry = 5 cups cooked |
| Meats and poultry | 1 pint Mason jar holds 1 lb. meat  1 quart Mason jar holds 2 lbs. meat |
| Milk (Powdered)  1 serving = 3 Tablespoons powder. Add water to make 1 cup liquid. 2/3 cup makes 1 quart of milk and 2 2/3 cups makes 1 gallon | Cans: 12-13 cups dry milk in #10 can (75 servings) Pouches: 5.5 cups (28 oz.) Each pouch makes 1.8 gallons (29 servings) |
| Mushrooms | 4 cups dehydrated = 3 oz. 20 cups = 1 lb.  ½ lb. fresh mushrooms=4 ounce can |
| Noodles | 4 cups = 8 oz.  2 cups dry = 2 cups cooked |
| Oats (rolled, regular) | 12 cups in #10 can (2.8 lbs.) = 32 servings  1 cup = 4 oz.  ½ cup = 1 serving |
| Oats (quick) | 12 cups in # 10 can  1 cup = 3 oz.  ½ cup = 1 serving |
| Onions (Dehydrated) | 1 tablespoon dry onion = ½ fresh onion  16 tablespoon dry onion =1 cup  12 cups in #10 can=192 tablespoons |
| Popcorn | 12 cups in a #10 can  1 cup popcorn =16 cups popped  1 cup popcorn yields 1.5 cups ground cornmeal  1 pound popcorn ground = 3 1/3 cups flour |
| Potato Flakes | Serving size = 1/3 cup  39 servings per # 10 lb. can  12 cups per # 10 can |
| Potato Pearls | 12 cups in a # 10 can  1 cup dry = 4.5 oz.  1 cup dry = 2 ½-3 cups potatoes |
| Raisins | 4 cups = 1 lb. |
| Rice | 12 cups per # 10 can  2 1/3 cups = 1 lb.  1 cup raw = 3 cups cooked |
| Salt | 1 ½ tablespoons = 1 oz.  1 (26 oz.) container = 39 tablespoons (117 tsp.)  1 cup = 42 teaspoons (14 Tablespoons) |
| Spaghetti | 8 oz. = 4 cups cooked = 4 servings  1 lb = 8 servings |
| Spaghetti Bites (Home Storage Center) | 8 oz. = 4 cups cooked = 4 servings  1 can =24 servings |
| Spices (may vary) As a general rule of thumb, substitute 1 (one) part dried spice for 3 parts fresh. | 1 cup = 4 oz. = 16 tablespoons  64 tablespoons = approximately 1 lb. |
| Sugar (white) | 12 cups per #10 can  2 cups = 1 lb.  1 lb. = 32 tablespoons = 96 teaspoons |
| Sugar (brown) | 1 1/3 cups = 1 lb. |
| Tapioca | 40 tablespoons = 1 lb.  1 tablespoon = 1 cup cooked |
| Tomato Powder | 1 cup powder + 2 cups water = 2 cups tomato sauce |
| Wheat | 12 cups per # 10 can (5.5 lbs.)  1 #10 can yields 18 cups flour  1 cup wheat yields 1 ½ cups flour  1 lb. wheat = 2 ¼ cups (yields 3.37 cups flour)  56 lbs. wheat = 42 wheat bread loaves |
| Yeast  (Shelf life indefinite if stored in freezer. See package for expiration date otherwise—generally  good for 1 year outside of freezer) | 8 oz. = 24 tablespoons = 72 teaspoons |

Much of the information taken from *Everything Under the Sun* by Wendy De Witt (p.p. 23, 24)