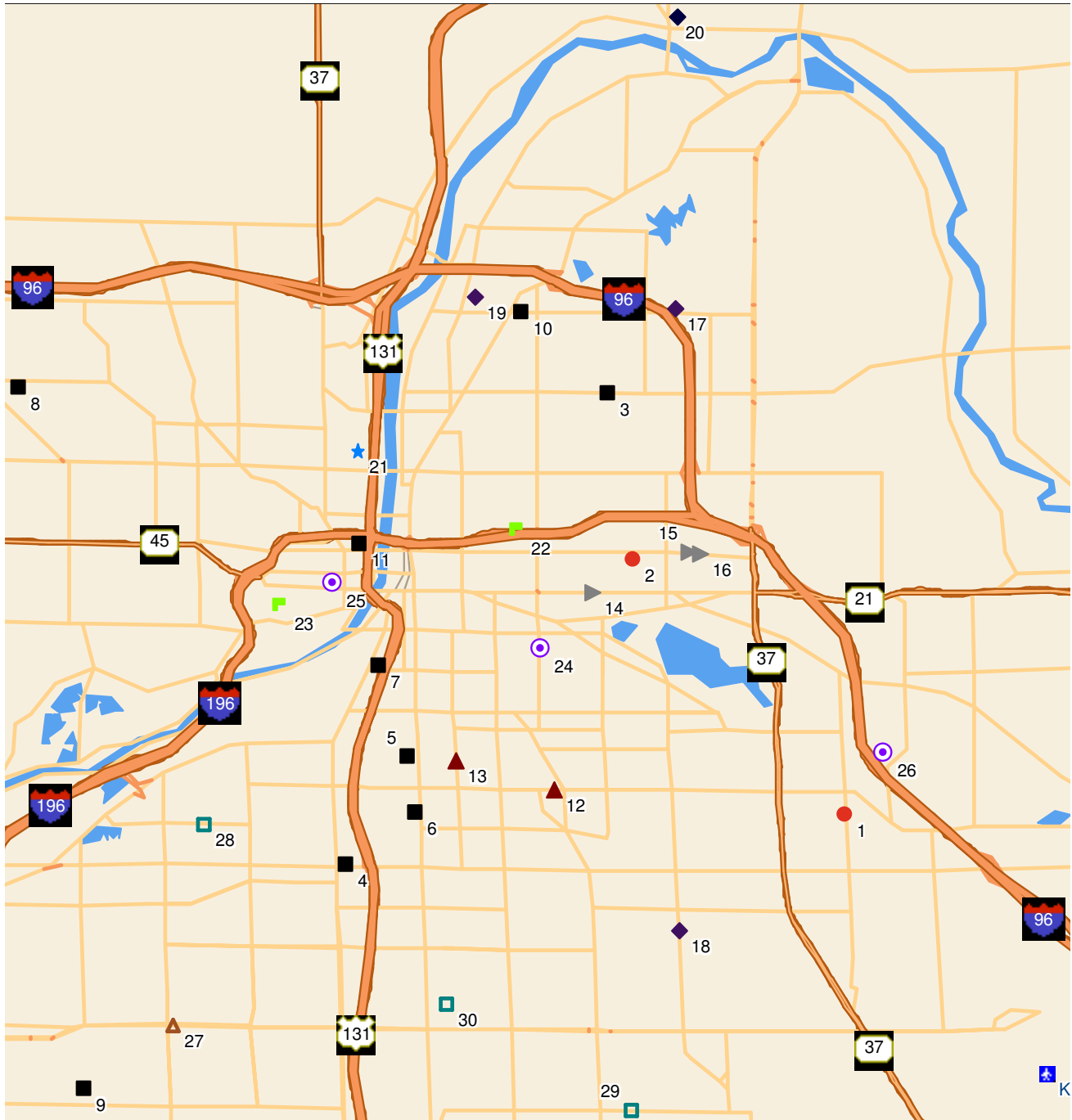


Ethnic Connections in the Grand Rapids Area



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Ethnic Religious Institutions

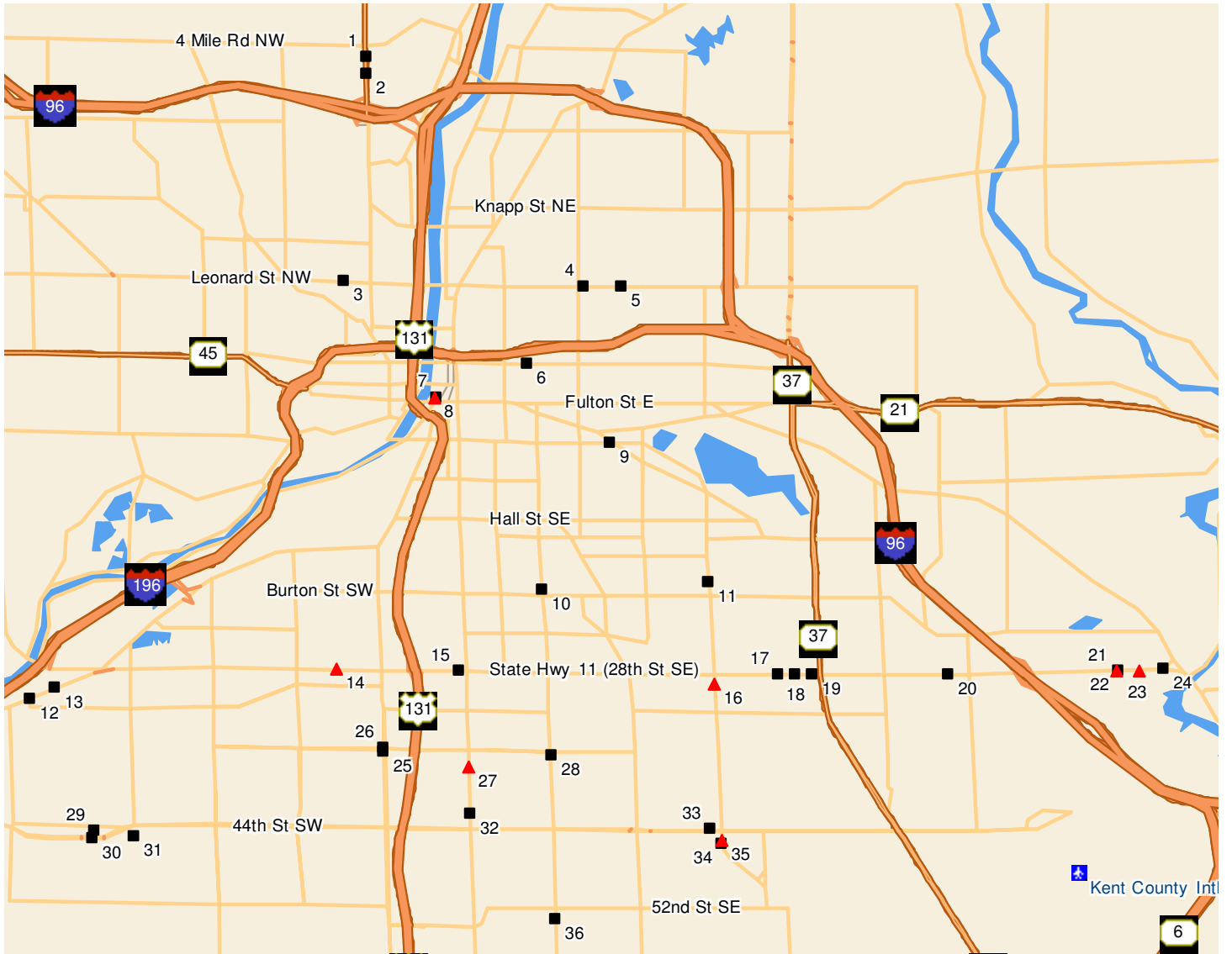


- Ethnic Religious Facilities - Orthodox
- Ethnic Religious Facilities - Hispanic
- ▲ Ethnic Religious Facilities - Islam
- Ethnic Religious Facilities - Jewish
- ◆ Ethnic Religious Facilities - Korean
- ★ Ethnic Religious Facilities - Lithuanian
- Ethnic Religious Facilities - Polish
- ⊙ Ethnic Religious Facilities - Russian
- ▲ Ethnic Religious Facilities - Sudanese
- Ethnic Religious Facilities - Vietnamese

Listing Of Ethnic Religious Institutions

Map	Religious Institution	Street	City	State	Zip	Phone	Ethnic Description
1	St Nicholas Orthodox Church	2250 E Paris Ave SE	Grand Rapids	MI	49546-6129	616.954.2700	Eastern Orthodox
2	Holy Trinity Greek Orthodox Church	330 Lakeside Dr NE	Grand Rapids	MI	49503-3815	616.454.6563	Greek Orthodox
3	Latvian Evangelic Lutheran Church	1780 Knapp St NE	Grand Rapids	MI	49505-4404	616.361.6003	Hispanic
4	Iglesia Evangelica De Restauracion	2788 Woodward Ave SW	Grand Rapids	MI	49509-2047	616.257.3983	Hispanic
5	Jesus Covarrubias	39 Dickinson St SW	Grand Rapids	MI	49507-1624	616.452.8187	Hispanic
6	Maranatha Spanish Seventh	68 Banner St SW	Grand Rapids	MI	49507-2906	616.452.6003	Hispanic
7	St Joseph's Worker Catholic Church	333 Rumsey St SW	Grand Rapids	MI	49503-4935	616.456.7982	Hispanic
8	Iglesia Evangelica Christiana	1915 Maplerow Ave NW	Grand Rapids	MI	49544-2261	616.791.7696	Hispanic
9	Resurrection Life Church	5100 Ivanrest SW	Grandville	MI	49418	616.534.4923	Hispanic
10	St Andrews Episcopal Church	1025 Three Mile Rd NE	Grand Rapids	MI	49505	616.361.7887	Hispanic
11	St Mary's Church	423 1st St NW	Grand Rapids	MI	49504-5277	616.459.7390	Hispanic
12	Islamic Center of Grand Rapids	1301 Burton SE	Grand Rapids	MI	40507-3303	616.447.8440	Islam
13	Din Al Fitrah Islamic Center	1713 Madison Ave SE	Grand Rapids	MI	49507-2517	616.248.7999	Islam
14	Temple Emanuel	1715 East Fulton St	Grand Rapids	MI	49503	616.459.5976	Jewish
15	Chabad House	2619 Michigan NE	Grand Rapids	MI	49506	616.957.0770	Jewish
16	Ahavas Israel	2727 Michigan NE	Grand Rapids	MI	49506	616.949.2840	Jewish, Orthodox
17	Korean Hill Side Church	2857 Big Timber Dr NE	Grand Rapids	MI	49525-3018	616.361.9334	Korean
18	Michigan Suhba Korean Church	3334 Breton Rd SE	Grand Rapids	MI	49512	616.334.6884	Korean
19	Korean New Hope Assembly of God	647 Jessie St NE	Grand Rapids	MI	49505-3321	616.365.0559	Korean
20	Temple Linson Buddhist	2424 Rogue River Rd NE	Belmont	MI	49306-9260	616.363.3038	Korean
21	St Peter and Paul Church	520 Myrtle St NW	Grand Rapids	MI	49504	616.454.6000	Lithuanian
22	St Isidore Church	628 Diamond Ave NE	Grand Rapids	MI	49503-1846	616.459.4731	Polish
23	Sacred Heart Church	156 Valley Ave SW	Grand Rapids	MI	49504	616.459.8362	Polish and Latin
24	St Herman Orthodox Church	1217 Bemis St SE	Grand Rapids	MI	49506-2544	616.454.7981	Russian
25	St John Chrysostom Russian Orthodox Church	40 National Ave NW	Grand Rapids	MI	49504	616.454.1166	Russian
26	St Michael's Ukrainian Catholic Church	4390 Woodside Oakes Dr SE	Grand Rapids	MI	49546	616.949.1151	Ukrainian and Russian
27	Christ Lutheran Church	2350 44th St SW	Wyoming	MI	49519	616.532.2744	Sudanese
28	Our Lady of La-Vang	2019 Porter St SW	Wyoming	MI	49519	616.531.5213	Vietnamese
29	Vietnamese Reformed Christian Church	1881 52nd St SE	Grand Rapids	MI	49508-4912	616.455.5050	Vietnamese
30	Vietnamese United Methodist Church	212 Bellevue St SE	Grand Rapids	MI	49548-3337	616.534.4948	Vietnamese

Asian Restaurants



- Ethnic Restaurants - Chinese
- ▲ Ethnic Restaurants - Other Asian

Chinese Restaurants

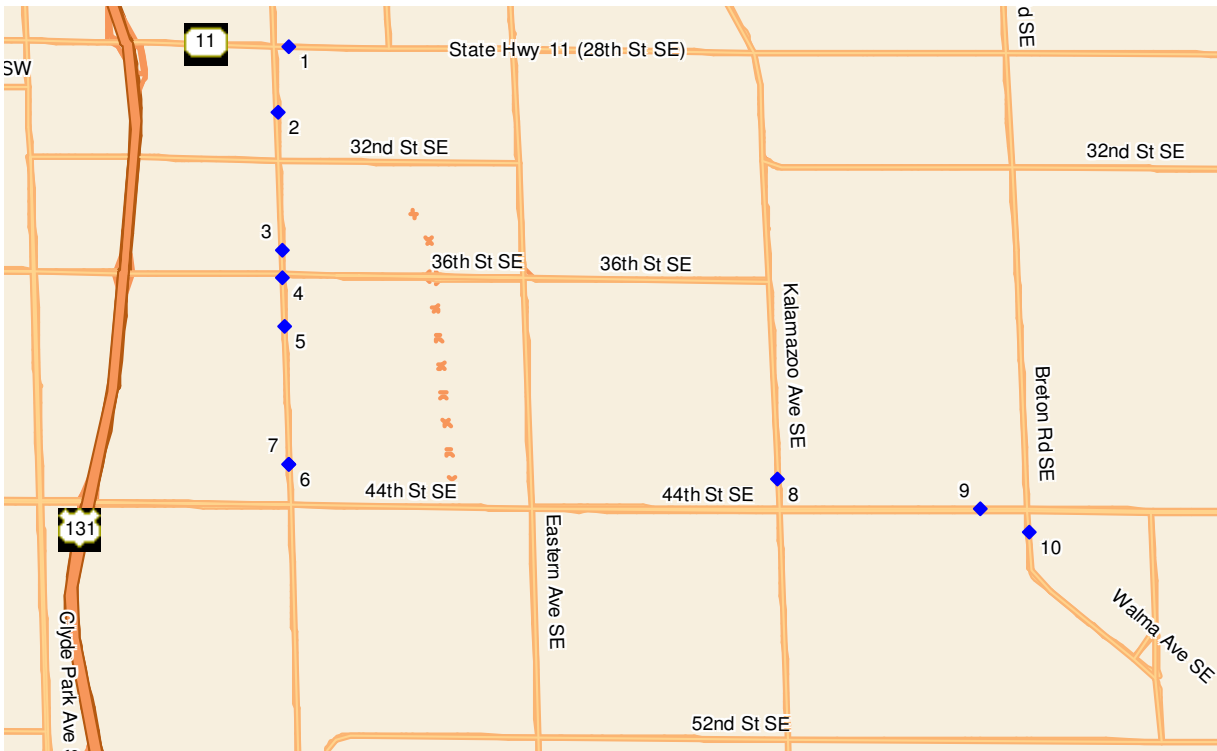
Map	Restaurant	Ethnic Description	Street	City	State	Zip	Phone
1	First Wok Chinese Restaurant	Chinese	3509 Alpine Ave NW	Grand Rapids	MI	49544-1635	616.784.1616
2	China Palace	Chinese	3330 Alpine Ave NW	Grand Rapids	MI	49544-1669	616.785.9668
3	Oriental Forest Inc	Chinese	1040 Leonard St NW	Grand Rapids	MI	49504-4161	616.336.0055
4	Hunan Chinese Restaurant	Chinese	1263 Leonard St NE	Grand Rapids	MI	49505-5510	616.458.0977
5	Kim Kim Restaurant	Chinese	1621 Leonard St NE	Grand Rapids	MI	49505-5658	616.456.5730
6	Wing On Lau Restaurants	Chinese	710 Michigan St NE	Grand Rapids	MI	49503-3522	616.451.8337
7	XO Asian Cuisine	Chinese, Thai, Japanese	58 Monroe Center NW	Grand Rapids	MI	49503	616.235.6969
9	Szechuan Garden	Chinese	1510 Wealthy St SE	Grand Rapids	MI	49506-2719	616.456.9878
10	China Yi Wang	Chinese	1947 Eastern Ave SE	Grand Rapids	MI	49507-2770	616.241.3885
11	Grand Lakes Chinese Restaurant	Chinese	1810 Breton Rd SE	Grand Rapids	MI	49506-4802	616.954.2500
12	Asian Garden Chinese Restaurant	Chinese	4187 Chicago Dr SW	Grandville	MI	49418-1292	616.257.8815

13	New China Restaurant	Chinese	3901 Chicago Dr SW # 103	Grandville	MI	49418-1396	616.530.2070
15	Chinatown Restaurant & Japanese Steakhouse	Chinese	69 28th St SW	Grand Rapids	MI	49548-1109	616.452.3025
17	Yen Ching Restaurant	Chinese	3015 28th St SE	Grand Rapids	MI	49512-1626	616.942.9130
18	Chinese Gourmet Express	Chinese	3185 28th St SE 101	Grand Rapids	MI	49512-1628	616.957.5993
19	Seoul Garden Restaurant	Chinese	3321 28th St SE	Grand Rapids	MI	49512-1632	616.956.1522
20	Yen Ching Roaring Twenties	Chinese	4605 28th St SE	Grand Rapids	MI	49512-5634	616.940.4111
22	Peking Wok's Restaurant	Chinese	6264 28th St SE	Grand Rapids	MI	49546-6902	616.956.6525
24	First Wok Chinese Restaurant	Chinese	6740 28th St SE	Grand Rapids	MI	49546	616.575.9088
25	Far East Chinese Restaurant	Chinese	3639 Clyde Park Ave SW	Grand Rapids	MI	49509-4023	616.531.7176
26	Chicken & Eggroll	Chinese	805 36th St SW	Grand Rapids	MI	49509-3543	616.531.9134
28	China Palace	Chinese	3633 Eastern Ave SE	Grand Rapids	MI	49508-2460	616.246.9966
29	Oriental Forest Palace	Chinese	3540 Rivertown Point CT S	Grandville	MI	49418-3078	616.257.7777
30	China Max	Chinese	3700 Rivertown Pkwy SW	Grandville	MI	49418-3085	616.532.6688
31	Magic Wok Chinese Restaurant	Chinese	4499 Ivanrest Ave SW E	Grandville	MI	49418-3150	616.532.0886
32	Wei Wei Palace	Chinese	4242 S Division	Grand Rapids	MI	49548	616.724.1818
33	First Wok	Chinese	2301 44th St SE	Grand Rapids	MI	49508-5015	616.281.0681
34	Jade Garden Chinese Cuisine	Chinese	4514 Breton Rd SE	Grand Rapids	MI	49508-5271	616.455.8888
36	Chu's Chinese Restaurant	Chinese	5299 Eastern Ave SE	Grand Rapids	MI	49508-6009	616.257.7038

Asian Restaurants Other than Chinese

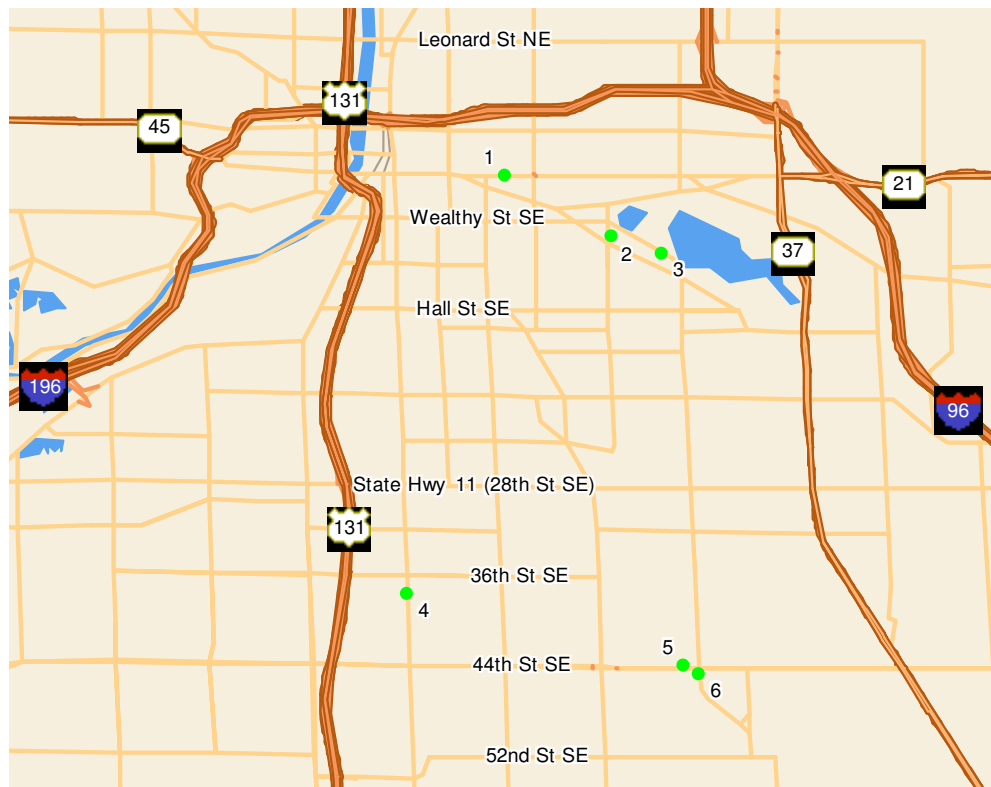
Map	Restaurant	Ethnic Description	Street	City	State	Zip	Phone
8	Marado Sushi	Japanese	47 Monroe Ctr NW	Grand Rapids	MI	49503-2901	616.742.6793
14	Bangkok View	Thai	1233 28th St SW	Grand Rapids	MI	49509-2701	616.531.8070
16	Shogun Japanese Restaurant	Japanese	2901 Breton Rd SE	Grand Rapids	MI	49512-1745	616.241.4141
21	Akasaka Sushi	Japanese	6252 28th St SE	Grand Rapids	MI	49546-6914	616.977.0444
23	Thai House Restaurant	Thai	6447 28th St SE	Grand Rapids	MI	49546-6917	616.285.9944
27	Tan-A Vietnamese Restaurant	Vietnamese	3749 S Division Ave	Grand Rapids	MI	49548	616.248.3365
35	Tokyo Grill & Sushi	Japanese	4478 Breton Rd SE	Grand Rapids	MI	49508-5272	616.455.3433

Asian Grocery Stores and Bakeries



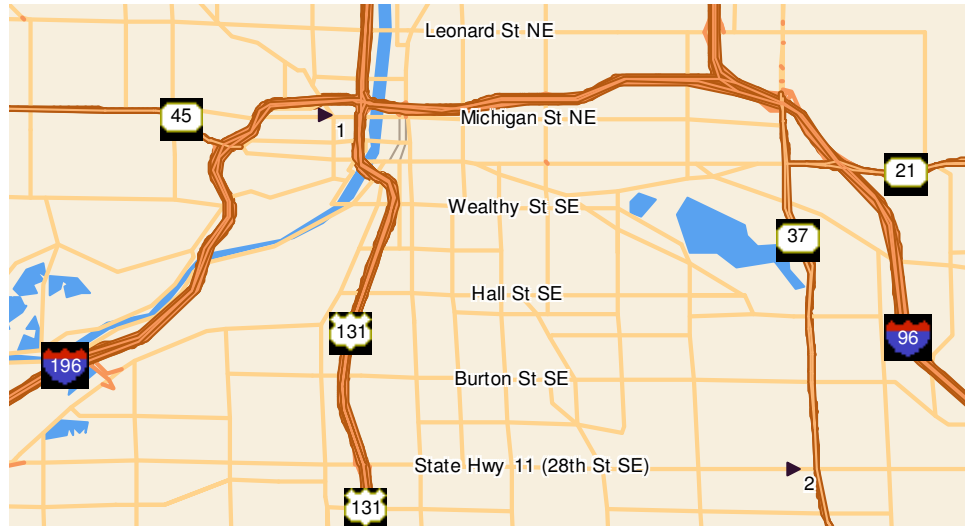
Map	Grocery Store/Bakery	Ethnic Description	Street	City	State	Zip	Phone
1	Saigon Market	Asian	655 28th St SE	Grand Rapids	MI	49548-1301	616.245.5851
2	Lee's Oriental Market	Asian	3004 S Division	Grand Rapids	MI	49548	616.243.1394
3	Olympic Market	Asian	3530 S Division	Wyoming	MI	49548	616.243.5525
4	A Dong & Oriental Food Market	Asian	3614 Division Ave S	Grand Rapids	MI	49548-3248	616.247.4909
5	Hoa Binh Oriental Foods	Asian	3761 Division Ave S	Grand Rapids	MI	49548-3266	616.452.6711
6	Hong Kong Market	Asian	4242 Division	Grand Rapids	MI	49548-3307	616.406.1918
7	Hong Kong Market	Asian	4242 Division Avenue S	Grand Rapids	MI	49548	616.406.1918
8	World Bakery & Cake	Vietnamese	4309 Kalamazoo Ave SE	Grand Rapids	MI	49508-3608	616.455.6538
9	Asian's Best	Asian	2253 44th St SE	Grand Rapids	MI	49508-5013	616.827.0717
10	Asian Delight Marketplace Inc	Asian	4463 Breton Rd, SE	Grand Rapids	MI	49502-0001	616.550.8308

African, Middle Eastern, Indian, and Pakistani Restaurants



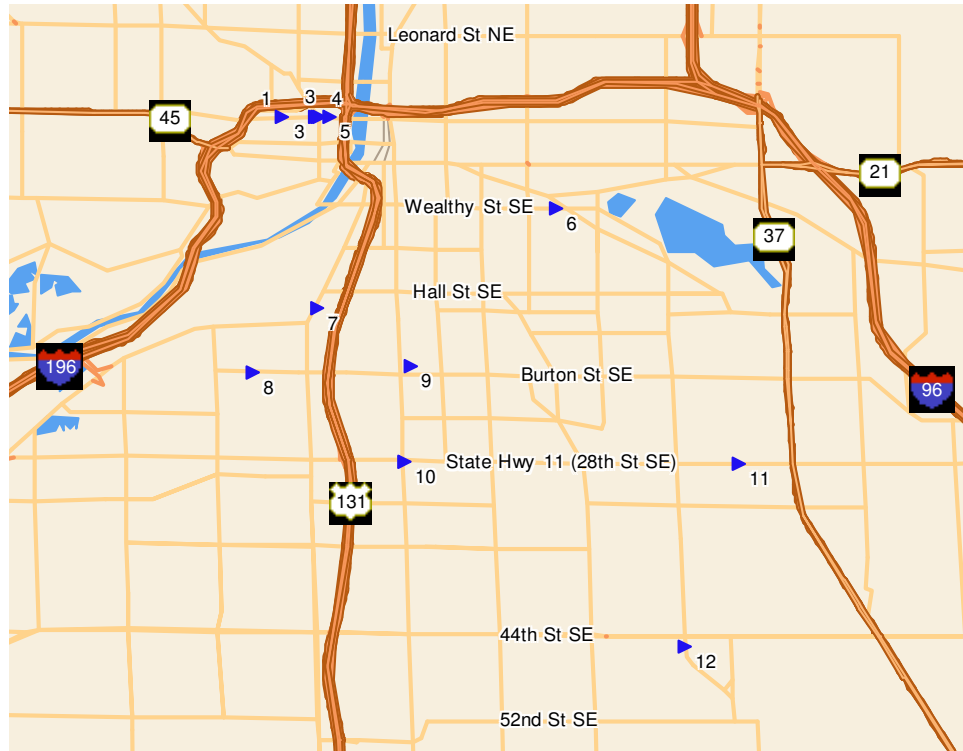
Map	Restaurant	Ethnic Description	Street	City	State	Zip	Phone
1	Little Africa's Cafe	African	956 E. Fulton St.	Grand Rapids	MI	49503	616.222.1169
2	Bombay Cuisine Restaurant	Indian, Pakistan	1420 Lake Drive	Grand Rapids	MI	49506	616.456.7055
3	Osta's Lebanese Cuisine	Lebanese	2228 Wealthy St. SE	Grand Rapids	MI	49506	616.456.8999
4	India House	Indian, Pakistan	3760 Division Ave S	Grand Rapids	MI	49548-3252	616.243.1219
5	Mediterranean Deli	Middle Eastern	2285 44th St SE	Grand Rapids	MI	49508-5013	616.281.6560
6	Taste of India Restaurant	Indian, Pakistan	4445 Breton Rd SE Ste D	Grand Rapids	MI	49508-8411	616.281.5216

African, Middle Eastern, Indian, and Pakistani Grocery Stores and Bakeries



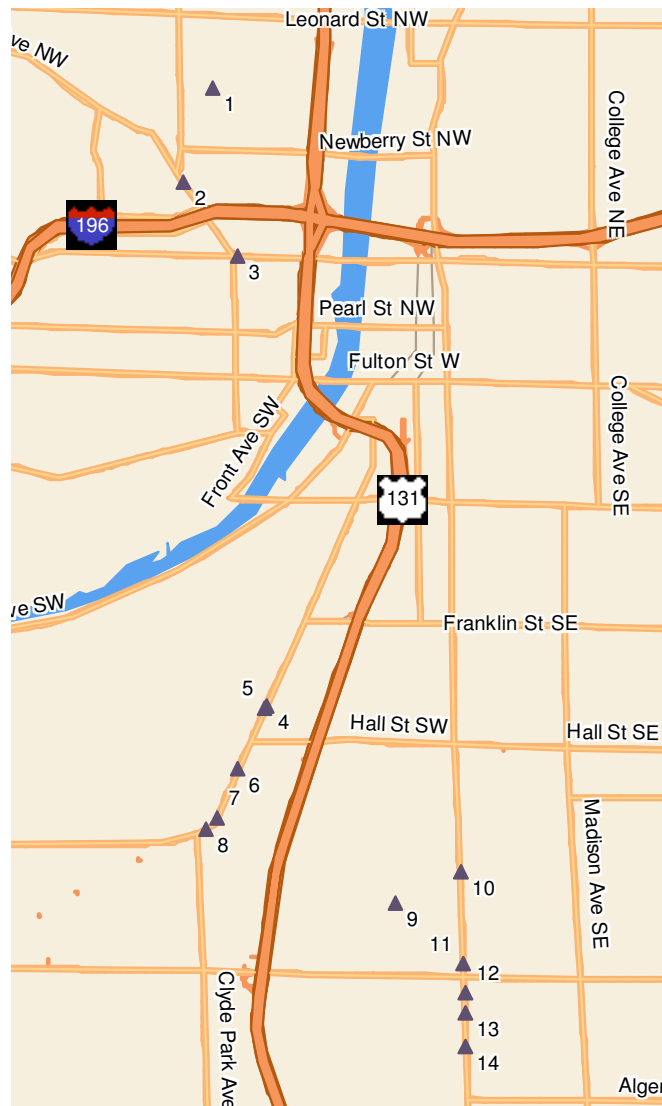
Map	Grocery Store/Bakery	Ethnic Description	Street	City	State	Zip	Phone
1	American Bread Company	Indian, Middle Eastern	712 Bridge St NW	Grand Rapids	MI	49504-5534	616.458.3201
2	Jatinder Singh	Indian, Middle Eastern	3214 28th St SE	Grand Rapids	MI	49512-1631	616.957.5672

Hispanic or Latino Restaurants



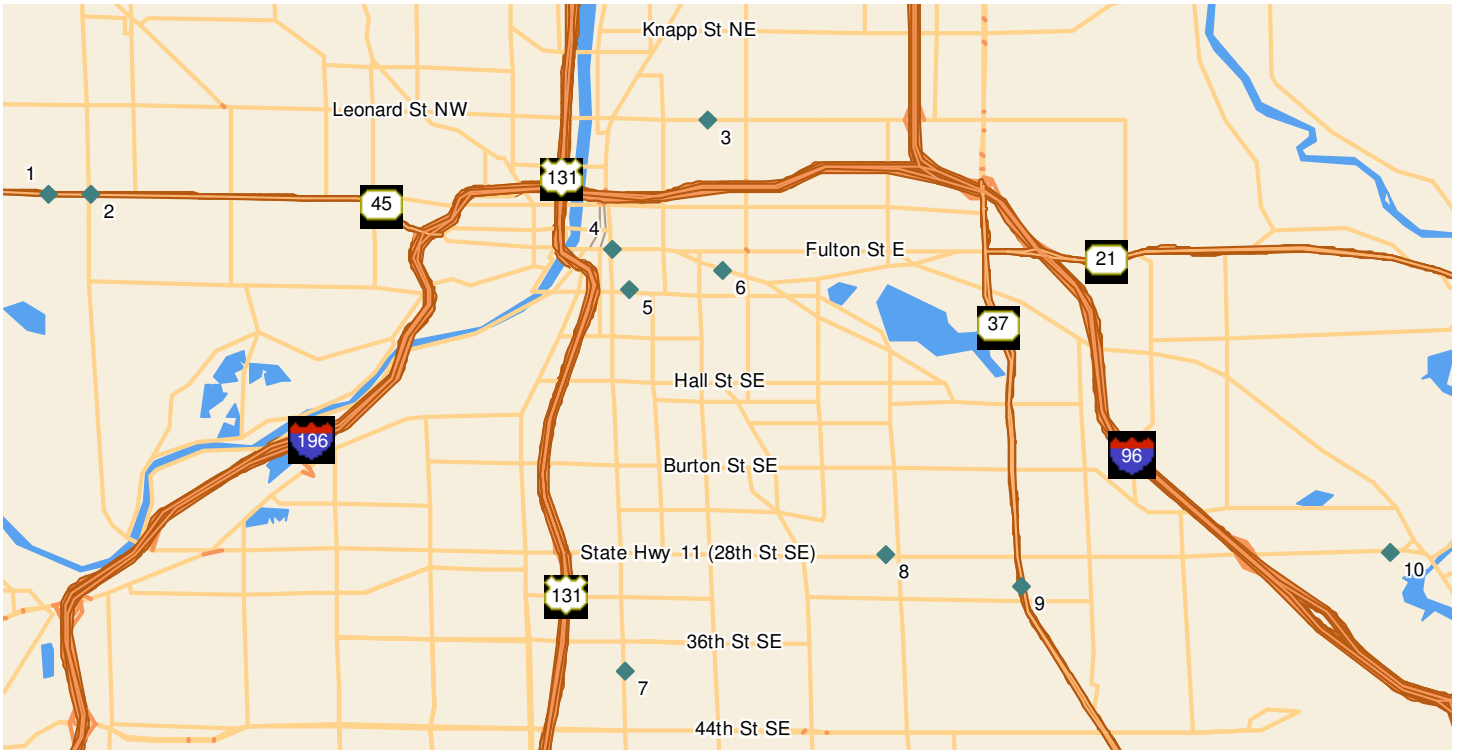
Map	Restaurant	Ethnic Description	Street	City	State	Zip	Phone
1	Tacos El Ganadero	Mexican	950 Bridge St NW	Grand Rapids	MI	49504-5538	616.458.5595
2	Little Mexico Restaurant	Mexican	401 Stocking Ave NW	Grand Rapids	MI	49504-5501	616.456.0517
3	Big O' Cafe	Cuban	663 Bridge St NW	Grand Rapids	MI	49503	616.451.1887
4	Maggie's Kitchen	Mexican	636 Bridge St NW	Grand Rapids	MI	49504-5334	616.458.8583
5	El Sombrero	Mexican	527 Bridge St NW	Grand Rapids	MI	49504-5337	616.451.4290
6	Don' Rafav's Mexican Restaurant	Mexican	1441 Wealthy St SE	Grand Rapids	MI	49506	616.458.1457
7	El Burrito Gigante	Mexican	1342 Grandville Ave SW	Grand Rapids	MI	49503-8041	616.475.0478
8	Tacos El Ranchero	Mexican	1240 Burton St SW	Grand Rapids	MI	49509-1470	616.245.6514
9	Mexican Traditional Foods	Mexican	1912 Francis Ave SE	Grand Rapids	MI	49507-2421	616.452.2914
10	Beltline Bar & Mexican Cafe	Mexican	16 28th St SE	Grand Rapids	MI	49548-1102	616.245.0494
11	El Arriero	Mexican	2948 28th St SE	Grand Rapids	MI	49512-1625	616.977.2674
12	Big O' Cafe	Cuban	4476 Breton Rd Se	Grand Rapids	MI	49503	616.554.0537

Hispanic or Latino Grocery Stores and Bakeries



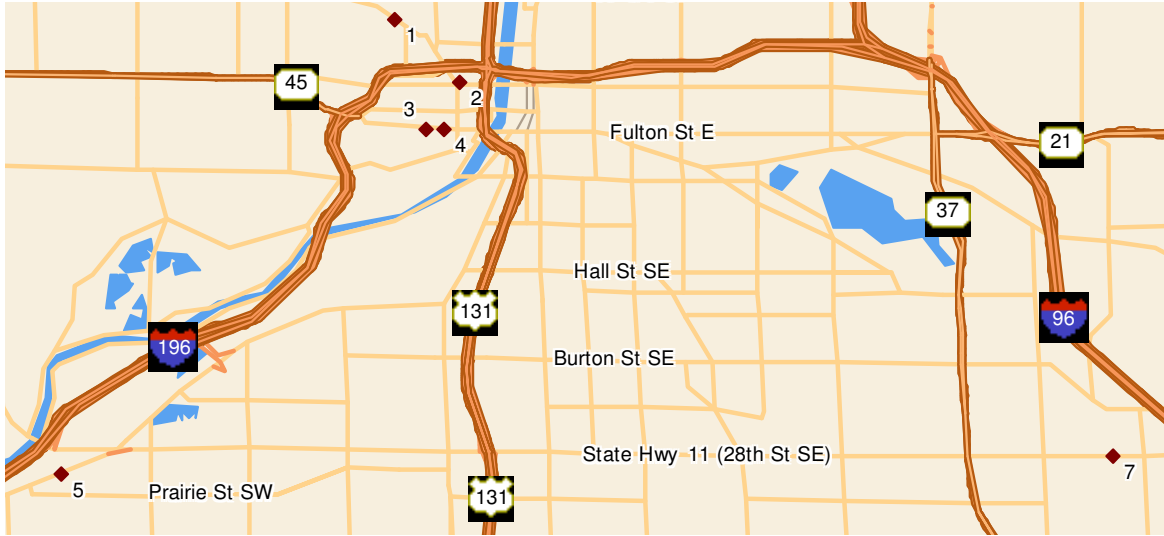
Map	Grocery Store/Bakery	Ethnic Description	Street	City	State	Zip	Phone
1	Super Mercado Latino	Mexican	957 Davis Ave NW	Grand Rapids	MI	49504-4435	616.451.3192
2	El Mercadito Grocery Store	Mexican	646 Stocking Ave NW	Grand Rapids	MI	49504-5175	616.454.0005
3	Moctezuma Foods Inc	Mexican	617 Bridge St NW	Grand Rapids	MI	49504-5328	616.458.7442
4	Tres Hermanos Bakery	Mexican	1049 Grandville Ave SW	Grand Rapids	MI	49503-5051	616.246.6600
5	La Familia Stop n Shop	Mexican	1066 Grandville Ave SW	Grand Rapids	MI	49503-5026	616.243.9090
6	La Principal Foods	Mexican	1259 Grandville Ave SW	Grand Rapids	MI	49503-8035	616.241.6656
7	Roosevelt Market	Mexican	1428 Grandville Ave SW	Grand Rapids	MI	49503-8044	616.243.1464
8	M&M Bakery	Mexican	1506 Grandville Ave SW	Grand Rapids	MI	49503-8046	616.245.8989
9	Quis Qoella	Mexican	1744 Buchanan Ave SW	Grand Rapids	MI	49507-1641	616.241.5504
10	La Mexicana Bakery	Mexican	1628 Division Ave S	Grand Rapids	MI	49507-1631	616.248.3368
11	La Vencedor Mexican Groceries	Mexican	1961 Division Ave S	Grand Rapids	MI	49507-2460	616.245.6640
12	Santo Domingo Grocery Store	Dominican Republic	2059 Division Ave S	Grand Rapids	MI	49507-3000	616.246.1085
13	Supermercado Guadalajara	Mexican	2106 Division Ave S	Grand Rapids	MI	49507-3031	616.243.5408
14	Rodriguez Supermarket	Mexican	2211 Division Ave S	Grand Rapids	MI	49507-3032	616.246.0970

European Restaurants



Map	Restaurant	Ethnic Description	Street	City	State	Zip	Phone
1	Uccello's	Italian	4787 Lake Michigan Dr NW	Grand Rapids	MI	49544-3541	616.954.7590
2	German Village	German	4378 Lake Michigan Dr NW	Grand Rapids	MI	49544-4571	616.453.8140
3	Vitale's Italian Restaurant	Italian	834 Leonard St NE	Grand Rapids	MI	49503	616.458.8368
4	San Chez A Tapas Bistro	Spanish	38 W Fulton St.	Grand Rapids	MI	49503	616.774.8272
5	Schnitzelbank	German	342 Jefferson Ave SE	Grand Rapids	MI	49503-4589	616.459.9527
6	Marie Catrifs Grand Rapids	French	1001 Lake Dr SE	Grand Rapids	MI	49506-1536	616.454.4020
7	Pasta Pesto	Italian	3855 Division Ave S	Grand Rapids	MI	49548-3251	616.257.3437
8	Pietros Restaurant	Italian	2780 Birchcrest Dr SE	Grand Rapids	MI	49506-5477	616.452.3228
9	Adriatic Restaurant	European	3097 Broadmoor Ave SE	Grand Rapids	MI	49512	616.464.4300
10	Noto's Old World Italian	Italian	6600 28th St SE	Grand Rapids	MI	49546	616.493.6686

European Grocery Stores and Bakeries



Map	Grocery Store/Bakery	Ethnic Description	Street	City	State	Zip	Phone
1	Lewandoski's Market	Polish	1107 Walker Ave NW	Grand Rapids	MI	49504-4062	616.454.2281
2	20th Century Market Inc	Polish	610 Bridge St NW	Grand Rapids	MI	49504-5329	616.459.7340
3	Edzius Party Market	Polish	901 Fulton St W	Grand Rapids	MI	49504-6214	616.451.0900
4	Frank's Market	Polish, German	750 Fulton St W	Grand Rapids	MI	49504-6320	616.454.2706
5	Steenstra Royal Dutch Bakery	European	3940 30th St SW	Grandville	MI	49418-1692	616.534.7041
6	Urartu International Foods	European	3720 Eastern Ave SE	Grand Rapids	MI	49508-2413	616.241.2777
7	Erika's Import House	European	4547 28th St SE	Grand Rapids	MI	49512-1911	616.942.1450

Michigan Ethnic Newspapers

News Paper	Publisher	Ethnic Community Served	City	Phone	Fax
Take Pride!		African American	Grand Rapids	616-243-4114	
American Arab Message	AA Printing and Publishing Co.	Arab	Detroit	313-868-2267	810-932-3409
Citizen Newspaper	New Day Enterprise	African American	Benton Harbor	269-927-1527	269-927-2023
De Mujer a Mujer	Elisa M. Gutierrez	Hispanic Women's Issues	Detroit	313-841-0805	313-841-2950
El Central	Sanchez Communications	Hispanic	Detroit	313-841-0100	313-841-0155
El Hispano News	Editor Jaime Malone	Spanish	Grand Rapids	616-452-1546	616-452-1542
El Informe	Michigan Commission on Spanish Speaking Affairs	Spanish	Lansing	517-354-8621	517-354-8541
El Vocero Hispano	Andres Abreu, Editor	Spanish	Grand Rapids	616-249-6023	616-246-1228
Gazette Van Detroit	Belgian Publishing Company	Belgian	Roseville	586-777-2720	
Italian American	Italian American Cultural Society	Italian-American	Warren	586-751-5900	586-751-3855
Japan Detroit Press	David and Miyuki Mascot	Japanese	Bloomfield Hills	248-960-5000	248-926-0264
Jewish News	Watersport Communications, LLC	Jewish	Southfield	248-354-6060	248-354-1210
La Gazzetta	829221 Ontario Ltd.	Italian	Windsor, Ontario	519-253-8883	519-253-3280
La Tribuna Del Populo	Edward M. and Marlene Baker	Italian	Madison Heights	248-541-6744	248-541-6890
Latino Press	Elisa M. Gutierrez	Hispanic (arts and education)	Detroit	313-841-9333	313-841-2950
Mi Gente	Larry Rodarte, Editor	Spanish	Saginaw	989-753-1999	989-797-1927
Michigan Chronicle	Sengstacke Enterprises	African American	Detroit	313-963-5522	313-963-8788
Michigan Citizen	New Day Enterprise	African American	Highland Park	313-869-0033	313-869-0430
N.A. Wochen-Post	Knuth Beth	German	Troy	248-641-9944	248-641-9946
Swiat Polski Polish World	Polish Daily News, Inc	Polish-American	Hamtramck	313-365-1990	313-365-0850
Take Pride! Community	Patricia E. Grier	Multi-cultural	Grand Rapids	616-243-0577	616-243-6844
The Grand Rapids Times	Jenison Printing	African American	Grand Rapids	616-245-8737	616-245-1026
The Polish Newspaper		Polish	Windsor, Ontario	519-944-9871	519-944-6262
The Polish World		Polish	Hamtramck	313-365-1990	313-365-0850
Ukrainian News	Ivan Bahriany Foundation	Ukrainian	Detroit	313-336-8291	313-336-4141
Washtenaw Jewish News	Susan Ayer (non-profit owned)	Jewish	Ann Arbor	734-971-1800	

United States Holidays

January 1	New Year's Day	First day of the New Year
March or April	Easter (Sunday)	Christian religious holiday
May (Last Monday)	Memorial Day	Commemoration of men and women who died in service to their country
July 4	Independence Day	Birthday of U.S., commemoration of Declaration of Independence from Great Britain in 1776
September (First Monday)	Labor Day	Recognizes U.S. workers
November (Fourth Thursday)	Thanksgiving	A day of being thankful for all that is good
December 25	Christmas Day	Religious holiday celebrating birth of Jesus Christ

Secondary U.S. Holidays

Some employers and many government offices are closed

January (Monday nearest 1/25)	Martin Luther King, Jr. Day	Commemoration of civil rights leaders birthday
February (Monday nearest 2/20)	President's Day	Birthday of 2 U.S. Presidents—George Washington and Abraham Lincoln
October (Monday nearest 10/12)	Columbus Day	Commemoration of discovery of America by Christopher Columbus
November (Monday nearest 11/11)	Veteran's Day	Commemoration of men and women who have served in the U.S. military

Other Holidays

Businesses do not close, but many people celebrate

February 14	Valentine's Day	Celebration of romance and loved ones
March 17	St. Patrick's Day	Irish heritage celebration
May (Second Sunday)	Mother's Day	Day to honor all mothers
June (Third Sunday)	Father's Day	Day to honor all fathers
October 31	Halloween	Eve of All Saint's Day

Ways in which Holidays are Celebrated

New Year's Eve (December 31)	Dinner parties, dances, and celebrations welcoming the New Year
New Year's Day (January 1)	Family and friends get together for meals and watch football games on the television.
Valentine's Day (February 14)	Send or give greeting cards, candy, flowers, or small gifts to your sweetheart. Young children exchange special greeting cards.
St. Patrick's Day (March 17)	Many Irish and non-Irish people wear green clothing and go to parties at Irish Pubs to eat traditional Irish foods and drink "green" beer (beer colored with green dye).
Easter	It is traditional for the "Easter Bunny" to bring candies and colored eggs in baskets to children to find on Easter morning. Christians attend church and special services celebrating the resurrection followed by family meals.
Mother's Day and Father's Days	Children give cards and present or do special things for their parents.
Memorial Day, Independence Day, & Labor Day	Picnics, Barbecues, Trips to the Beach. The three holidays have come to signify beginning of summer, midpoint of summer and end of summer.
Halloween (Oct. 31)	Children dress in costumes to go to parties or ring neighbors' doorbells, greeting residents with "Trick or Treat", after which they are given candy or other treats. Many adults attend costume parties.
Thanksgiving	Friends and family gather for a feast with traditional foods including turkey and dressing, cranberries, sweet potatoes & pumpkin pie.
Christmas (Dec. 25)	Many people attend church on Christmas Day or Christmas Eve, friends and family gather to exchange gifts, decorate a Christmas tree, sing Christmas carols, and "Santa Claus" brings gifts for children.

Conversion Charts

Weight

1 pound (lb) = 16 ounces (oz.)

Metric Weight Conversion Chart

Lb	=	Kg	Kg	=	Lb
1		0.45	1		2.21
2		0.91	2		4.41
3		1.36	3		6.61
4		1.81	4		8.82
5		2.27	5		11.02
6		2.72	6		13.23
7		3.18	7		15.43
8		3.63	8		17.46
9		4.08	9		19.84
10		4.54	10		22.05
50		22.68	50		110.23
100		45.36	100		220.46

Volume (Liquid Measure)

1 cup	=		8 liquid ounces
1 pint	=		16 liquid ounces
1 quart	=		32 liquid ounces (2 pints or 4 cups)
1 gallon	=		128 liquid ounces (4 quarts or 8 pints or 16 cups)

Gal	=	L	L	=	Gal
1		3.79	1		0.26
2		7.57	2		0.53
3		11.35	3		0.79
4		15.14	4		1.06
5		18.93	5		1.32
6		22.71	6		1.58
7		26.5	7		1.85
8		30.28	8		2.11
9		34.16	9		2.38
10		37.94	10		2.64
50		189.7	50		13.2
100		379.4	100		26.4

Linear

A basic length measurement in the United States is the inch (2.54 centimeters)

12 inches = 1 foot (3.2 feet = approx. 1 meter)

3 feet (36 inches) = 1 yard

5280 feet = 1 mile

Metric Length Conversion Chart

In	=	Cm	Cm	=	In
1		2.54	1		.40
2		5.08	2		.80
3		7.63	3		1.20
4		10.16	4		1.60
5		12.70	5		2.00
6		15.24	6		2.40
7		17.78	7		2.80
8		20.32	8		3.20
9		22.86	9		3.50
10		25.40	10		3.90
11		27.94	11		4.30
12		30.48	12		4.70

Distance is measured by the mile (mi).

Metric Distance Conversion Chart

Mi	=	Km	Km	=	Mi
1		1.61	1		.62
2		3.22	2		1.24
3		4.83	3		1.86
4		6.44	4		2.46
5		8.05	5		3.11
6		9.66	6		3.37
7		11.27	7		4.35
8		12.88	8		4.97
9		14.48	9		5.59
10		16.09	10		6.21
50		80.47	50		31.07
100		160.9	100		62.14

Temperature

The U.S. measures temperature by Fahrenheit scale. To convert Fahrenheit to Celsius: Take the number of degrees Fahrenheit, subtract 32, multiply by 5, divide by 9 and round up.

<u>F degrees</u>	<u>C degrees</u>
32	0
40	5
50	10
60	15
70	20
85	30
105	40
140	60
175	80

Measurements for Cooking

1 Quart (qt)	=	1 liter (approx)
1 Pint (pt)	=	½ liter (approx)
1 Pound (lb)	=	500 grams
1 Teaspoon (tsp)	=	2 liquid grams
1 Tablespoon (Tbsp)	=	6 liquid grams

Oven Temperature

<u>Degrees Fahrenheit</u>	<u>Celsius</u>	
140 - 250 degrees	70 – 121 degrees	(low heat or slow cooking)
300 – 400 degrees	50 – 205 degrees	(medium or moderate)
400 degrees & up	205 degrees	(hot or maximum)

Clothing Conversions

Men's and Women's Clothes

Women's Suits and Dresses

United States	UK	Continental Europe	Japan
4	6	36	3
6	8	38	5
8	10	40	7
10	12	42	9
12	14	44	11
14	16	46	13
16	18	48	15
18	20	50	17
20	22	52	19

Men's Suits and Overcoats

United States	UK	Continental Europe	Japan
34	34	44	S
36	36	46	
38	38	48	M
40	40	50	L
42	42	52	
44	44	54	LL
46	46	56	
48	48	58	
50	50	60	
52	52	62	

Men's Shirts

United States	UK	Continental Europe
13.5	13.5	34
14	14	36
14.5	14.5	37
15	15	38
15.5	15.5	39
16	16	40
16.5	16.5	41
17	17	42
17.5	17.5	43
18	18	45

Men's and Women's Shoes

Women's Shoes

United States	UK	Continental Europe	Japan
5	3	36.5	23
5.5	3.5	37	23.5
6	4	37.5	24
6.5	4.5	38	24.5
7	5	38.5	25
7.5	5.5	39	-
8	6	40	-
8.5	6.5	40.5	-
9	7	41	-
9.5	7.5	42	-

Men's Shoes

United States	UK	Continental Europe
7	6	38.5
7.5	6.5	39
8	7.5	40.5
8.5	8	41
9	8.5	41.5
9.5	9	42
10	9.5	43
10.5	10	44
11	10.5	44.5
11.5	11	45
12	7.5	46

NOTE: Conversion charts for clothing and shoes especially are not exact.

Compiled March 2006 by The Right Place, Inc.