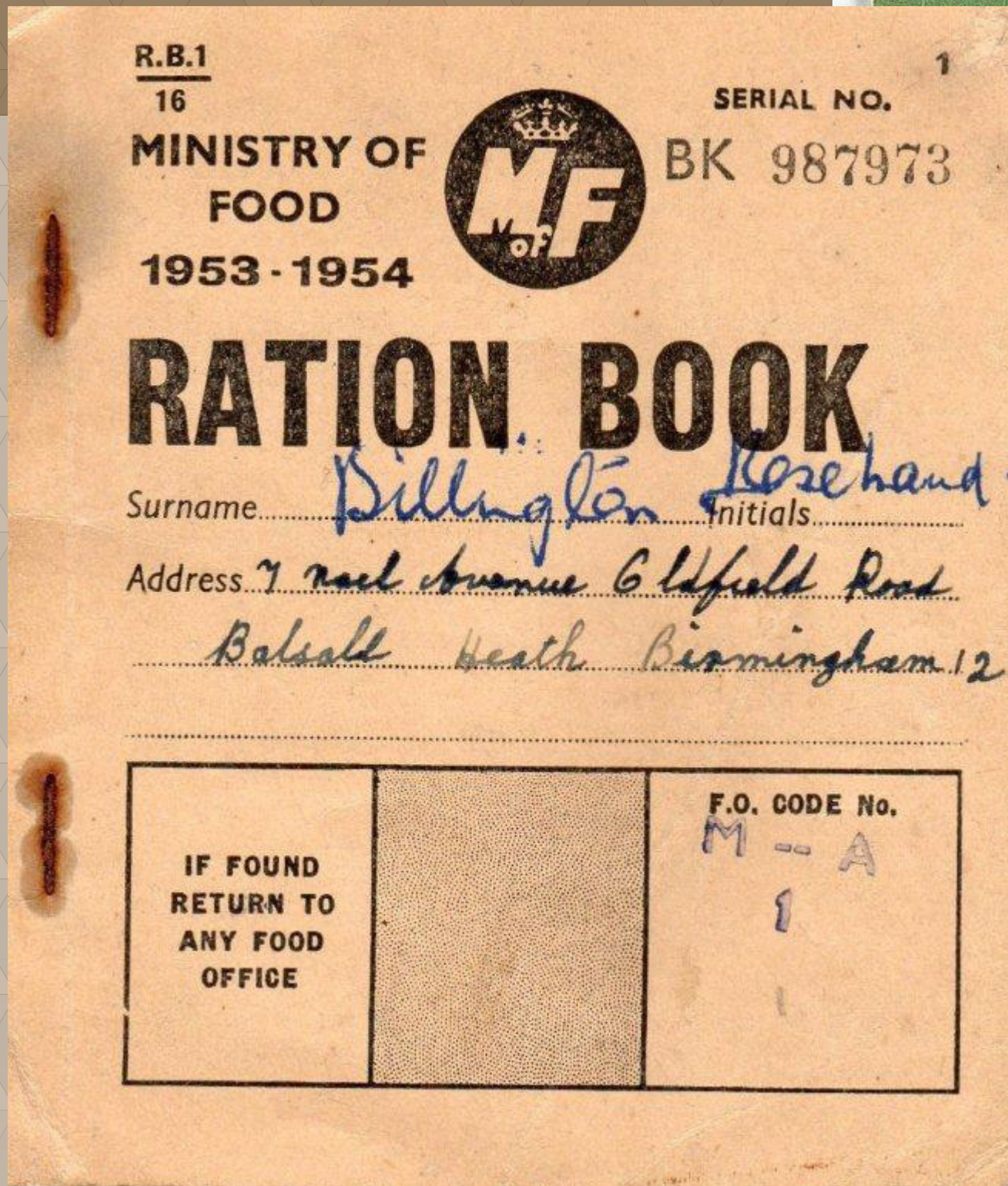
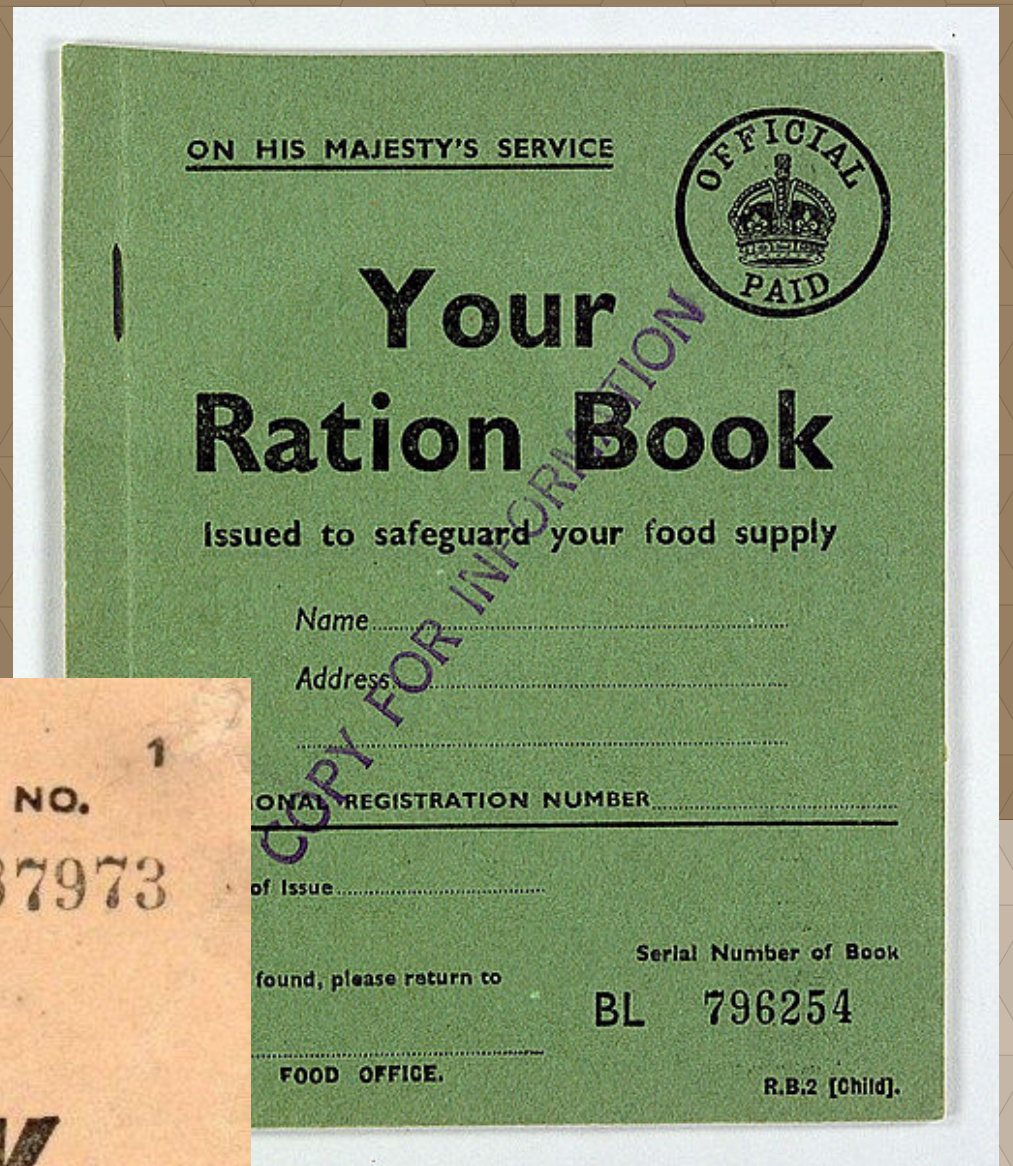


# RATION BOOK



## Introduction

After World War II began in September 1939 the first commodity to be controlled was petrol, but food rationing was introduced quite soon. On 8 January 1940, bacon, butter and sugar were rationed. This was followed by meat, tea, jam, biscuits, breakfast cereals, cheese, eggs, lard, milk and canned and dried



fruit. Fresh vegetables and fruit were not rationed but supplies were limited. Some types of imported fruit all but disappeared. Lemons and bananas became virtually unobtainable for most of the war; oranges continued to be sold but greengrocers customarily reserved them for children and pregnant women, who could prove their status by producing their distinctive ration books.



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