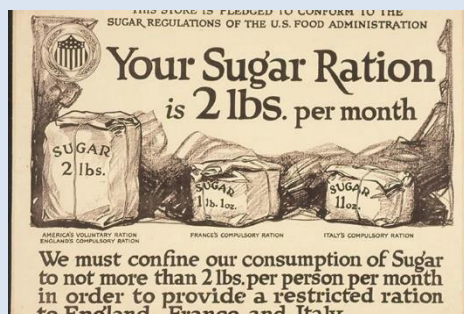


## Rationing in WW2

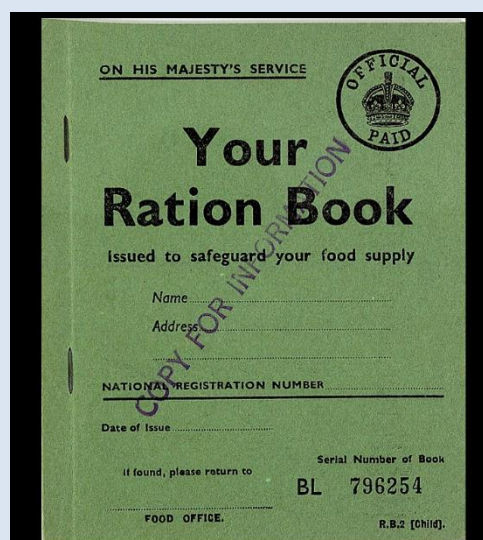


Food rationing during WW2 started in 1940. The following table gives you an idea of the weekly rations for an adult, Children were allowed half of an adult ration.

|                                |  |  |
|--------------------------------|--|--|
| Butter: 50g (2oz)              | Bacon and ham: 100g (4oz)  | Margarine: 100g (4oz)                            |
| Sugar: 225g (8oz)              | Meat: to the value of 1s 6d (1 shilling and sixpence) per week. That's about 6p today. | Milk: 1800 ml (3 pints), sometimes only 2 pints. |
| Cheese: 50g (2oz)              | Eggs: 1  | Tea: 50g (2oz)                                   |
| Jam: 450g (1lb) for two months | Dried egg: 1 packet per month  | Sweets: 350g (12oz) per month                    |

Foods like rice, biscuits, tinned food and dried fruit were rationed by points.

Each family needed to register with a local shop and could only shop there. Each member of the family had their own ration book.



## Activities

1. Choose 4 items from the list and weigh out the amount. Draw a picture of each item below and write what you notice. Does anything surprise you?

| Item | What I noticed |
|------|----------------|
| 1.   |                |
| 2.   |                |
| 3.   |                |
| 4.   |                |

2. Choose one of these items and try to divide it into 7 – how much would you have for each day of the week? What do you notice now?
3. How much food would your family be able to buy? Count the number of people in your family, remembering that children would only get half an adult's allowance, and work out what you would be able to buy using the list above.

For example: 'In my family there are 2 adults and 2 children, so:

Butter 50g\_\_\_\_\_5x50g = 250g of butter per week.