

*Recipes
from our Family
to Yours*





Letter from the Chief

On behalf of the men and women of Syracuse Police Department, I thank you for purchasing this cookbook; we are fortunate to serve such a great, supportive community. Helping people in need is woven into the fabric of Syracuse, and we are honored that we can use the law enforcement profession to further this sense of charity and cooperation.

Net proceeds from this cookbook will be donated to the Utah 1033 Foundation. The Foundation provides immediate financial support to the families of Utah's fallen law enforcement officers and provides scholarships for the post-secondary education of the officer's children. Named for the radio code "10-33," which means an officer is in urgent need of help, the Foundation is honored to give back to the families who sacrifice and accept great risk so that we may have safer communities.

The recipes in this cookbook have been shared by our members' families, compiled by our Department family, and happily shared with your family. It is our sincere hope that this cookbook will be a tool you can use to bring your family together, strengthen bonds, and create lasting memories. We also hope that each time you make one of these recipes, you will take pride in knowing your donation helped make a difference for a family of a fallen officer.

Garret Atkin
Police Chief



Syracuse Police Department wants to
thank the following organizations for
their support:



SERVING THEIR COMMUNITY

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Equivalent Measures

1 DASH = 2 TO 3 DROPS (WET INGREDIENT)

1 DASH = LESS THAN 1/8 TEASPOON (DRY INGREDIENT)

1 HEAP = PILE AS MUCH THAT WILL STAY ON MEASURING DEVICE

1 TABLESPOON = 3 TEASPOONS

1/4 CUP = 4 TABLESPOONS

1/3 CUP = 5 TABLESPOONS PLUS 1 TEASPOON

1/2 CUP = 8 TABLESPOONS

1 CUP = 8 OUNCES = 16 TABLESPOONS

1 PINT = 2 CUPS = 1/2 QUART

1 QUART = 2 PINTS = 4 CUPS = 1/4 GALLON

1 GALLON = 4 QUARTS = 8 PINTS

1 POUND = 16 OUNCES



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