

Investigating WW2 with Lisburn Museum and The Irish Linen Centre



Topic: Rationing

During World War 2 many foods were rationed in the United Kingdom. This was to ensure there would be enough for everyone.

To enforce the rationing rules everyone (even the Queen) had a ration book. This as a small book that you would take to your local grocery shop and when you received your weekly allowance of rationed foods it would be stamped.

Not all food were rationed, but those that were became very precious and there was even a black market with some food items (like sausages) being smuggled across borders!

The Government encouraged people to turn their gardens into vegetable plots to Grow their Own food.

In Northern Ireland some foods weren't rationed like they were in England, these included Milk and cream.

Did you
know?

During WW2 Northern Ireland...
Sent 100,000 litres of milk Scotland every day
and
Provided 20% of Britain's egg requirement

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Here is a list of what one adults rations were for one week.

- **Bacon & Ham** 4 oz
- **Other meat** value of 1 shilling and 2 pence (equivalent to 2 pork chops)
- **Butter** 2 oz
- **Cheese** 2 oz
- **Margarine** 4 oz
- **Cooking fat** 4 oz
- **Sugar** 8 oz
- **Preserves** 1 lb every 2 months
- **Tea** 2 oz



Have a look in your kitchen.

Can you find out what each of these amounts looks like ?

You will need kitchen scales and an adult to help you weigh things out!

Did you
know?

2oz of tea is about 25 tea bags.

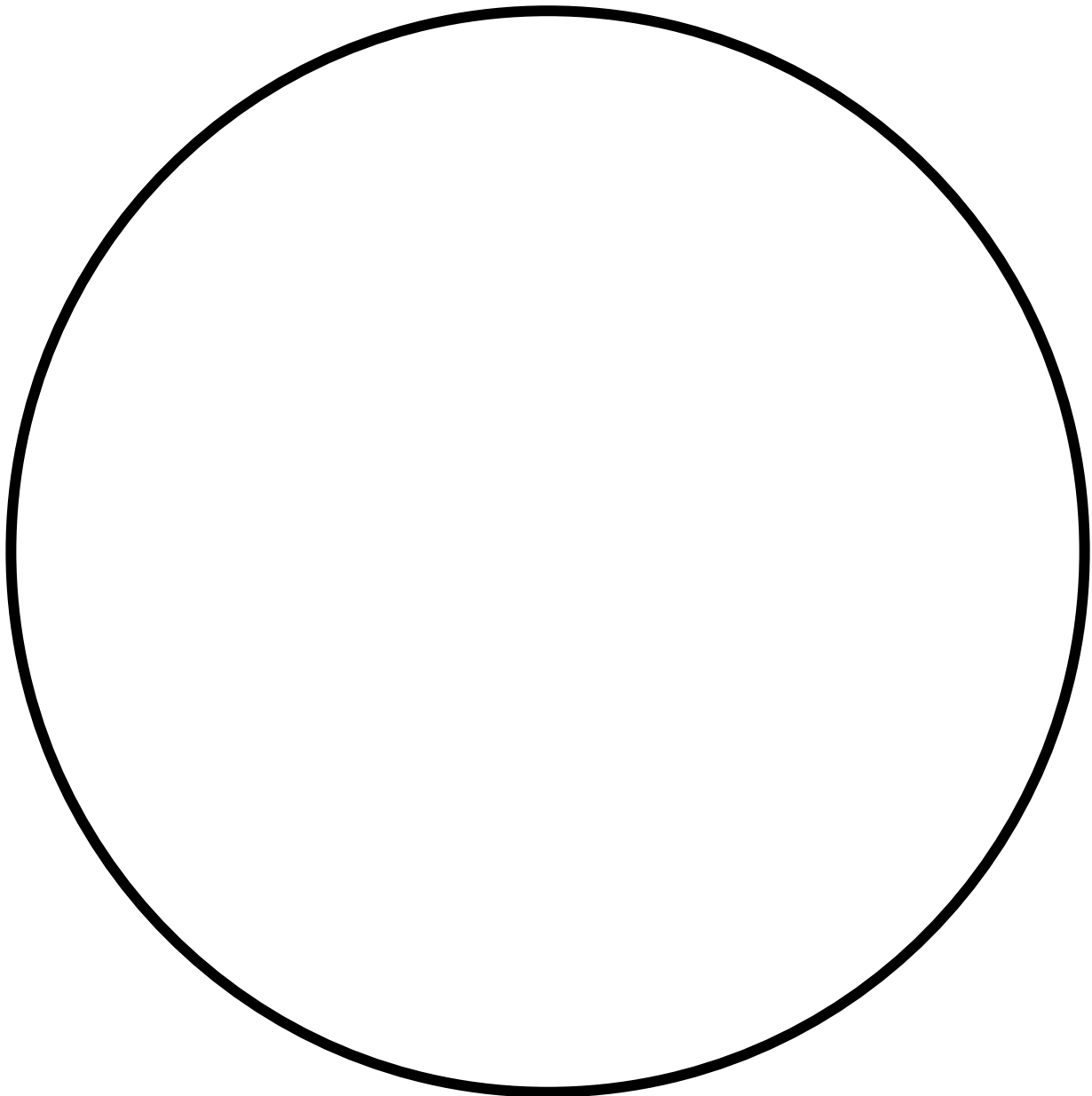
Do you think that is too much tea for one week or not enough?

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Exercise: If you wanted to make a pizza using rationed food what would be on it?

Draw your ration pizza!



Ideas cheese?
 bacon?
 vegetables?

Remember, some rations had to last all week! Don't use them up on one meal!