

Food Rationing

Food rationing began in 1940. This meant each person could buy only a fixed amount of certain foods each week.

Much of Britain's food came from other countries in ships. Enemy submarines sank so many ships that there was a shortage of some foods. Rationing made sure everyone got a fair share.

This is the ration for one adult per week. Food rationing came into force in January 1940. At its worst, in 1942, a typical ration for one adult per week was:

Butter: 50g (2oz)	Bacon and Ham: 100g (4oz)	Margarine: 100g (4oz)
Sugar: 25g (8oz)	Meat: To the value of 1s.2d (One shilling and sixpence per week. That is about 6p today)	Milk: 1800ml (3 pints) Occasionally dropping to 1200ml (2 pints)
Cheese: 50g (2oz)	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

Foods such as rice, jam, biscuits, tinned food and dried fruit were rationed by points.

Each family had to register with a shop or store where the food would be bought and this was the only place where the family could shop.

Each member of the family had his/her own ration book, adults had a buff coloured book, children over three had a blue book and babies had a green book.

How much food would your family be able to buy each week?

Count the number of people in your family who live in your house, adults and children, and calculate how much of each food item you would get. Write the answer in grams and kilograms. (1000 grams is 1 kilogram)

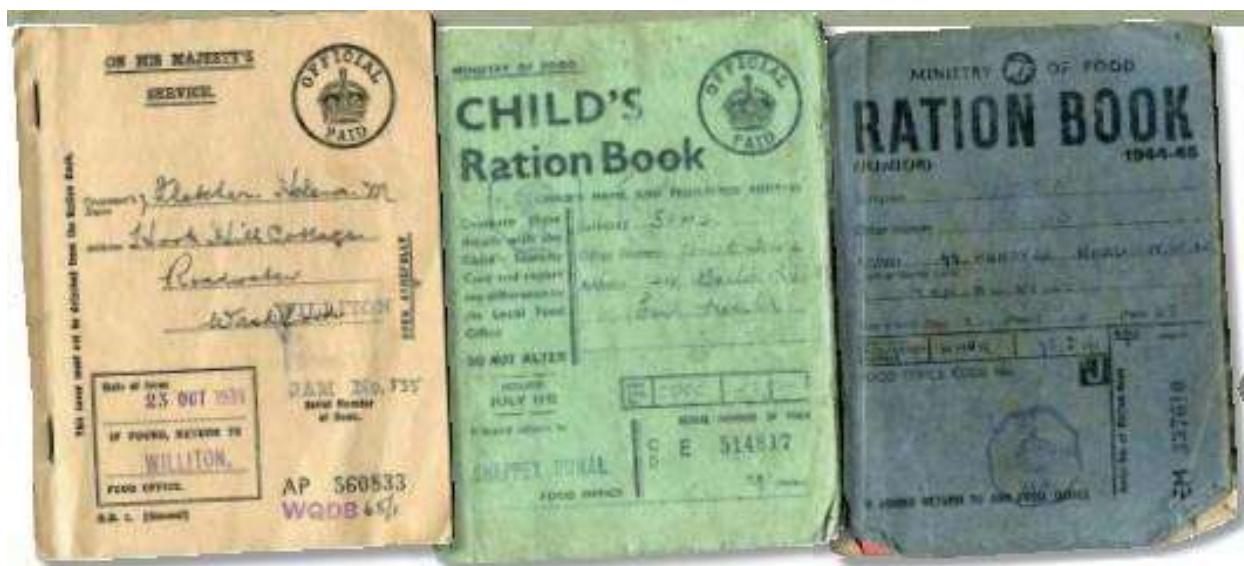
E.g. In my family there are five people, so: Butter 50g

$$5 \times 50\text{g} = 250\text{g}$$

$$250\text{g} \text{ divided by } 1000 = 0.25\text{kg}$$

Refer back to the ration table on the previous page. Then put your family's rations in this box to help you:

Butter:	Bacon and Ham: the vegetables (diced) are cooked, stir in once.	Margarine: and the salt and pepper. When the breadcrumbs, grated cheese and
Sugar:	Meat: 1 carrot, sliced 1 potato, sliced	Milk: 1/2 oz. fat 2 pints stock or water
Cheese:	Eggs: Piece of leek or celery, sliced Bacon rinds	Tomato Soup 1 lb. fresh or tinned Salt and pepper Tea: 2 ozs. flour
Jam:	Dried Eggs (1 packet every four weeks):	Prepare and slice the potato and leek with the bacon rinds in the hot fat. Pour on the boiling water and add the sliced tomatoes, salt and pepper. Cool. When the flour is blended with a wooden spoon, add it to the soup with a little cold stock or water.



What food item do you think you would really have missed during the war: