



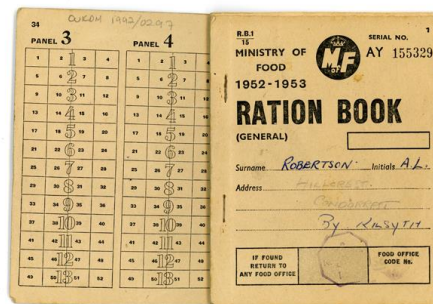
WWII Rationing

Rationing was introduced during WWII as many food and other items were in short supply. Some foods such as bananas were imported and couldn't be brought to the UK as the ships were being bombed. Others items for example silk were being re-purposed towards the war effort.

Everyone in the UK was issued with a ration book which you had to take to the shops with you. The shop keeper would mark off your token to show that you had received your ration for that week. Many everyday food items were in short supply including milk, cheese, bread and eggs and so families had to think very carefully about their meals to make the ration last until the following week.

Below is a chart showing the average weekly rations for an individual during the war.

You can find out more about life during WWII or see some of the museums artefacts from that time period by visiting our collections website <https://www.culturenlmuseums.co.uk/>



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Average Weekly Rations

Butter: 50g (2oz)	Bacon and ham: 100g (4oz)	Margarine: 100g (4oz)
Sugar: 225g (8oz).	Meat: To the value of <u>1s.2d</u> (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

Plus all the seasonal vegetable and fish that are available and you can grow of afford to buy. Bread was available too as well as powdered eggs and milk.

Write a menu for one day using 1/7th of the rations for the week.

Breakfast.....

Lunch.....

Dinner.....

Supper or snack during the day.....

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