

UNL FOOD

Some favorite older recipes may call for can sizes such as a Number 2 or a Number 303 can. Here's a chart to help you determine how these correspond to current can measurements.

Can Size Number	Approximate Volume of Food	Approximate Weight of Food
No. 1 picnic	1 1/4 cups	10 1/2 to 12 ounces

## CAN SIZE APPROXIMATIONS

<b>No. 300</b>	<b>1 3/4 cups</b>	<b>14 to 16 ounces</b>
<b>No. 303</b>	<b>2 cups</b>	<b>16 to 17 ounces</b>
<b>No. 2</b>	<b>2 1/2 cups</b>	<b>20 ounces</b>
<b>No. 2 1/2</b>	<b>3 1/2 cups</b>	<b>27 to 29 ounces</b>
<b>No. 3</b>	<b>5 3/4 cups</b>	<b>51 ounces</b>
<b>No. 10</b>	<b>3 quarts</b>	<b>6 1/2 pounds to 7 pounds and 5 ounces</b>