

What was Rationing and why was it necessary?

What is Rationing?



Watch

<https://www.bbc.co.uk/teach/class-clips-video/history-ks2-rationing-in-the-uk/zbgby9q>

What were the first food items to be rationed?

On 8 January 1940, bacon, butter and sugar were rationed.

What other food items were rationed?

Many different foods were added to the food ration list during the war. These included:

meat (Mar 1940)	jam (Mar 1941)	biscuits (Aug 1942),
fish	tea (Jul 1940)	breakfast cereals,
cheese (May 1941)	eggs (June 1941)	milk,
tinned tomatoes (Feb. 1942)	peas (Feb. 1942)	dried fruit Jan 1942
rice (Jan 1942)	canned fruit,	cooking fat (Jul 1940)

Some foods such as potatoes, fruit and fish were not rationed.

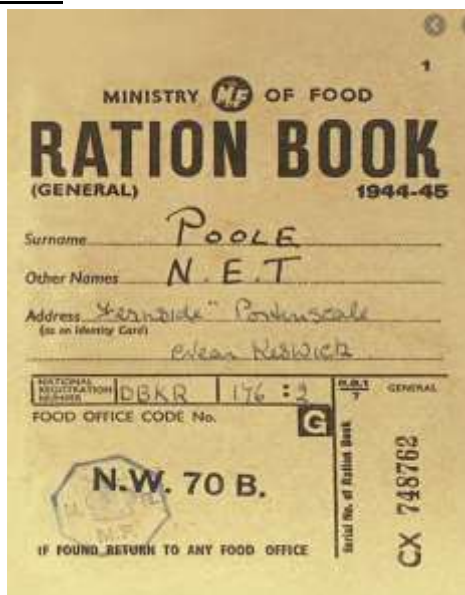
How much food was one person allowed to buy per week during the war?

The weekly ration varied from month to month as foods became more or less plentiful.

A typical ration for one adult per week was:

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

Ration Books

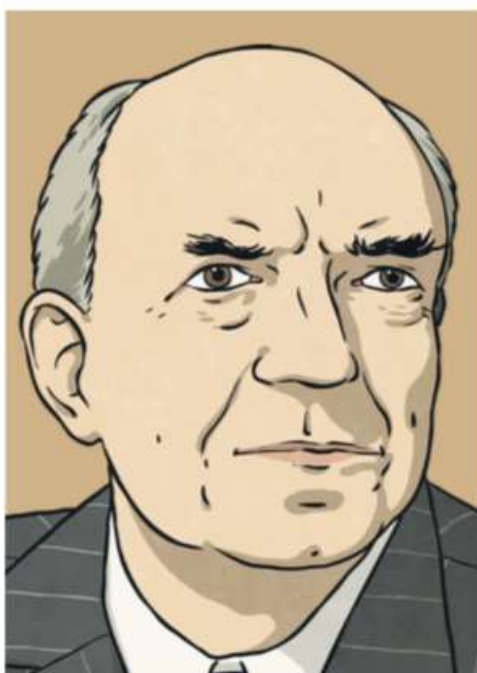
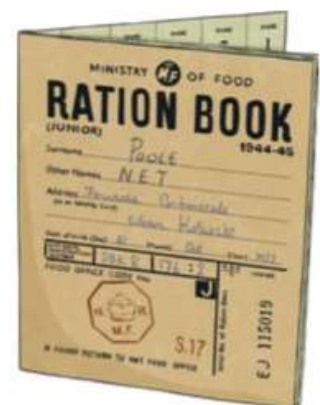


Ration Books

In order to ensure that everybody got their fair share of available foods, ration books were issued.

Everybody had to register with certain shops where they could go each week to purchase their allowance.

Coupons in the ration book showed people how much of each item they were allowed and the shopkeepers would remove or stamp the coupons when they were used.



The Ministry of Food

During the war, the government appointed a Minister of Food to help control and regulate the food supplies available. From April 1940 until November 1943, the Minister of Food was Frederick Marquis, the Lord Woolton.

Lord Woolton was responsible for organising the rationing system and encouraging people to make the most of what they had. He worked closely with the Ministry of Agriculture, who established the Dig for Victory propaganda campaign. This campaign was a great success.

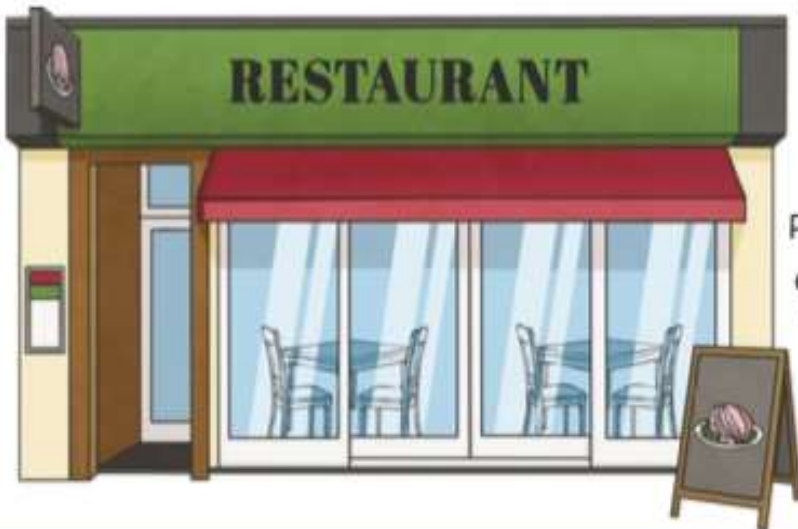
To encourage people to make the most of home-grown vegetables, a meat-less pie was developed by the head chef at the Savoy Hotel in London. It was known as Woolton Pie and Lord Woolton helped to advertise it.

Eating Out

For those who could afford it, eating out at restaurants meant they could save a lot of their rations. Restaurants were not rationed at the beginning of the war and people were able to buy a good meal. However, over time, some people started to complain that it was unfair that people who could afford to eat out regularly were able to eat better. From 1942, the government

ensured that restaurants could not charge more than five shillings for a meal, which meant they were more accessible to everybody.

People who worked were usually able to eat a good meal fairly cheaply during their working day and Lord Woolton ensured that children attending school got a free lunch each day and extra milk.



Other Rationing

Food was not the only thing rationed during the war. Petrol, soap, clothing and timber were also only available in limited supply. Clothing ration books were issued and people were encouraged to 'make do and mend'.



Task

During WW2 there were many posters encouraging people to ‘do what they can’ during rationing – recycling clothes, growing own vegetables etc.

We would like you to design your own poster encouraging people to DO WHAT THEY CAN. Below are a few examples that might help:

