

**Worksheet 17.10**  
**Selecting Your Refined Sugars**

Sugar	Sugar Equivalent Multiplier	Sugar Equivalent Amount	Conversion Calculation Multiplier x Sugar Equivalent Amount	Quantity to Store
Sugar	1 lb.		1 x ____ =	
Brown sugar	1 lb.		1 x ____ =	
Powder sugar	1 lb.		1 x ____ =	
Honey	0.8 lb.		1 x ____ =	
Molasses	1 pt.		1 pt. x ____ =	
Maple syrup	1 pt.		1 pt. x ____ =	
Agave syrup	1 pt.		1 pt. x ____ =	
Pancake syrup	1 pt.		1 pt. x ____ =	
Jams and jellies	1 pt.		1 pt. x ____ =	
Fruit-flavored drink mix	1 lb.		1 lb. x ____ =	
Pudding mix	6 3.4-oz. pkg.		6 pkg. x ____ =	
Flavored gelatin mix	6 3.0-oz. pkg.		6 pkg. x ____ =	
Hard candy	1 lb.		1 lb. x ____ =	
<b>Total Number of Pounds of Sugars to Store</b> This amount should equal the total in worksheet 17.9.				

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Refer to calculation 17.3 on page 136 in Crisis Preparedness Handbook to complete this table.