

RECIPE PROMPTS



A Victoria Sandwich cake needs
8oz of butter, sugar, and flour.

1 small serving of jam is 20 grams - a
jar has 454 grams - how many
sandwiches could you make with that?



For a light, fluffy cake
you need 2-3 eggs.

Growing your own fruit and
vegetables are a great way to add
more food to your allowance.



2 oz of tea is less than 20
tea bags. Don't use them all
at once!



THE KEEP
MILITARY MUSEUM

MINISTRY OF FOOD

RATION BOOK

PROPERTY OF...

SURNAME.....

OTHER NAMES.....

.....



JUNIOR

SERIAL NO. OF RATION BOOK

TK 106660

IF FOUND RETURN TO ANY FOOD OFFICE

YOUR WEEKLY FOOD

ALLOWANCE

Bacon & Ham 4 oz (113g)
Other meat 2 chops
Butter 2 oz (57g)
Cheese 2 oz (57g)
Margarine 4 oz (113g)
Cooking fat 4 oz (113g)
Milk 3 pints
Sugar 8 oz (226g)
Jam 1 jar every 2 months
Tea 2 oz (57g)
Eggs 1
Sweets 12 oz (350g) every 4
weeks



DO NOT FORGET TO GET YOUR BOOK STAMPED