




NORTHERN IRELAND  
**WAR MEMORIAL**  
 MUSEUM



# MAKE YOUR OWN RATION BOOK

During the Second World War food was in short supply. Rationing was introduced to ensure each person got a fair share. Ration Books were issued, and people were told to register with their local shopkeepers or 'retailers'. The coupons inside were used when purchasing a weekly allowance of food at the same shop every week. Children under five had green ration books. Children aged 5-16 were issued with a blue ration book.

1  This is the front page of your blue Ration Book. Write your **Surname**, **Initials**, **Address** and **Date of Birth** on this page and carefully cut it out.

2  Children received special rations of **Milk**, **Cod Liver Oil** and **Fruit Juice** with extra coupons in their blue Ration Book. Cut out this page of coupons for **Orange Juice**.

3  Write down the names of shops you visit to buy **Milk**, **Meat**, **Eggs**, **Fats** (butter, margarine and lard), **Cheese**, **Bacon** and **Sugar**. Cut out this page.

4  Cut out pages 4 and 5 and place your five pages together in the correct order. Turn page 5 around the other way so it is facing outwards.  
 5  Now staple them together at the front in two places on the left, using each of the words **STAPLE** as your guides.

R.B.2  
 9 MINISTRY OF FOOD

# RATION BOOK

(CHILD) 1941-1942

STAPLE

Surname \_\_\_\_\_

Initials \_\_\_\_\_

Address \_\_\_\_\_  
 (as an Identity Card)

(For change of Address) \_\_\_\_\_

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

FOOD OFFICE CODE No. \_\_\_\_\_

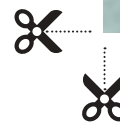
N.I. 15A

M.F.

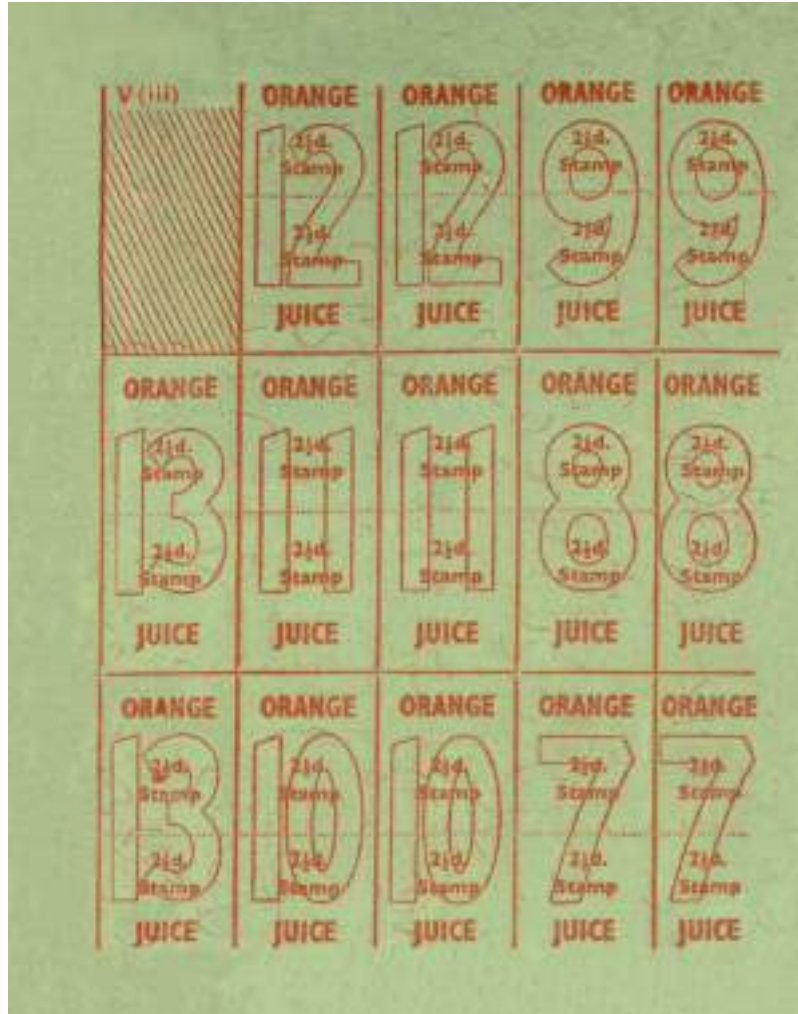
Serial No. of Ration Book

CF 345881

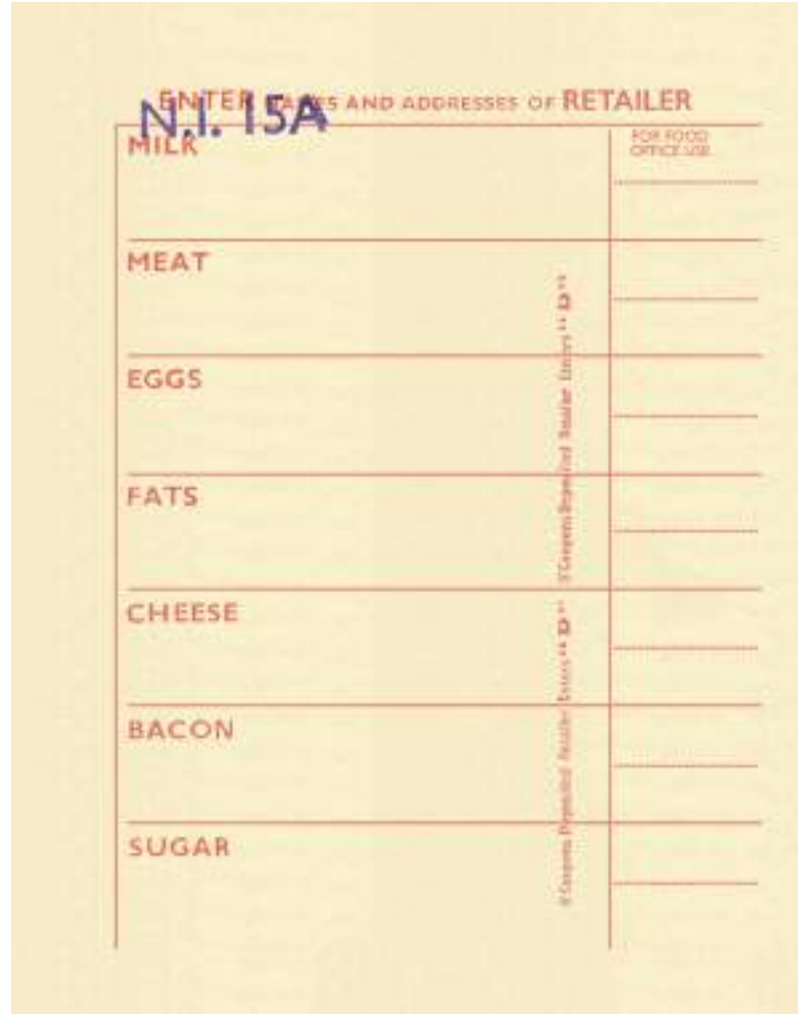
IF FOUND RETURN TO ANY FOOD OFFICE



1

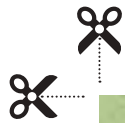


2



3





	25	26	27	28	29	30	31	32
<b>MEAT</b>		7				8		
<b>EGGS</b>		7				8		
<b>FATS</b> B # CF		7				8		
<b>CHEESE</b>		7				8		
<b>BACON</b>		7				8		
<b>SUGAR</b>		7				8		
	P	Q	R	S	P	Q	R	S

4



1		5		9
2	1	6	2	10
3		7		11
4		8		12
13		17		21
14	4	18	5	22
15		19		23
16		20		24
25		29		33
26	7	30	8	34
27		31		35
28		32		36
37		41		45
38	10	42	11	46
39		43		47
40		44		48
49	13	51	12	<b>GRID CHILD</b>
50		52		

5

