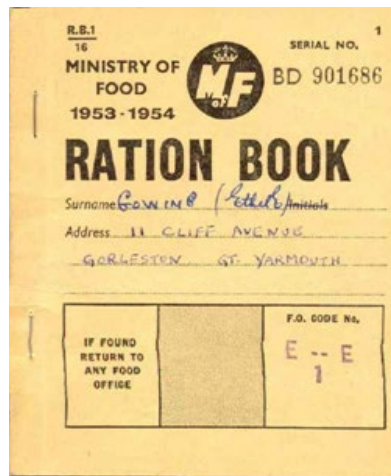


R is for Ration Book



In World War 2 every adult and child were issued with a ration book which controlled how much food they could buy.

From the very beginning of the war German submarines attacked any ships which brought food to Britain – this meant that there was not enough food for everyone (especially as the farms and factories could not initially produce sufficient food because most of the men had gone away to fight).

To make sure that the food was shared equally everyone had a ration book. You were allowed your 'ration' but no more (even if you had the money to buy more food you were not allowed to).

Children had either a green ration book (under 5s) or a blue ration book (5 – 16 year olds) with adults having a

buff coloured book. You were not allowed to use someone else's book.

Inside the ration book were coupons – these could be either removed or stamped by the shop keeper to show that you had used your ration.

Lots of people grew their own food so that they had more to eat than their own ration. The Government encouraged people to 'Dig for Victory'.

Do you like to cook? Can you carefully weigh and measure enough food so that you only use what you need?



Can you make your own museum of 'R' objects from around your home?

#AtoZ

#MuseumAtHome

#EveryoneACurator