

Average weekly wartime ration
(for a child)

- pints of milk (0.8 litres)
- 4oz sugar (112g)
- 1oz butter (25g)
- 2oz margarine (50g)
- 1.5 oz cooking fat (38g)
- 1.5 oz cheese (38g)
- 2oz bacon (50g)
- 7d worth of meat (1d had to be spent on corned beef)
- 1 egg (+ a packet of dried egg per month)
- 1oz sweets (25g)
- 1oz jam (25g)
- 1oz tea (25g)

Rationed Food

Foods not on rations

Questions/talking points

- the rationed food is for a child for a week
- people grew vegetables in their gardens so they had more to eat
- do the children like vegetables?
- Could they have coped without vegetables during the war?
- How much of the weekly ration would they use on a jacket potato?
- Could they manage on 1oz of sweets per week?
- they could get more sweets by swapping their tea ration with adults

Mending

Making do

Questions/talking points

- things would be mended - socks on a darning mushroom
- when woollen things were worn out they could be unpicked and knitted into squares for blankets
- people also knitted pullovers for the soldiers
- women could make aprons from mens shirts
- old bits of material would be saved to be recycled into uniforms
- people used old newspapers for toilet paper
- there were no carrier bags you had to take a basket and paper bags to the shops
- people didn't waste food - leftovers could be put in stews, minced or given to pigs or rabbits