



VICTORY GARDENS

Lesson and Activity Suggestions for Grades 9 - 12

Rationing Food

In last week's lesson, you heard President Roosevelt ask for the American people to make sacrifices in 1942, during World War II. But America had been in that situation not so long before, in World War I and the Great Depression and had learned many lessons about sacrificing and saving resources. Programs like "Meatless Mondays" and "Wheatless Wednesdays" tried to strike at Americans' sense of patriotism and compassion. While Americans were able to save about 15% of total food spending, much of Europe was left to starvation.

After Pearl Harbor and America's late entry into World War II in December 1941, it was clear that the government was going to get more forceful with conservation efforts of the private sector. The daily lives of Americans at home were impacted immediately. Canned food was shipped to the soldiers, leaving grocery shelves bare, fresh food was limited because of a tire shortage, as most of the rubber was being sent to Europe. The government was afraid that as people started hoarding food, it would make it difficult for the poor to eat. So, ration books provided an equal opportunity for food distribution without prices being raised.

Does this look familiar?



Above photo of a shopper getting the one of the last of an item left on an empty grocery store shelf is courtesy of the Museum of History and Industry, Seattle. Staff photographer, *Seattle Post Intelligencer*, 1942.

Here's how to STRETCH Your food Budget

500 LEFTOVERS

GET THIS GRAND NEW COOKBOOKLET TODAY

You'll Find 500 Ways to Turn Leftovers Into Delicious and Appetizing Dishes

You will appreciate these clever, interesting ideas that show you how to glamorize leftovers so skillfully that your family will never guess they are getting the remains of last night's roast or that the beautiful green pepper made of vegetables leftover from several meals. They'll be proud of you and you'll be proud of the meals you prepare and the way you save with the help of this wonderful booklet—the second in a remarkable series of twenty cooking a book each week.

4 NEW COOKBOOKLET COME EVERY MONDAY

VIOLA'S

BIG VOLUME—SMALL PROFITS

Sweet Potatoes	Small Yellow Jersey, 8 lb. 75c	10 lbs. 19c
Apples	Good, Red Gala	8 lbs 25c
Grapefruit	Extra nice, small seedless	2 dz 25c
Brooms	2 1/2 in. 19c	Ritz 19c
Marshmallows	1 lb. 17c	2 lbs. 17c
Coffee	Ho-Man Loo 1-lb. Cans	1 lb 29c
Honey	1-lb. Cans	19c
Tomato Juice	1/2-gal. Can	18c

Dozen PAN ROLLS	5c	14-oz. Loaf BREAD	5c
Ginger SNAPS	1 lb. 10c	Fresh Daily DO-NUTS	doz. 10c

Long Macaroni	2 lbs. 15c
Peas	3 lbs 25c
Lee Soups	3 cans 25c
Super Suds	25-cent size 19c
Palmolive	25c
Bacon	1 lb 29c
Steak	1 lb 29c

Above ads are from the *Abilene Reflector Chronicle*, March 1942.

What were the first foods to be rationed?

Bacon, butter and sugar. Following the big three, more food was quickly added to the list, and by March of 1943, there were restricted foods based on supply and demand. Meat, biscuits, cheese, canned fish, canned milk, eggs, tomatoes, peas, dried fruit, rice, and cooking fat all were limited. Meanwhile, potatoes, fruit and fish were not rationed.

A typical ration for one adult per week was:

Butter: ½ Stick (400 calories)
Bacon: 4 strips (140 calories)
Sugar: 1 U.S. Cup (773 calories)
Meat: 1.5 lbs. of ground beef (2,500 calories)
Milk: Slightly less than a half-gallon. (800 calories)
Cheese: 2 oz. (200 calories)
Eggs: 1 fresh egg a week (78 calories)
Candy: Equivalent of 3 chocolate bars (1,200 calories)

By today's habits, many people eat more than that in just one day! Now you see how important it was to have your own food source at home. In addition to your vegetable gardens, having animals like chickens, goats, pigs and rabbits would have been a source of meat outside of the butcher shop. We are talking about this in past tense, but it is becoming very much part of our present-day America.

Your **challenge this week** is to try to document at least seven meals that you could make with the food allotted for you for one week. Keep in mind that you are only feeding yourself for this task. The typical calorie count for young adults per day to survive is 2,000 calories for women, 2,400 calories for men. Let's see if you can create recipes for a week with the limited food from the ration list above. If you really want to live the life of 1942, you can take this challenge a step further and make the recipes you create — and then only eat what is on your list.

You can involve your family by asking for their ideas, or maybe they'll take up this challenge with you. Use simple recipes from cookbooks or whatever you might have available to create your meals.

Your garden vegetables are obviously not ready to eat yet, so feel free to go to the produce department and buy what you *could* grow in a typical garden. Because people probably already



Above cartoon is titled "Out Our Way" by Williams, NEA Service, 1942.

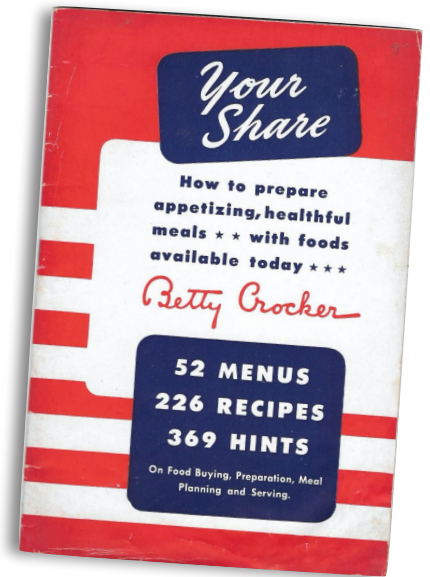
had a lot of dry food in bulk before the war. you can utilize dry food that is already in your kitchen. This means things like spices, rice, dry beans, macaroni, or boxed dinners are all approved. Just nothing perishable or canned besides what is on your list from above.

Also, try to be realistic, if you're not a breakfast person, you don't need to create breakfast meals. You just need to get to your minimum calorie count.

How to calculate calories? The easiest way is Google what you just ate. If you are an app person, there are many that count calories, or if you are staying authentic for 1942, you are going to have to read the labels and do the math, which would have been in existence after the Pure Food and Drug Act of 1906. Below is an example of how you can log your meals, but whatever you decide is fine.

Many food companies put out cookbooks to help people deal with food shortages and rations. Look online for ration recipes or foods that can be substituted for others, like honey in place of sugar. This article from the Smithsonian's National Museum of American History is a great resource to learn more: <https://americanhistory.si.edu/blog/taste-wartime-rationing-1940s-product-cookbooks>. We've provided a recipe for an "Apple Brown Betty" dessert on the next page to get you started.

Start today! Get creative and share your results with us on social media.



Above, Betty Crocker ration cookbook, 1943. From the IKEducation collection.

	B-Breakfast L-Lunch D-Dinner	Ingredients/Calories	Daily Need of Calories			
			Calories	Male	Female	Difference
Saturday	Meal					
	B-					
	L-					
	D-					
	Total Daily Calories			2,400	2,000	
Sunday	B-					
	L-					
	D-					
	Total Daily Calories			2,400	2,000	
Monday	B-					
	L-					
	D-					
	Total Daily Calories			2,400	2,000	
Tuesday	B-					
	L-					
	D-					
	Total Daily Calories			2,400	2,000	
Wednesday	B-					
	L-					
	D-					
	Total Daily Calories			2,400	2,000	
Thursday	B-					
	L-					
	D-					
	Total Daily Calories			2,400	2,000	
Friday	B-					
	L-					
	D-					
	Total Daily Calories			2,400	2,000	
				16,800	14,000	
	Formula-add all the calories in the grey boxes in the calories column.					
	Total Calories for the week-16,800 for boys, -14,000 for girls. Write the answer in the difference column					
	IF the answer is a negative number, then you did not have enough calories to survive.					

APPLE BROWN BETTY

Adapted from the "Sweets Without Sugar" pamphlet distributed by the Federal Food Board of New York in 1918.*

Start to finish: Approximately 1 hour

Servings: 10

Ingredients:

- 5 medium apples
- 1 $\frac{3}{4}$ cups bread crumbs
- 4 tablespoons of melted butter or cooking fat
- $\frac{1}{4}$ cup hot water
- 1 $\frac{1}{2}$ tablespoons lemon juice
- 5 tablespoons dark corn syrup
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon cinnamon

Directions:

Grease a glass or ceramic baking dish and preheat oven to 350° F. Pare the apples and cut them into thin slices. Toss the bread crumbs with the melted fat in a small bowl. In a separate bowl, mix the hot water, lemon juice, corn syrup, salt and cinnamon together. Distribute a third of the bread crumb mixture into the bottom of the greased dish and top with half of the sliced apples and half of the liquid. Repeat with another layer of bread crumbs, apples and liquid and top with the remaining bread crumbs. Bake in the oven for 45 minutes.



*Also found today at <https://thepioneerwoman.com/cooking/apple-brown-betty-sweet-light-yummy/>. If the Pioneer Woman is making it, you know it's going to be delicious!