

**OVEN CHART - CAN SIZES**  
**Unitarian Universalist Fellowship of Vero Beach, FL 2000**

GENERAL OVEN CHART

Very Slow Oven	250 to 300 degrees
Slow Oven	300 to 325 degrees
Moderate Oven	325 to 375 degrees
Medium Hot Oven	375 to 400 degrees
Hot Oven	400 to 450 degrees
Very Hot Oven	450 to 500 degrees

CONTENTS OF CANS

8 ounce	1 cup
Picnic	1-1/4 cups
No. 300	1-3/4 cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2-1/2 cups
No. 2-1/2	3-1/2 cups
No. 3	4 cups
No. 10	12 to 13 cups