

white and brown  
s Patent Groats, Midlothian Oat Flour  
ured and prepacked by Scottish Co-  
Wholesale Society Ltd  
he trade mark "R.S.O  
by White Tomkins an  
duct sold under the trade  
round" manufactured by  
l.(medium ground Oatrey  
flour manufactured and  
Milling Co. Ltd., the C  
berdeen) Ltd., John G  
a. Hannay Ltd., John In  
akes—2 per lb.  
olina—4 per lb. (inc  
lavoured semolina and  
factured by Energen Foo

points each. These  
used only during the 4-week perio  
ING REMINDE  
Cakes, bun  
s cone  
1 lb. = 1 B.  
VALUES: L=1;  
K=4; G, J=6.  
ons 1/2 = one rat  
Both coupons  
= 2 rations.

MINISTRY **MF** OF FOOD

# RATION BOOK

(JUNIOR) 1944-45


Surname \_\_\_\_\_


Other Names \_\_\_\_\_

Address \_\_\_\_\_  
(as on Identity Card)

Date of birth (Day) \_\_\_\_\_ (Month) \_\_\_\_\_ (Year) \_\_\_\_\_

NATIONAL REGISTRATION NUMBER	:	R.S.4 7 JUNIOR
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FOOD OFFICE CODE No. 

 8.17

IF FOUND RETURN TO ANY FOOD OFFICE

Serial No. of Ration Book  
**EJ 115019**

**Living on  
WW2 Rations  
Experiment**



# What is this all about?

'Are you worried about the state of the world right now? Have you been asking yourself: What if I lost my job? What if I became ill and couldn't work? What if my income halved? WHAT IF WW3 REALLY HAPPENS? Never say never, stranger things have happened.

In a society of abundance, most of us in the developed world never have to worry if there will be food in the shops to buy, and when we run out we simply pop out and stock up, no queuing, no anxieties. Are we becoming detached from knowing how to cope with restriction and how to make do with less?

Maybe it is time to start preparing for the worst while hoping for the best and what better way than to experience a WW2 Ration Book diet for one month, to challenge ourselves to live simply with less, to make do yet make the best of it.

**How will you cope?**

**How will you feel?**

**Will you spend less?**

**Will you be able to make your limited rations stretch?**

Join the "Living on WW2 Rations Experiment" now. Your country needs people like you to share your experiences. Will you give it a go? Whether for 1 day, 1 week or 1 month, it will I'm sure, teach us all something.

# How will I start?

## Follow these steps:

1. Read the standard ration supplied and allocated points below and make a list of what you need to buy every week or every month and go shopping!
2. Keep a container or designated shelves in your cupboard and fridge specifically for your rations. This way you can easily see at a glance what you've got and how long it will last!
3. Work out what seasonal fruit and vegetables are available and shop for those too. Vegetables and fruits were not rationed but could be in short supply, especially onions and tomatoes and fruit shipped from overseas. Bananas were rarely seen.
4. Plan your meals ahead if you can using what ingredients you have available and try to stick with that as it will make it easier for you to make those rations last! Use [Ministry of Food leaflets](#), recipe books and [198 wartime recipes](#).
5. Keep a daily diary of your experience with a few key notes and maybe a photo of what you have cooked. Share on [www.the1940sExperiment.com](http://www.the1940sExperiment.com) and [Facebook](#).



# WW2 Rations UK

## Minimum weekly allowance for one adult:

Bacon & Ham 4 oz (113 g)

Meat to the value of 1 shilling (equivalent to £2.50s worth)

Butter 2 oz (57 g)

Cheese 1 oz (28 g)

Margarine 4 oz (113 g)

Cooking fat 2 oz (57 g)

Milk 3 pints (568 ml)

Sugar 8 oz (227 g)

Preserves 1 lb jar (380 ml) every 2 months

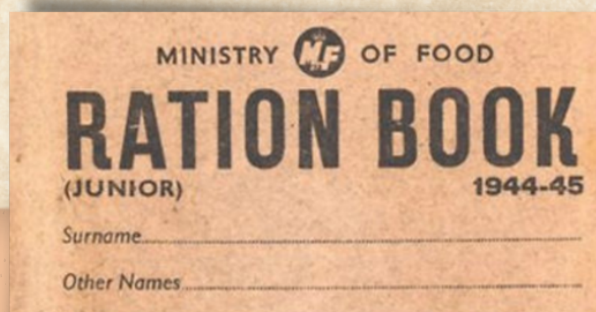
Tea 2 oz (57 g)

Eggs 1 (or one packet of dried egg equivalent to 12 eggs, every 2 months)

Sweets/Candy 8 oz every 4 weeks

Vegetarians were allowed an extra 3 oz (85 g) cheese instead of meat and an extra egg per week too. Some family members would chose a vegetarian ration instead of a standard ration to bring more eggs and cheese into the household.

Are you vegan? Maybe you could choose the vegetarian ration but use plant based cheese and milk instead or why not use the standard ration and substitute real meats for plant-based meats? The Vegan Society formed in 1944 as did the word vegan.



# Rationing amounts in other countries.

Unfortunately I am unable to devote the time to research rationing in other countries right now but there are some resources below that may help if you wanted to find out more about rationing in other countries and try these instead.

## USA

Rationing details: [click here](#)

Points system: [click here](#)

## CANADA

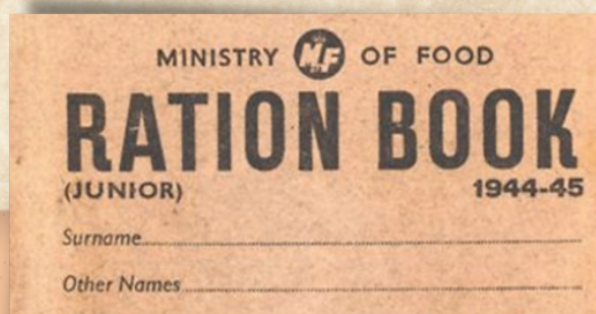
Food on the home front and rationing: [click here](#)

## AUSTRALIA

Ration of food during WW2: [click here](#)

## ALL COUNTRIES

Rationing across the nations in WW2: [click here](#)



# What about the UK points system?

Every person in the UK was allocated points every month to buy other foods in shops where available. For this experiment we are using 16 points per month. Points fluctuated though to encourage people to buy foods more readily available. Here are some examples:

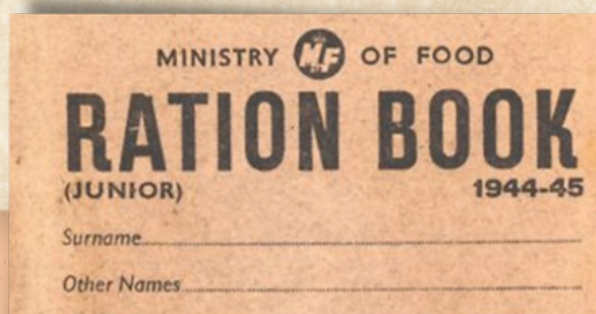
## Points Per Pound or Per Tin

Baked Beans – 2	Rice – 8	Stewed Steak – 20
Dry Biscuits – 2	Sardines – 2	Rolled Oats – 2
Sweet Biscuits – 4	Sultanas – 8	Salmon – 16
Herrings – 2	Skimmed Milk – 5	Sausage Meat – 12
Spam – 16	Currants – 16	Best Red Salmon – 32
Lentils/split peas - 2		Chopped Ham – 3 (per oz)

WW2 Peoples War: [Read more](#)

Read more on Google: [Click here](#)

CHILDRENS RATIONING & WORKBOOK: [Click here](#)



# FOOD FACTS

MISS LIGHTFOOT works in a factory all day. She makes no song or dance about it, but she is doing her bit. And the thing you couldn't help noticing is that even in wartime conditions she is seldom tired, never ill, never nervy.

What is it Miss Lightfoot does that perhaps you don't? She eats potatoes and carrots. So do you. But she eats them every day—and every day in a different way. They protect her from illness and fatigue and keep her full of vitality. They'll do just the same for you.



## Carrot Sandwiches for a change

1. Add two parts of grated raw carrot to one part of finely shredded white heart of cabbage, and bind with chutney or sweet pickle. Pepper and salt to taste.
  2. Equal amounts of grated raw carrot, cabbage heart and crisp celery bound with chutney or sweet pickle. Pepper and salt to taste.
  3. Bind some grated raw carrot with mustard sauce, flavoured with a dash of vinegar.
  4. Cook diced carrot in curry sauce until tender enough to spread easily with a knife.
- All these fillings taste their best with wholemeal bread.



Our dockers don't mind risking their lives to unload your food, but if you waste it their language is something horrible!

## Carrot-Cap Salad

Every woman who values her good complexion should have this salad regularly.

Cook two or three good sized potatoes in their skins. When tender, strain without drying off, to avoid making them floury. Slice and dice neatly; then dress in vinaigrette dressing (two parts of salad oil to one of vinegar, pepper and salt to taste) while they are still hot. Pile in the salad bowl lined with a few shredded lettuce leaves or watercress. Sprinkle with a little chopped chive or rings of spring onion, and pile high with grated carrot. To make a more substantial dish, add one or two boned sardines or fillets of smoked herring.

## Potato Floggies

These are real energy givers. Scrub 2 potatoes and grate with a coarse grater over a bowl. Then add sufficient flour to form a batter. Season with salt and pepper. Melt a little dripping and mix very hot in a frying pan. Drop the mixture into it. When brown on one side, turn and brown on the other. Serve with a little jam if you want it as a sweet dish. If you want it as a savoury, add a pinch of mixed herbs and a dash of cayenne pepper.

When you "dig for victory," give vegetables the normally import from abroad—tomatoes, leeks, carrots and onions.



## "Fadge" for Breakfast

"Fadge" is both nourishing and filling. It is excellent for breakfast. Boil some well-scrubbed potatoes, then peel and mash them while hot. When the mixture is cool enough to handle, add salt, and work in enough flour to make a pliable dough. Knead tightly on a well floured board for about 5 minutes, then roll into a large circle about 4 in. thick. Cut into wedge shaped pieces and cook on a hot griddle, an electric hot-plate or on the upper half of a quick oven and brown on both sides, turning once.

Remember to turn on your wireless at 8.15 every morning for useful food tips from the radio Kitchen Front.

THE MINISTRY OF FOOD, LONDON, S.W.1

## LORD WOOLTON PIE

### THE OFFICIAL RECIPE

In hotels and restaurants, no less than in communal canteens, many people have tasted Lord Woolton pie and pronounced it good. Like many another economical dish, it can be described as wholesome fare. It also meets the dietician's requirements in certain vitamins. The ingredients can be varied according to the vegetables in season. Here is the official recipe:—

Take 1lb. each diced of potatoes, cauliflower, swedes, and carrots, three or four spring onions—if possible, one teaspoonful of vegetable extract, and one table-spoonful of oatmeal. Cook all together for 10 minutes with just enough water to cover. Stir occasionally to prevent the mixture from sticking. Allow to cool; put into a pie-dish, sprinkle with chopped parsley, and cover with a crust of potato or wheatmeal pastry. Bake in a moderate oven until the pastry is nicely browned and serve hot with a brown gravy.

## FOOD FACTS

# POINTS NEWS

Period No. 1 in the new books, July 21 to August 17. The total number of points for each ration book is increased to 32.

A=1; B=2; C=5

### UP

**Cereal Breakfast Foods**—packs not more than 8 oz.—4; more than 8 oz. but not more than 12 oz.—6; more than 12 oz. but not more than 16 oz.—8.

**Dried Peas**—Imported dried blue or green (excluding wrinkled, seed or soaked) 2 per lb.; imported dried blue or green, soaked (excluding wrinkled or seed)—1 per lb.; threshed home-grown (hand picked but excluding seed or soaked)—2 per lb.; threshed home-grown soaked (excluding seed)—1 per lb.; green split—2 per lb.

**Table Jellies**—Table jelly tablets—1 pint (minimum 5 oz.)—6; table jelly compounds 1 pint (minimum 2½ oz.)—6; table jelly crystals—1 pint (minimum 3 oz.)—6.

### OFF POINTS

From July 21st all home canned fish will be sold "off points"—home canned herring will not be in the shops for several weeks. There will be no immediate increase in the quantity of Brisling or Sild.

### NEW

**Oatmeal and Oat Flour**—2 per lb. (including white and brown groats, excluding Robinson's Patent Groats, Midlothian Oat Flour manufactured and repacked by Scottish Co-operative Wholesale Society Ltd., products sold under the trade mark "R.S.O. Food" manufactured by White Tomkins and Courage Ltd., the product sold under the trade mark "Oatrex—Fine Ground" manufactured by George King & Co. Ltd. (medium ground Oatrex will be on points) and oat flour manufactured and prepared by The Angus Milling Co. Ltd., the Caledonian Milling Co. (Aberdeen) Ltd., John Grant & Sons Ltd., R. & A. Hannay Ltd., John Inglis & Sons Ltd.)

**Oatcakes**—2 per lb.

**Semolina**—4 per lb. (including coloured and flavoured semolina and Energen semolina manufactured by Energen Foods Ltd.)

### NEW (cont.)

**Macaroni, Vermicelli, Noodles, etc.**—4 per lb.

**Soyghetti** manufactured by Cereal Manufacturing Co. Ltd.—4 per lb.

**Cake, Pudding, Scone, Batter, Pancake, Mould, Dessert, Sauce and Bun Mixtures, FLOURS OR POWDERS** (excluding cornflour, custard powder, blancmange powder)—4 per lb.

**Pearl Barley, Pot Barley, Barley Flakes, Barley Kernels, Barley Flour, Barley Meal, Bere Meal and all cuts of Meal produced by milling barley**—4 per lb. (excluding barley malt or any product of barley manufactured solely for brewing or distilling or Robinson's Patent Barley).

**Home produced Grape Fruit Marmalade**—marked "For sale against points" 1 lb.—4, 2 lb.—8. No appreciable quantity will be in the shops before August 17th.

**PERSONAL POINTS**—No change. D=½, E=3.

**BREAD UNIT — POINTS EXCHANGE**—Points coupons obtained in exchange for Bread Units (in batches of 8 at any Food Office) will be B=2 points each. These coupons can be used only during the 4-week period marked on them.

### BREAD SHOPPING REMINDER

Small loaf = 2 B.U. Cakes, buns, scones,  
Large loaf = 4 B.U. ½ lb. = 1 B.U.  
Flour, 5 lb. = 9 B.U.  
B.U. COUPON VALUES: L=1; M, F, BUY=2; BUX=4; G, J=6.

**SOAP**—K coupons 1/2=one ration, 3/4=two rations. Both coupons in child's green book=2 rations.

## How to make RATIONS FOR ONE go f-u-r-t-h-e-r

Planning meals is usually easier with several ration books than with just one. But the woman (or man) living alone has this advantage, that she has only her own tastes to consider. The following suggestions show what can be done with a little ingenuity. Women who are alone during the day will also find these hints useful.



### What to do when you have to take your meat ration as—

**BREAST OF LAMB:** Bone and remove surplus fat (rendering the fat down for dripping). Make a savoury stuffing, spread on the meat and roll up. Tie or skewer firmly. This can then be baked, roasted or braised. If it is roasted, cook slowly.

**SCRAG END OF LAMB OR NECK OF VEAL:** Use it for a stew or casserole with plenty of vegetables (leeks are very good) and some dried beans and peas. Use herbs for flavouring and a dash of vinegar from the pickle bottle.

**PORK:** Make it into a stew or casserole, using plenty of vegetables and some dried beans or peas. Or braise it on a bed of vegetables and serve pork sausages with it.

### Suggestions for easily made main-meal dishes



#### MIXED GRILL

1 rasher of bacon, 1 sausage, a slice liver sausage, fried potato and peas or beans.

**SARDINE AND EGG SCRAMBLE:** 1 small knob of fat; ½ small leek, chopped finely; 1½ level table-spoons dried egg, re-constituted; 1 level table-spoon chopped parsley; salt, pepper, and pinch of mustard; 2 teaspsons vinegar; 3 sardines.

Fry leek in fat, add egg, seasoning and parsley, and scramble in usual way. Mash sardines with vinegar, add to egg and mix well.



# Seasonal vegetables

Here is a list of seasonal vegetables in the UK to help you when planning your WW2 menu, [more here](#)

## June

Asparagus, Aubergine, Beetroot, Blackcurrants, Broad Beans, Broccoli, Cauliflower, Cherries, Chicory, Chillies, Courgettes, Cucumber, Elderflowers, Gooseberries, Lettuce, Marrow, New Potatoes, Peas, Peppers, Radishes, Raspberries, Redcurrants, Rhubarb, Rocket, Runner Beans, Samphire, Sorrel, Spring Greens, Spring Onions, Strawberries, Summer Squash, Sweetheart Cabbage, Swiss Chard, Tayberries, Turnips, Watercress.

## July

Aubergine, Beetroot, Blackberries, Blackcurrants, Blueberries, Broad Beans, Broccoli, Carrots, Cauliflower, Cherries, Chicory, Chillies, Courgettes, Cucumber, Gooseberries, Greengages, Fennel, French Beans, Garlic, Kohlrabi, Loganberries, New Potatoes, Onions, Peas, Potatoes, Radishes, Raspberries, Redcurrants, Rhubarb, Rocket, Runner Beans, Samphire, Sorrel, Spring Greens, Spring Onions, Strawberries, Summer Squash, Sweetheart Cabbage, Swiss Chard, Tomatoes, Turnips, Watercress.

Search for seasonal vegetables in your country [here](#)

MINISTRY  OF FOOD  
**RATION BOOK**  
(JUNIOR) 1944-45

Surname \_\_\_\_\_

Other Names \_\_\_\_\_





# MEAL PLANNER

DATE: <hr/>	BREAKFAST	LUNCH	DINNER
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			



DATE \_\_\_\_\_

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**Thank you!**

I hope this download will help you get started  
in the run up to the

# **Living on WW2 Rations Experiment**



*C xxx*

