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.

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.

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.

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.

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

MAKE YOUR OWN RATION BOOK