

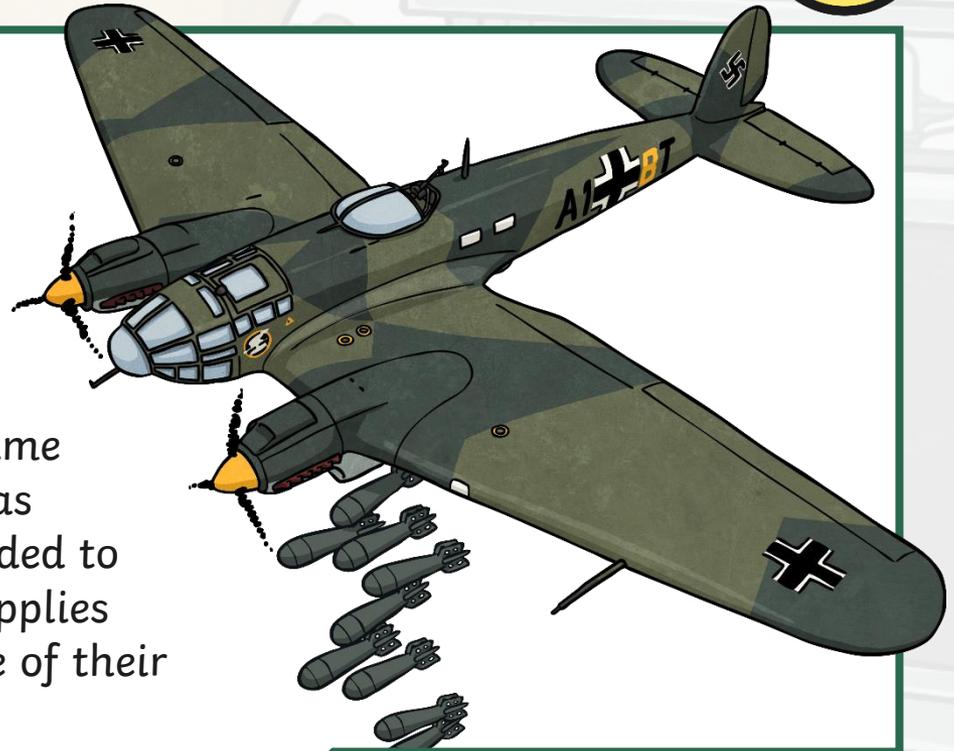
# Rationing



# Food, Food, Food



At the start of the war, Britain was importing more than two-thirds of its food from overseas. When supply ships coming into the country were targeted by German bombers and the possibility of invasion or isolation became a reality, it became necessary for Britain to conserve as much food as possible. People needed to become more creative with the supplies they had and began to grow more of their own food.



The rationing of food began in January 1940 and lasted until 1954, which was actually nine years after the war had ended.

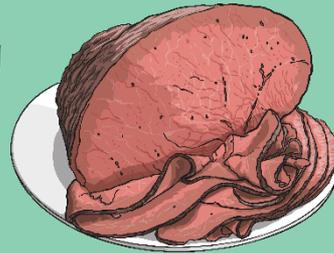
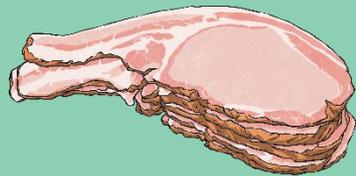
Why do you think rationing continued after the war?

# Food, Food, Food

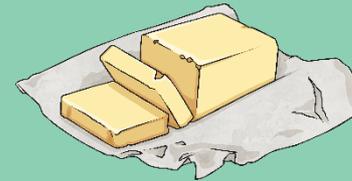


Look at the list of foods that were rationed during the war and the average allowances for a child between aged five and sixteen.

**Bacon and ham: 115g**



**Jam: 115g**



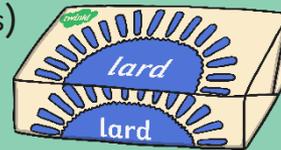
**Butter: 55g**



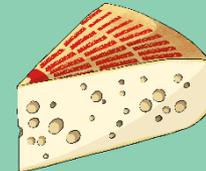
**Margarine: 55g**

**Meat: 175g**

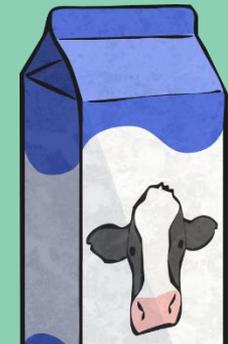
(adults got double this)



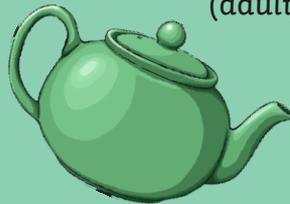
**Cheese: 115g**



**Milk: 3 1/2 pints**  
plus equivalent of 1  
pint of powdered milk  
(and children got milk  
at school)



**Sugar: 225g**



**Tea: none**

(adults got 50g)

**Cooking Fat: 55g**



**Eggs: 3**

(adults had 1) plus equivalent of 3  
powdered eggs



**Sweets: 75g**

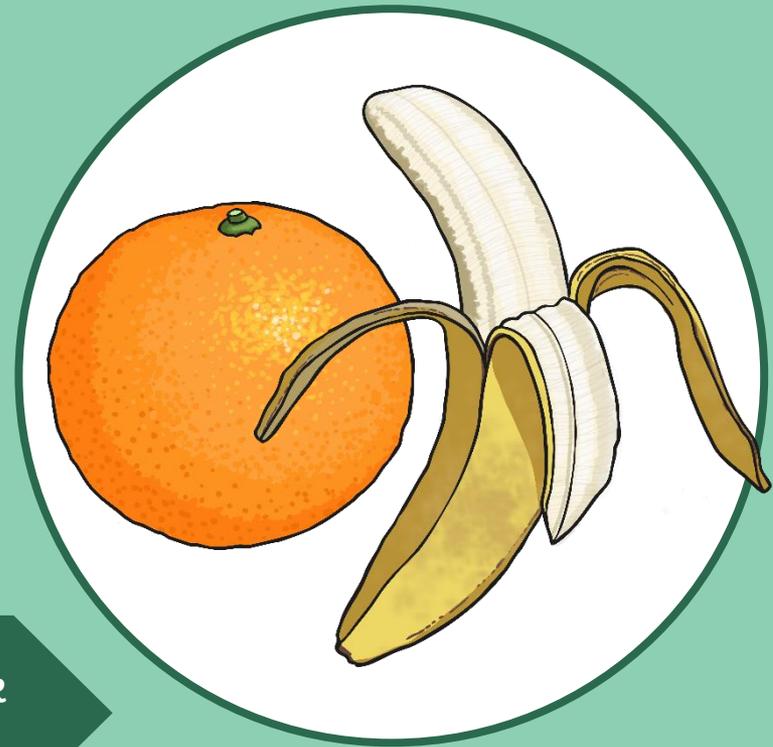
How does this sound?

How much do you think you eat of these foods each week nowadays?

# Food, Food, Food



Although many foods were not officially rationed, they were in very short supply or simply not available. Some children grew up never seeing bananas or oranges for example, as these were imported from overseas. Some people sold or traded goods on the black market, which means to illegally trade goods that were in controlled or limited supply.



What foods or other goods do you think were in short supply? Why?

# Food, Food, Food



The following foods were never rationed during the war:

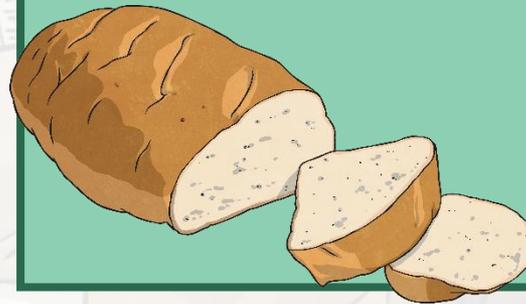
## Fresh Fruit and Vegetables

Although they were not readily available.



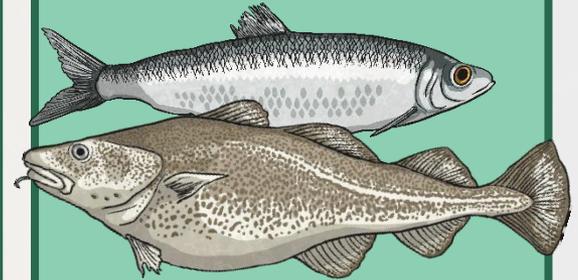
## Bread

However, due to reduced importation of white flour, there was a 'national loaf' made with wholegrain flour, which many people said was like grey mush.



## Fish

Although it was very expensive!



Some people also ate meat they could hunt themselves like rabbit or squirrel!

A 'Lend Lease' contract with America and Canada later in the war meant that the import of powdered milk and eggs and tinned meats, like corned beef and Spam, began.

# Food, Food, Food



**Task: Design a weekly meal planner for people during WW2, remembering to keep to the rules of rationing**

You are going to design a meal planner to show what you might have eaten during the war. You can use the sheet I have downloaded for you or create your own weekly planner.

You may need to do a bit of research to help you. To give you some ideas, here are a couple of recipes from the time.



## Wartime Recipes



### Eggless Sponge



#### Ingredients

1/2 pint of tea (without any milk or tea leaves/bags)

3oz butter/margarine

3oz sugar

3oz sultanas

10oz wholewheat flour (add 3-4 teaspoons of baking powder)

1 teaspoon of all spice (mixed spice) – extra cinnamon, if required

#### Method

1. Add the tea, sugar, butter and sultanas into a saucepan. Heat gently until the butter has melted and then leave it to cool.
2. Mix all of the dry ingredients together.
3. Add and mix the dry ingredients into the cooled liquid. Beat the mixture well.
4. Grab a 7-inch cake tin and grease it. Put the mixture into it.
5. Cook on 180°C degrees for around 45 minutes.
6. Serve and enjoy!

## Wartime Recipes



### Spam Hash



#### Ingredients

2 large potatoes

1/2 onion

1/4 can of Spam or other tinned cooked meat

tablespoon of butter/margarine

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#### Serves 1

#### Method

1. Wash the potatoes.
2. Cut them into quarters and boil until they are firm. Remove from the water and let them cool.
3. Chop up the onion.
4. Chop the spam up into chunks.
5. Add the butter to a large frying pan.
6. Add the onions and cook gently until nice and soft.
7. Take the potatoes and chop them into even smaller chunks.
8. Add the potatoes and spam chunks into the pan with the onions and continue to fry and stir them.
9. Turn down the heat and cover the frying pan if possible. Continue to cook for a further 5-10 minutes. If the texture is too sticky, add a little bit of water and stir.
10. Once cooked, serve with your favourite vegetables.
11. Serve and enjoy.



## Pumpkin Soup



### Ingredients

2lbs pumpkin  
1 onion  
1 oz margarine  
salt and pepper  
milk  
1 litre of vegetable stock

Makes about 8 bowls

### Method

1. Cut open the pumpkin and scoop out the seeds inside. Then slice and chop into medium/large chunks.
2. Place the chunks on the baking tray and put the butter/margarine over the top of them.
3. Let it roast for around 45 minutes, only turning it over once or twice.
4. Meanwhile, chop an onion and place it into a large saucepan along with 1 oz of margarine and cook until it is soft.
5. When the pumpkin chunks have cooked, remove the skin and place them into the saucepan.
6. Add vegetable stock.
7. Bring the heat to a simmer and continue cooking for roughly 20 minutes. Stir occasionally.
8. Place all of the contents from the saucepan into a liquidizer or rub it through a sieve. Pulse until it has turned into a thick puree.
9. Put the puree back into the saucepan, add salt and pepper and reheat while adding milk for consistency.
10. Serve and enjoy!



## Cheese and Potato Dumplings



### Ingredients

2lbs of potatoes  
2 reconstituted dried eggs  
(or 2 fresh)  
3 to 4oz grated cheese  
salt and pepper  
dried herbs, such as  
thyme (optional)

### Method

1. Peel the potatoes.
2. Cook the potatoes in boiling salted water
3. Once the potatoes have boiled, set them aside for 10 minutes to drain in a colander.
4. Mash the potatoes.
5. Turn the heat low and add the mashed potatoes into the saucepan. Add seasoning and herbs. Mix well.
6. Add the cheese and eggs and mix well again until the potatoes firm up.
7. Once they have cooled a little, form them into 10 balls and add in the remainder of the cheese.
8. Place them on a greased baking tray and bake in a hot oven for 20 minutes or so until they have become brown and crusty.
9. Serve and enjoy!