

# THIS Old Baker

## Mason Jar Sizes (Liquid and Dry Measurements)

Mason jars come in many sizes, each perfect for different storage and gifting needs. Here's your complete guide to jar sizes and their capacities.

### 4 OZ JARS (QUARTER PINT)

**Liquid capacity:** 1/2 cup (4 fl oz)

**Dry capacity:** Varies by ingredient

- Spices: 2-4 tablespoons
- Small seeds: 1/4 cup
- Jam/jelly: 1/2 cup



**Perfect for:** Spice blends, small gifts, samples, baby food

### 8 OZ JARS (HALF PINT)

**Liquid capacity:** 1 cup (8 fl oz)

**Dry capacity:** Varies by ingredient

- Flour: 3/4 cup
- Sugar: 1 cup
- Rice: 1/2 cup
- Nuts: 3/4 cup



**Perfect for:** Jams, sauces, small pantry mixes, individual servings

### 16 OZ JARS (PINT)

**Liquid capacity:** 2 cups (16 fl oz)

**Dry capacity:** Varies by ingredient

- Flour: 1 1/2 cups
- Sugar: 2 cups
- Rice: 1 cup
- Oats: 1 3/4 cups



**Perfect for:** Soups, sauces, medium pantry mixes, meal prep

### 24 OZ JARS (1.5 PINT)

**Liquid capacity:** 3 cups (24 fl oz)

**Dry capacity:** Varies by ingredient

- Flour: 2 1/4 cups
- Sugar: 3 cups
- Rice: 1 1/2 cups
- Pasta: 2 cups



**Perfect for:** Large batches, family-size portions, bulk storage

### 32 OZ JARS (QUART)

**Liquid capacity:** 4 cups (32 fl oz)

**Dry capacity:** Varies by ingredient

- Flour: 3 cups
- Sugar: 4 cups
- Rice: 2 cups
- Cookie mix layers: Perfect fit



**Perfect for:** Large batches, gift mixes, bulk storage, fermentation

### 64 OZ JARS (HALF GALLON)

**Liquid capacity:** 8 cups (64 fl oz)

**Dry capacity:** Varies by ingredient

- Flour: 6 cups
- Sugar: 8 cups
- Rice: 4 cups
- Bulk ingredients: Large quantities



**Perfect for:** Bulk storage, large families, commercial use

### WHY DRY MEASUREMENTS VARY

**Density differences:**

- Light ingredients (flour) take up more space
- Dense ingredients (sugar) pack more efficiently
- Shape affects capacity (round vs. irregular)
- Settling can change measurements

**Always measure by weight for accuracy when possible**



### CHOOSING THE RIGHT SIZE

**Consider these factors:**

- Storage space available
- Usage frequency of contents
- Gift presentation needs
- Recipe batch sizes
- Pantry organization goals

**Match jar size to your specific needs**



### QUICK SUMMARY

**Mason jar size guide:**

- ✓ 4 oz = 1/2 cup liquid, perfect for spices
- ✓ 8 oz = 1 cup liquid, great for jams and small mixes
- ✓ 16 oz = 2 cups liquid, ideal for medium storage
- ✓ 24 oz = 3 cups liquid, good for larger batches
- ✓ 32 oz = 4 cups liquid, perfect for gift mixes
- ✓ 64 oz = 8 cups liquid, best for bulk storage

**Choose jar size based on contents and intended use.**