

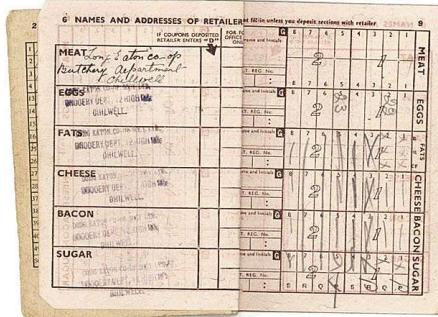
# Rationing

## How did rationing work?

People were only allowed certain amounts for certain foods. To control this, the government issued everyone with an identity card and ration book.

Each family or individual had to register with a local supplier from whom rations of food would be bought. These details were stamped in the book and you could only buy your ration from that supplier.

The ration Books contained coupons that shopkeepers cut out, stamped, crossed off, or signed when people bought food and other items, to show that a ration has been bought. This helped to ensure that people only bought the amount they were allowed.



### There were different coloured ration books...

Specific groups of people had specific coloured ration books in order to make sure that everyone's needs were met.

The government wanted to make sure all people received the right amount and types of food needed for their health.



Buff-coloured ration books were given to most adults.

Green ration books were given to pregnant women, nursing mothers and children under 5. (They had first choice of fruit, a daily pint of milk and a double supply of eggs.)

Blue ration books were given to children between 5 and 16 years of age. It was to ensure that children had fruit, the full meat ration and half a pint of milk a day.

## Why was everything so carefully controlled?

Everything was carefully controlled to make sure that everybody got a fair share of the food and goods available. The government was worried that as food and other items became scarcer, prices would rise and poorer people might not be able to afford things. There was also a danger that some people might hoard items, leaving none for others. Rationing was introduced to make sure that everyone had a fair share of the items that were hard to get hold of during the war.

## What food was rationed?

First, bacon, butter and sugar were rationed. Many different foods were added to the food ration list during the war. These included:

meat	fish
cheese	rice
jam	tea
eggs	peas
biscuits	milk
dried fruit	cooking fat
tinned tomatoes	
canned fruit	
breakfast cereals	

Some foods such as potatoes, fruit and fish were not rationed.

## Weekly Rations:

The weekly ration varied from month to month as foods became more or less plentiful. A typical ration for one adult per week was:

Butter: 50g (2oz)	Bacon and ham: 100g (4oz)	Margarine: 100g (4oz)
Sugar: 225g (8oz).	Meat: To the value of 1s.2d (one shilling and sixpence per week. That is about 6p today)	Milk: 3 pints (1800ml) occasionally dropping to 2 pints (1200ml).
Cheese: 2oz (50g)	Eggs: 1 fresh egg a week.	Tea: 50g (2oz).
Jam: 450g (1lb) every two months.	Dried eggs 1 packet every four weeks.	Sweets: 350g (12oz) every four weeks



In addition to the above food, everyone was allowed 16 points per month to use on whatever food items they wished.