



Nottinghamshire celebrates VE Day

We're encouraging all Nottinghamshire residents to undertake the nation's toast for the Heroes of WWII from the safety of their own home by raising a cuppa at 3pm and toasting...

"To those who gave so much, we thank you."

This is our opportunity to pay tribute to the many millions at home and abroad that gave so much to ensure we all enjoy the freedom we have today.

Use the list of war time ration ingredients (and a few from your favourites) to create a menu for a spectacular afternoon tea to celebrate VE day on 8 May 2020. You could even add a picture of your family celebrating on the day!



My Menu

MINISTRY  OF FOOD

RATION BOOK

8 MAY 2020

Surname

Other Names

Address

(As on identity card)

Date of birth (Day) (Month) (Year)

NATIONAL REGISTRATION NUMBER	:	R.B.4 7	JUNIOR
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FOOD OFFICE CODE No.

J

 Nottinghamshire
County Council

IF FOUND RETURN TO ANY FOOD OFFICE

Serial No. of Ration Book

NG 8052020

Rationing Scheme now in force

IN JANUARY 1940, THE BRITISH GOVERNMENT INTRODUCED FOOD RATIONING. THE SCHEME WAS DESIGNED TO ENSURE FAIR SHARES FOR ALL AT A TIME OF NATIONAL SHORTAGE.

Before the war Britain had relied on food supplies imported from all over the world, but now enemy attacks on British merchant ships resulted in shortages. To make sure food was shared fairly, the government introduced rationing. The shortage of sugar meant that children did not have many sweets. People were also encouraged to grow their own food and to use substitute foods to increase their rations. The government introduced rationing in January 1940. Everyone was supplied with their own ration book, even children. People then had to register with a local shopkeeper and could only buy rationed goods if they had enough coupons. It was common for people to have to queue for a long time when shopping and often they would reach the front of a long queue, only to find out that the item they had been waiting for had just run out.

Items such as cakes and biscuits were a luxury. Sometimes carrots were used instead of sugar to sweeten dishes.

During the Second World War, thousands of children were evacuated, (sent away from areas likely to be bombed), to the countryside. There, they were often better fed, as fresh fruit and vegetables and dairy products were more freely available. Butter and cream seemed like a luxury to evacuee children living in the countryside.

Food shortages had a big impact upon cooking even everyday meals. Recipes had to be adapted and new ones created to cook with what ingredients were available.

Not all foods were rationed. Fruit and vegetables were never rationed but were often in short supply, especially tomatoes, onions and fruit shipped from overseas.

The government encouraged people to grow vegetables in their own gardens and allotments. Many public parks were also used for this purpose and even the moat at the Tower of London! The scheme became better known as 'Dig For Victory'.



Throughout the country, people often came up with local ideas too. In Nottingham people ran an 'Egg Week', asking citizens to donate eggs to Nottingham General Hospital, so that they could be pickled for future use. Also in Nottingham, Boots Beeston Co-operative Pig Club allowed employees to team up to rear pigs using household food waste. In return for collecting pig swill and doing cleaning duties, members received a piece of the meat when the pig was slaughtered.

Some Typical Meals of Wartime included: Pig's Trotters and Dumplings, Sheep's Heart Pie, Coe Heel Stew, Sheep's Head Broth, Sheep's Head and Parsley Sauce, Tripe and Onions, Dripping cake, Spotted Dick and Eggless Cake!

Rationing helped to change attitudes - the fact that everyone was restricted to buying a certain amount of goods, created a sense of sharing and cooperation in Britain. Food rationing lasted for 14 years and did not finish until July 1954, when meat and bacon finally came off ration..

Can you see any similarities between rationing during the war and events caused by the Coronavirus in 2020?

This is a typical weekly food ration for an adult:

Bacon & Ham	4 oz
Other meat	value of 1 shilling and 2 pence (equivalent to 2 chops)
Butter	2 oz
Cheese	2 oz
Margarine	4 oz
Cooking fat	4 oz
Milk	3 pints
Sugar	8 oz
Preserves	1 lb every 2 months
Tea	2 oz
Eggs	1 fresh egg (plus allowance of dried egg)
Sweets	12 oz every 4 weeks

Would you have been able to make a celebration tea from these ingredients?

If you were a child during the war, which of your 12 favourite foods would you have wanted in your ration book?



**'Doctor Carrot'
and 'Potato Pete'**



These 2 characters were created to encourage people to eat more vegetables.

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