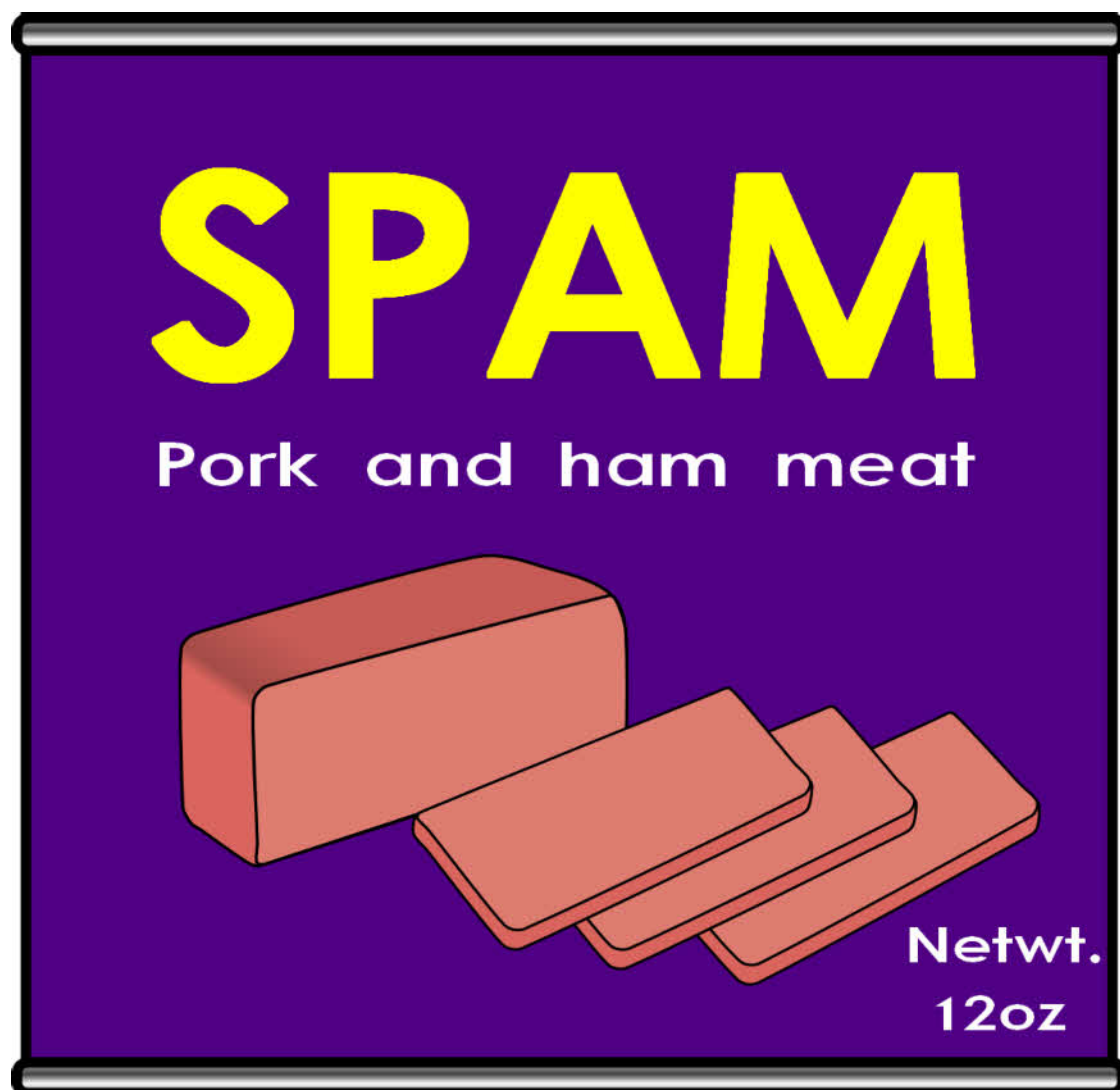


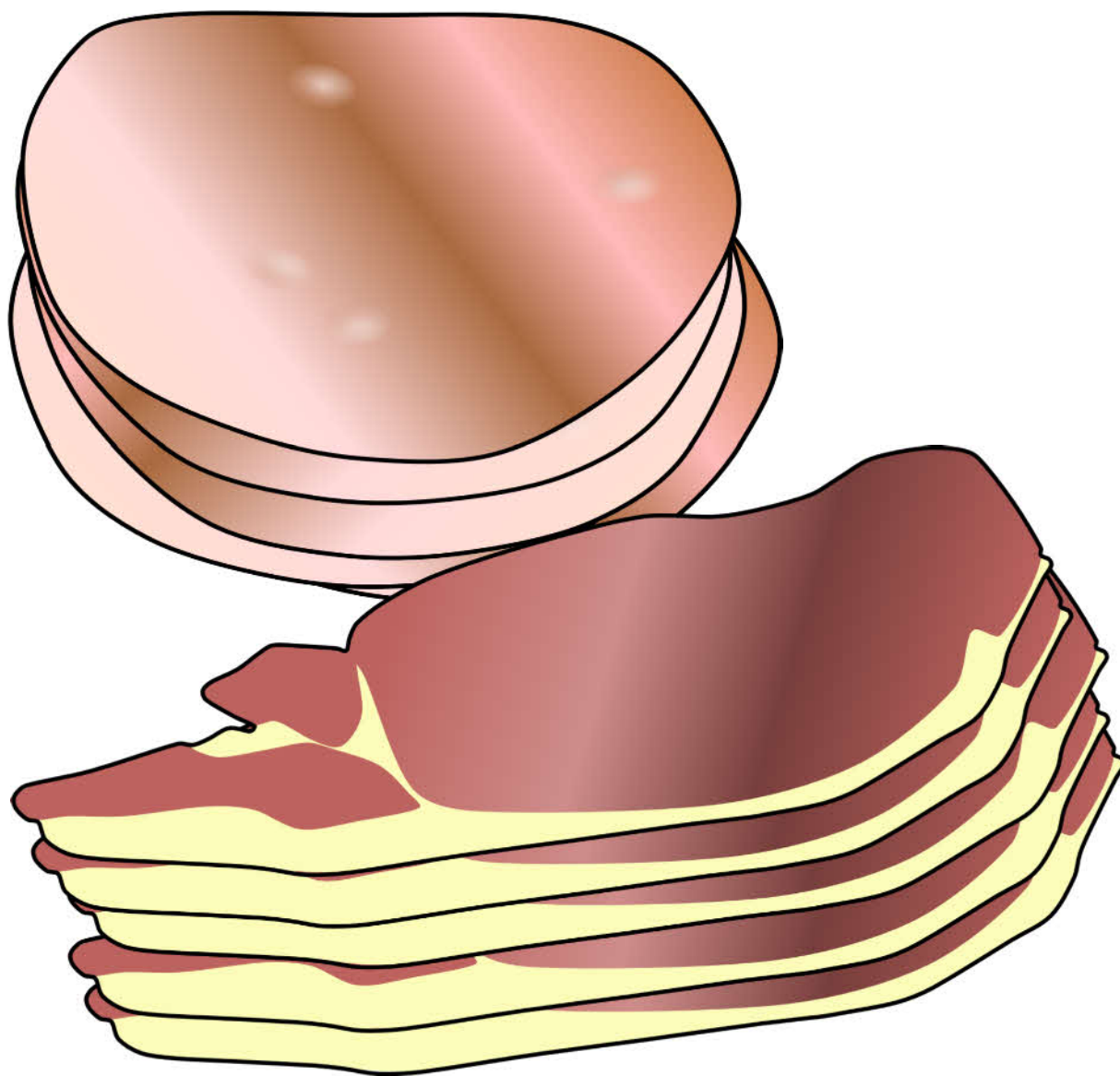
FOOD OF WORLD WAR TWO



SPAM

Pre-cooked pork and ham in a tin.

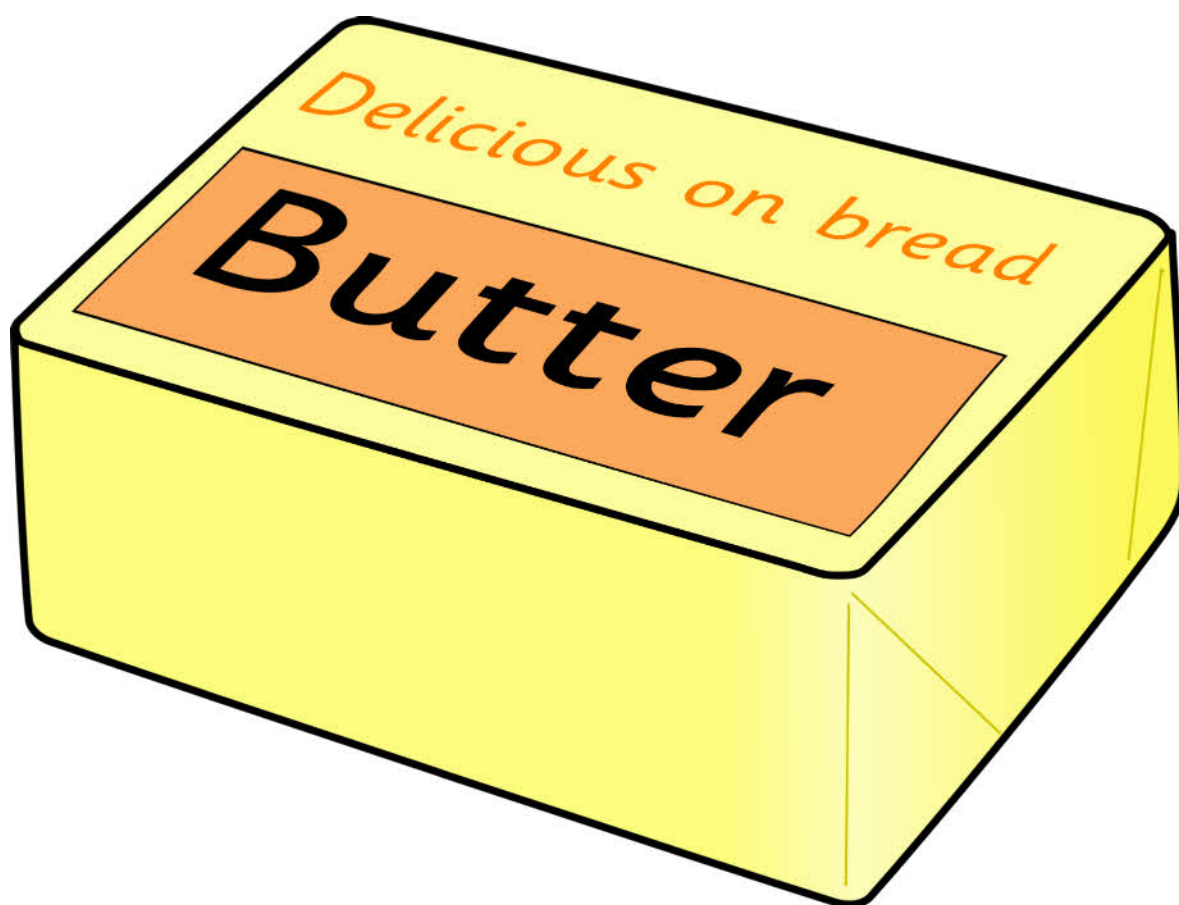
FOOD OF WORLD WAR TWO



BACON & HAM

Ration for 1 week: 4oz (100g)

FOOD OF WORLD WAR TWO



BUTTER

Ration for 1 week: 2oz (50g)

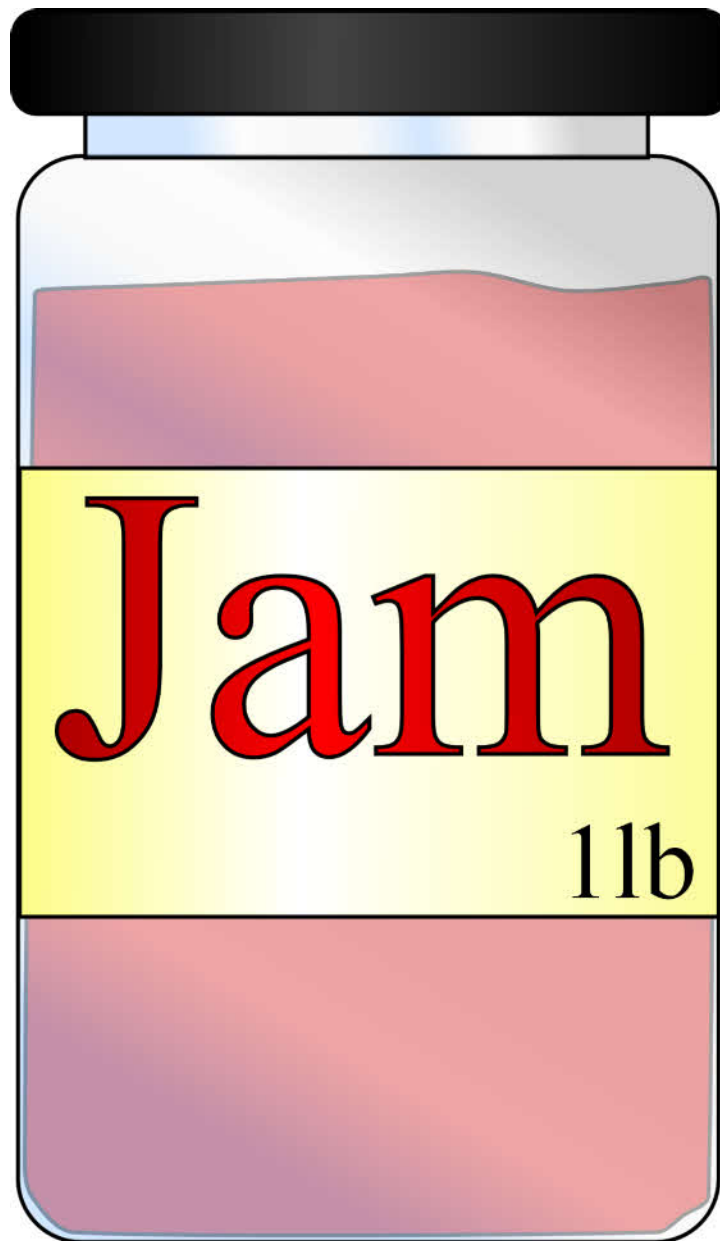
FOOD OF WORLD WAR TWO



MARGARINE

Ration for 1 week: 4oz (100g)

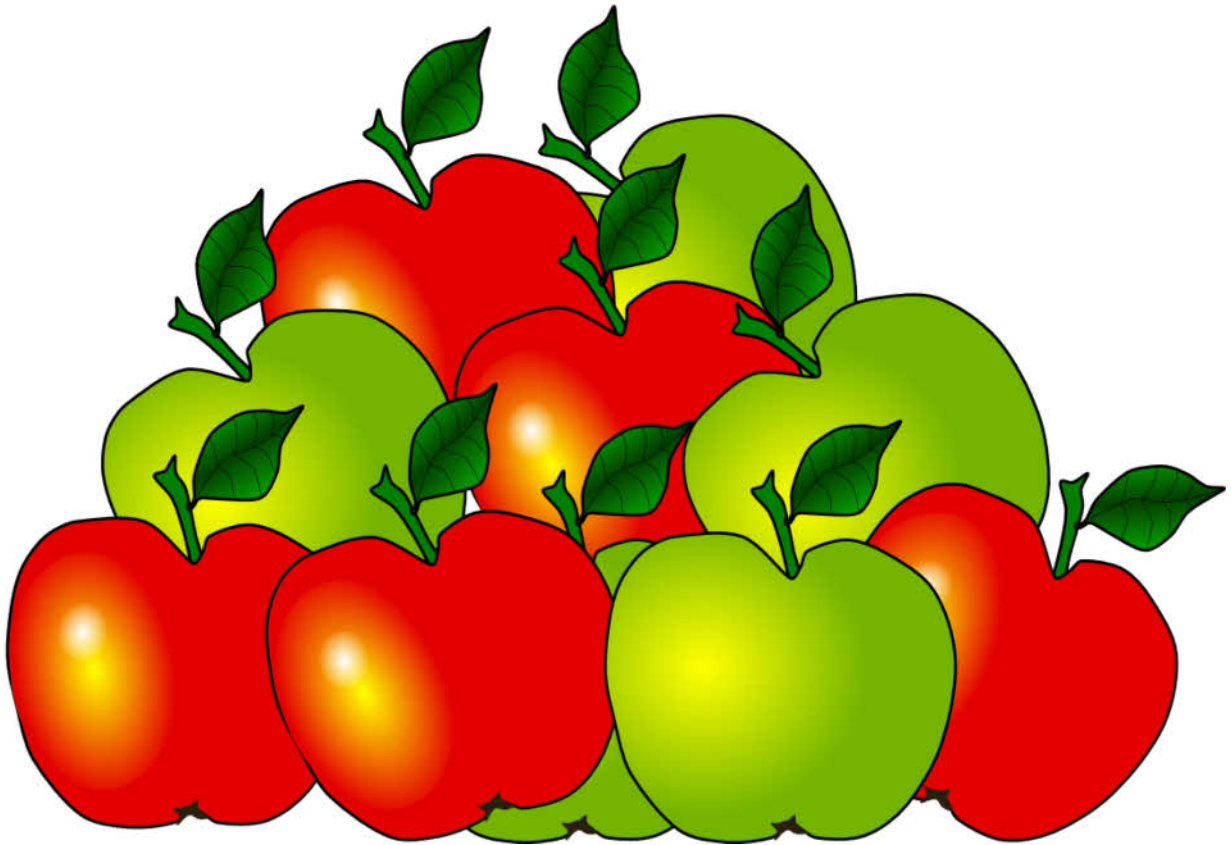
FOOD OF WORLD WAR TWO



PRESERVES

Ration for 1 week: 1lb (450g)

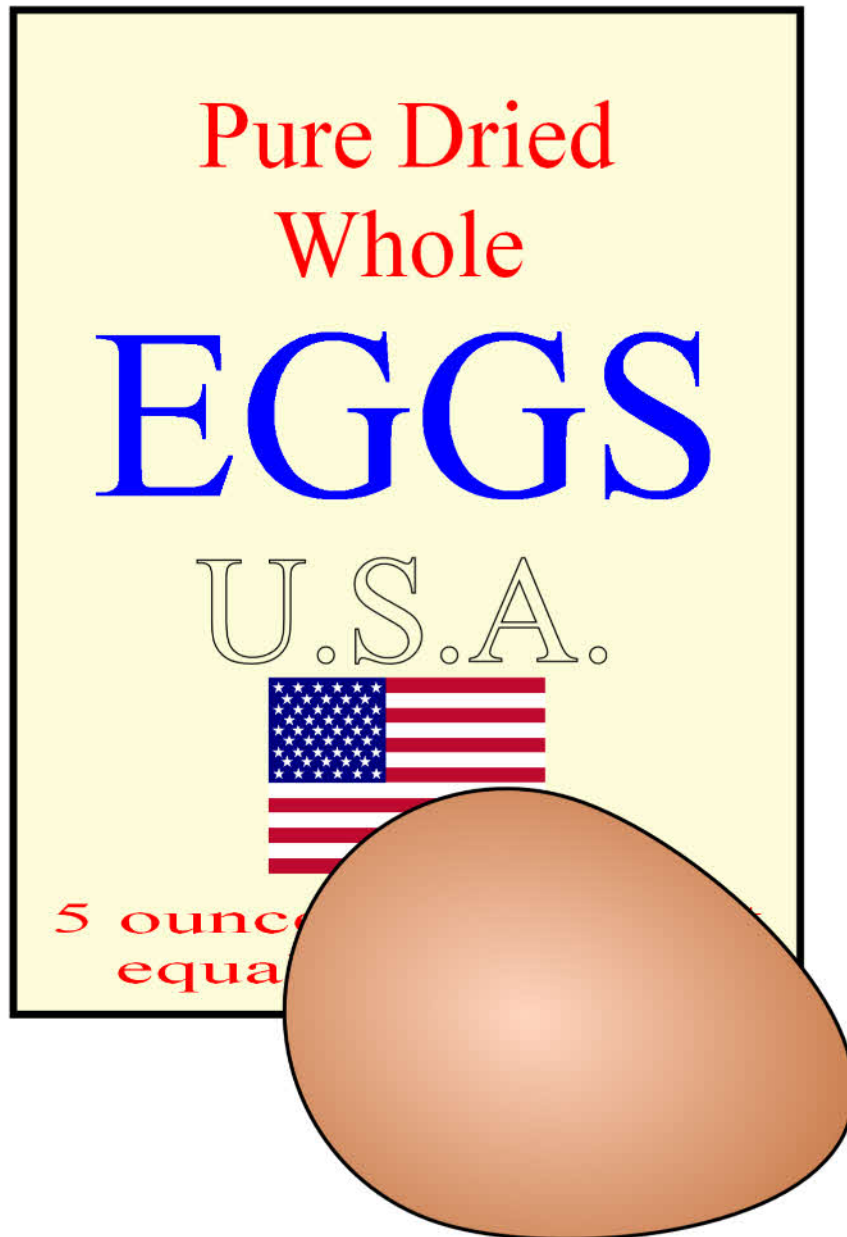
FOOD OF WORLD WAR TWO



APPLES

Some people would grow these in their gardens.

FOOD OF WORLD WAR TWO



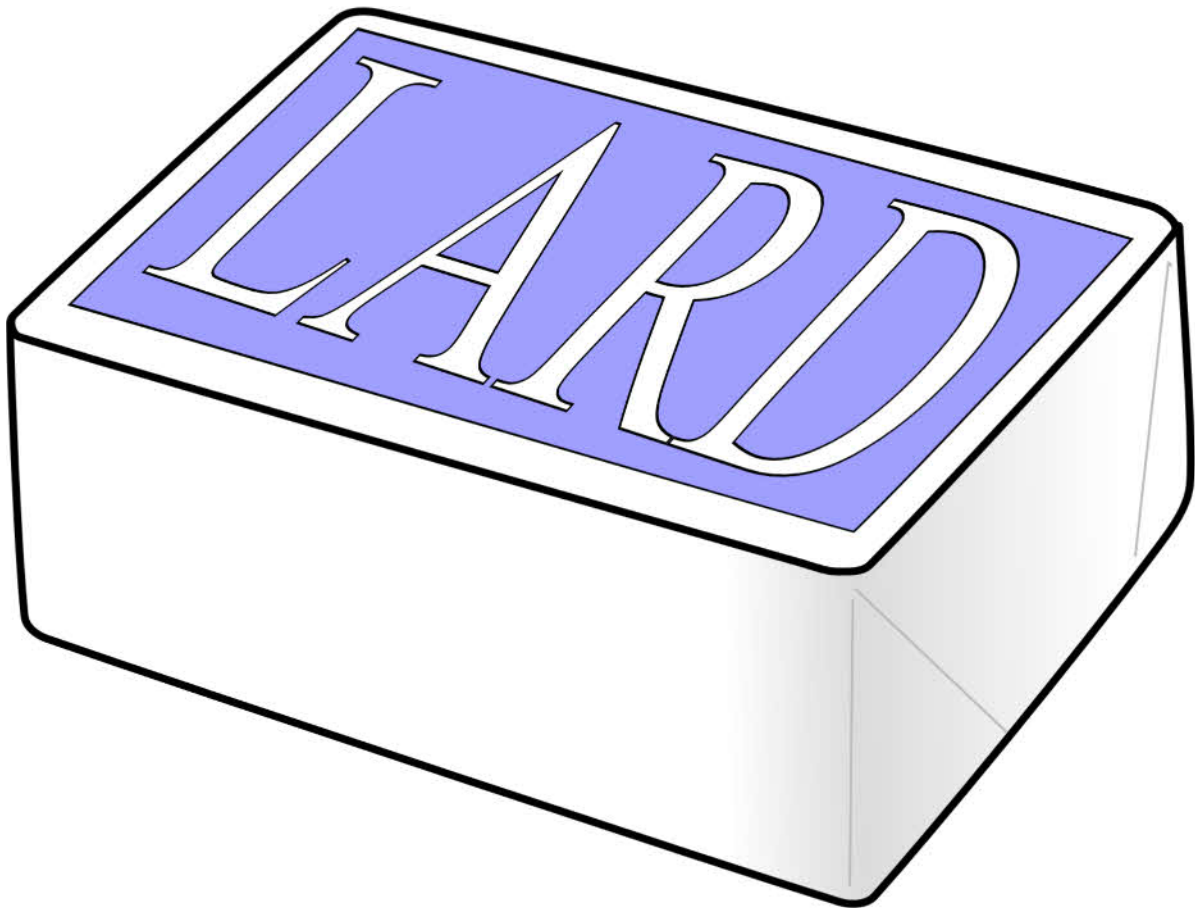
EGGS

Rations:

Shell eggs - 1 per week

Dried eggs - 1 packet per 4 weeks

FOOD OF WORLD WAR TWO



LARD

Ration for 1 week: 4oz (100g)

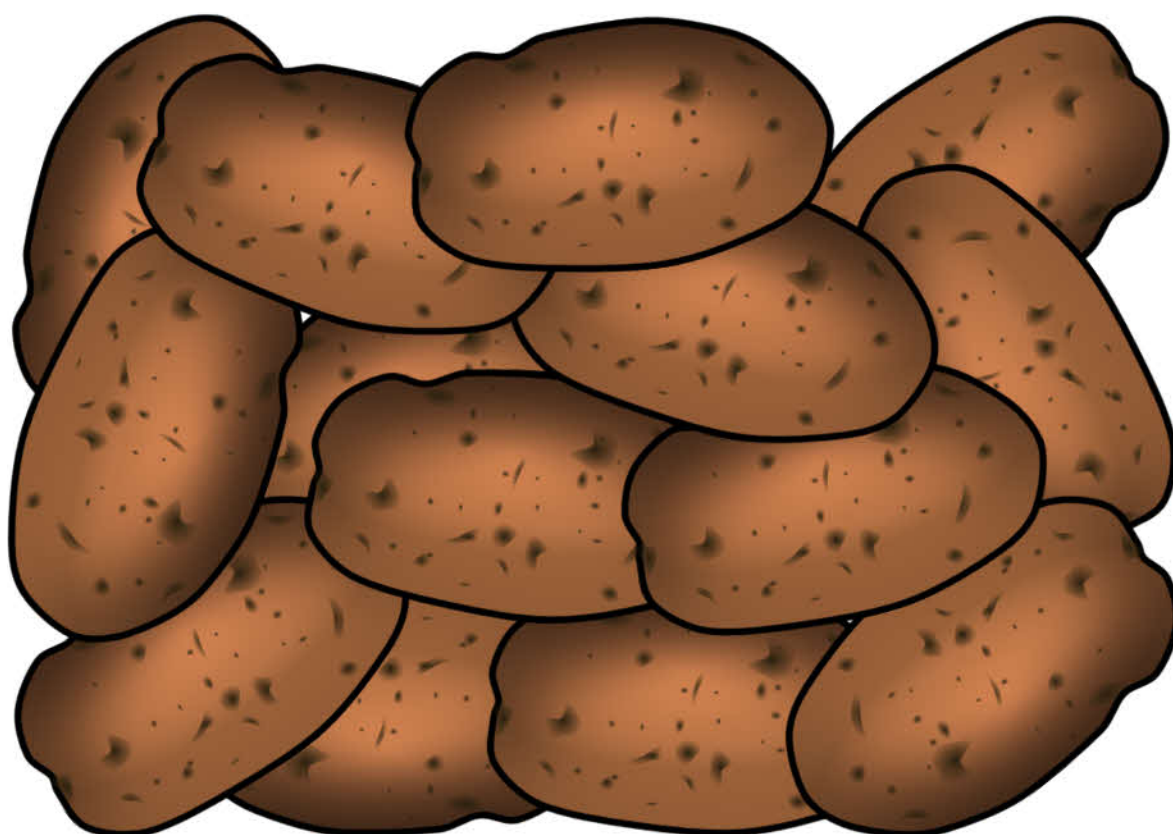
FOOD OF WORLD WAR TWO



PEANUT BUTTER

This was imported from America.

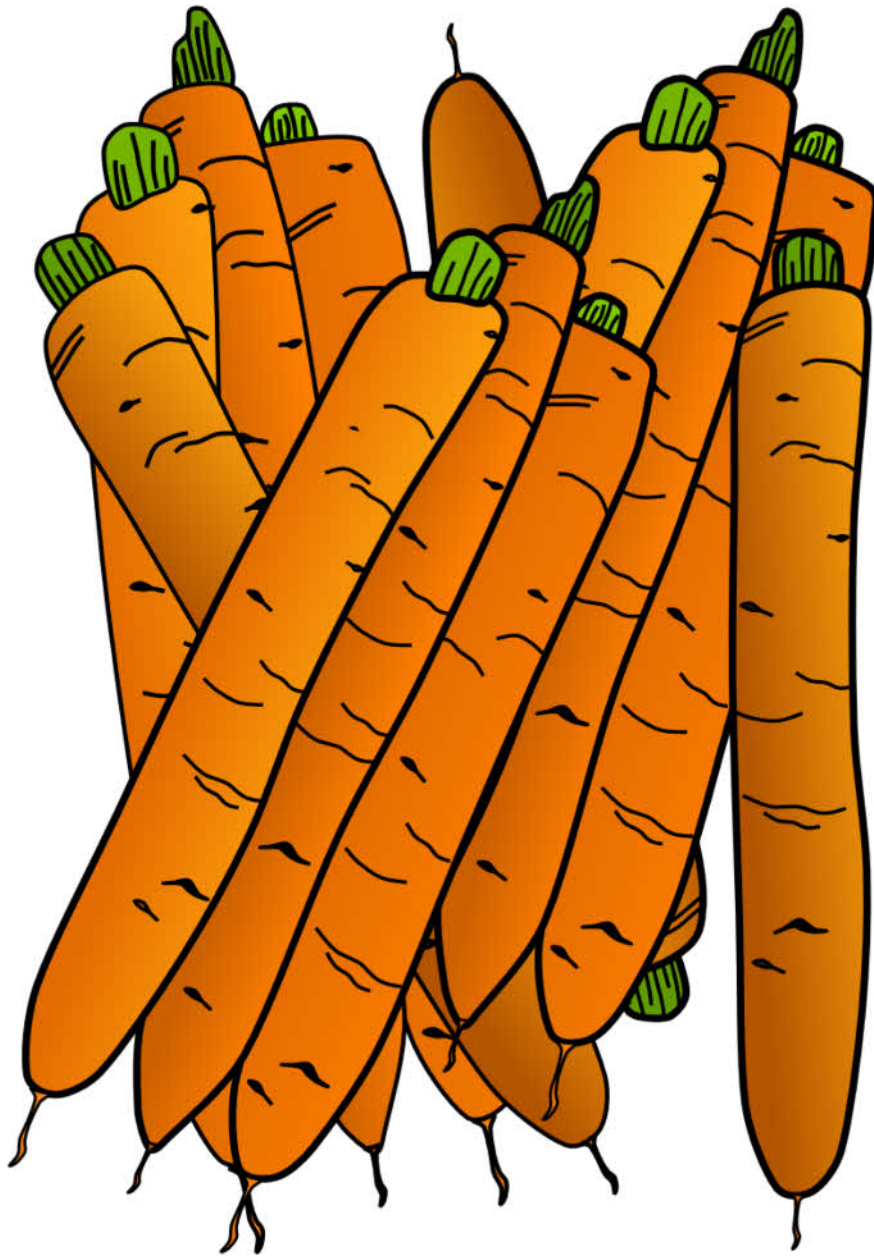
FOOD OF WORLD WAR TWO



POTATOES

People would grow these
in their gardens at home.

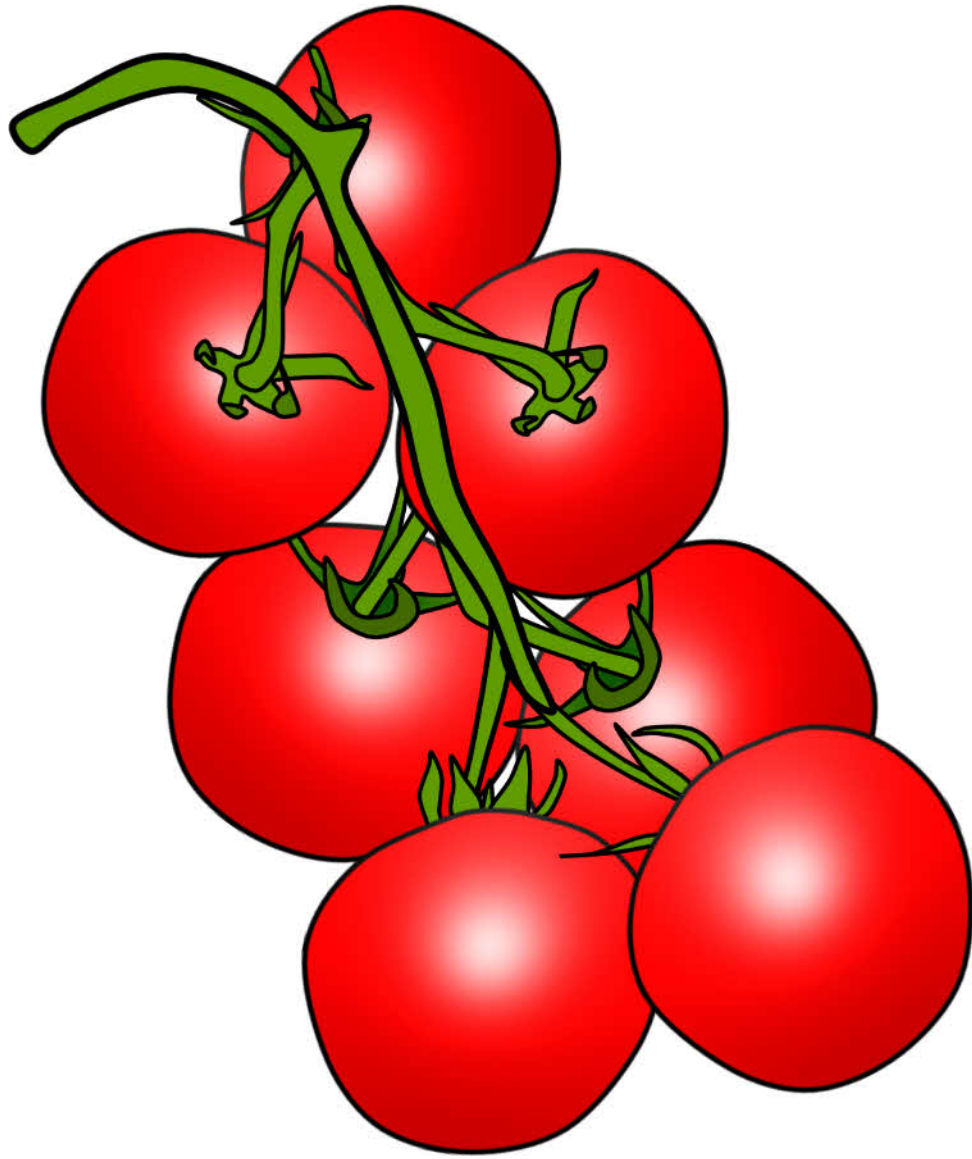
FOOD OF WORLD WAR TWO



CARROTS

People would grow these
in their gardens at home.

FOOD OF WORLD WAR TWO



TOMATOES

People would grow these
in their gardens at home.

FOOD OF WORLD WAR TWO



TEA

Ration for 1 week: 2oz (50g)

FOOD OF WORLD WAR TWO



COFFEE

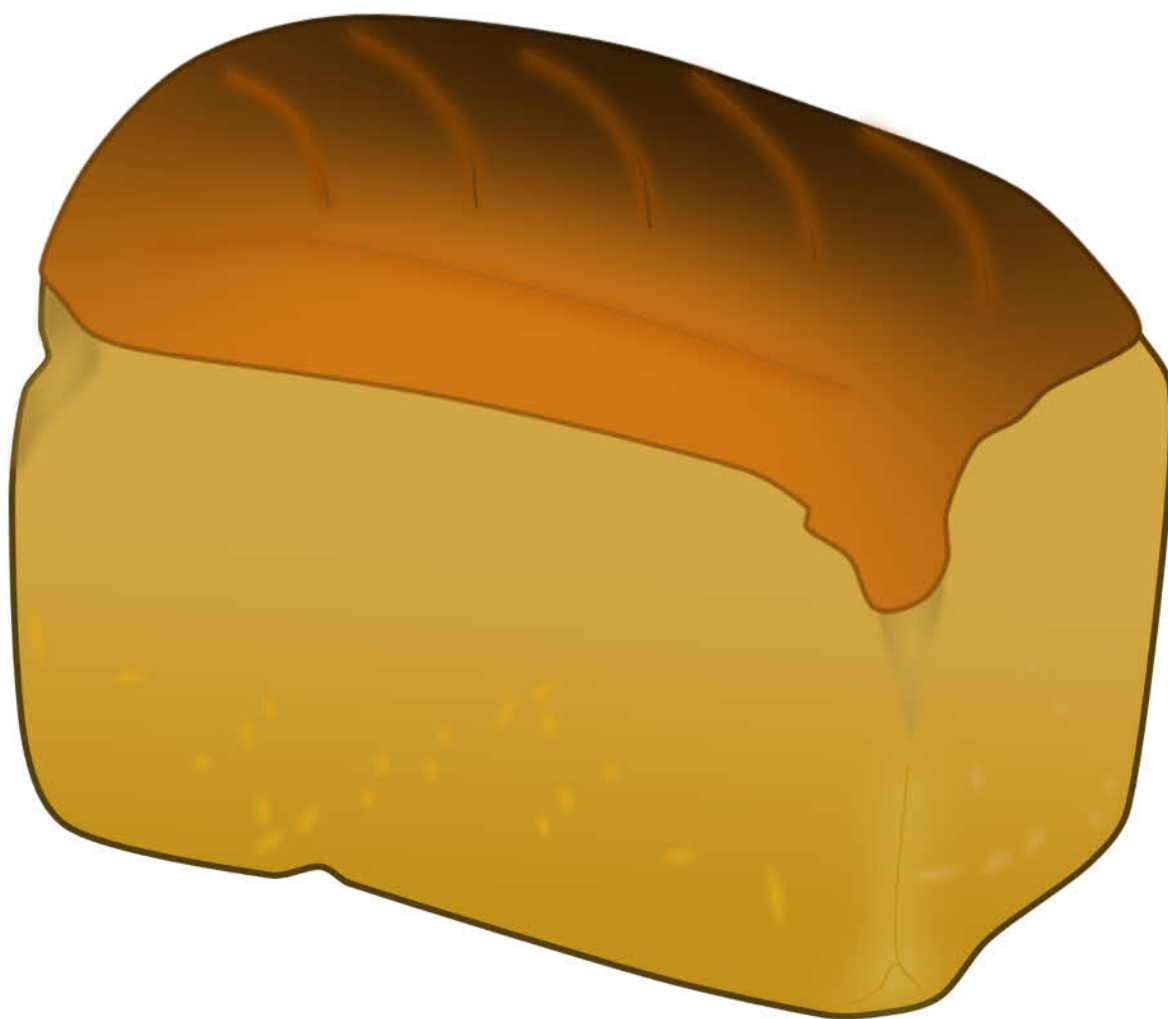
FOOD OF WORLD WAR TWO



MILK

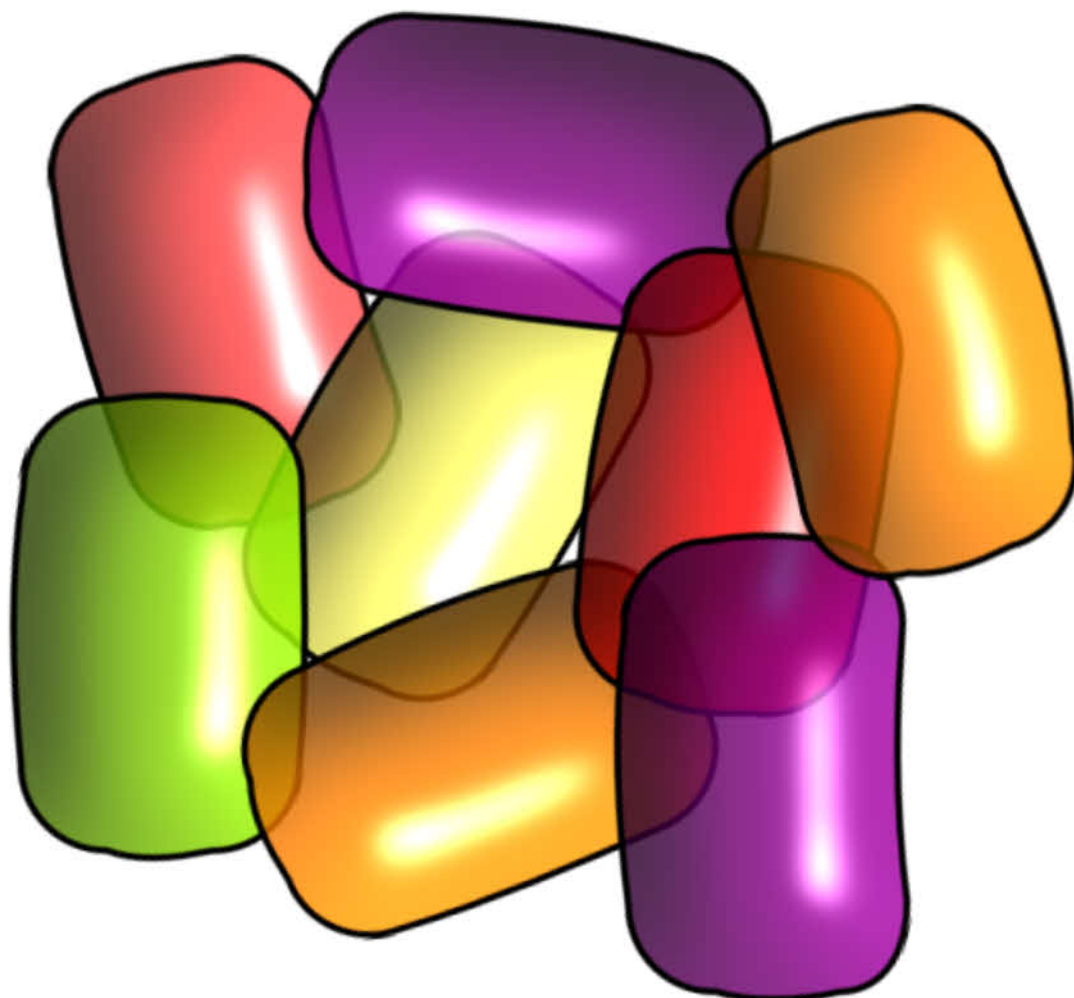
Ration for 1 week: 3 pints (1800ml)

FOOD OF WORLD WAR TWO



BREAD

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SWEETS

Ration for 4 weeks: 12oz (350g)

FOOD OF WORLD WAR TWO

MINISTRY OF
FOOD
1940-1941

MF AJ 123789

RATION BOOK

Surname Brown Initials S. P.
Address 22, Green Lane,
London, SW1

IF FOUND RETURN TO ANY FOOD OFFICE

F.O. CODE No.

NAMES AND ADDRESSES		RATIONS									
MEAT		7	6	5	4	3	2	1	MEAT		
		7	6	5	4	3	2	1			
EGGS		7	6	5	4	3	2	1	EGGS		
		8	7	6	5	4	3	2		1	
FATS		G	8	7	6	5	4	3	2	1	FATS
			8	7	6	5	4	3	2	1	
CHEESE		G	8	7	6	5	4	3	2	1	CHEESE
			8	7	6	5	4	3	2	1	
BACON		G	8	7	6	5	4	3	2	1	BACON
			8	7	6	5	4	3	2	1	
SUGAR			8	7	6	5	4	3	2	1	SUGAR
			8	7	6	5	4	3	2	1	

RATION BOOK

FOOD OF WORLD WAR TWO



ALLOTMENT