



WWII: Feeding the Family

A mother's activity

From 1940, essential food was rationed to make sure that there were enough supplies for everyone. When going shopping each day, Mother would take family's ration books, which would have tokens in them for the food they needed. Queuing for food became a normal part of life.

This is a typical weekly allowance for an adult:

- 1 Egg
- 55g Cheese
- 55g Tea
- 55g Butter
- 115g Cooking fat or Margarine
- 115g Bacon or Ham
- 225g Sugar
- 350g Sweets (per month)
- 450g Jam (every one or two months)
- 1.5 litres (3 pints) Milk
- 6p worth of meat (rationed by price not weight)

Have a go at weighing out some of the ingredients to give you an idea how much food that really was!

Vegetables were not rationed. What do you think people did during this time to have more food?

Have a go at researching war time recipes. How did people get creative with their limited supplies?

Did you know?

Rationing was introduced on 8th January 1940 and lasted for over 14 years.