

NON RATIONABLE	AMOUNT PER WK
Apples	2
Broad beans	100g
Garlic	1 clove
Mushrooms	100g
New potatoes	5
Peas	100g
Potatoes	2 Large
Tomatoes	4
Turnips	0.25
Parsnips	2
White Onions	2

## Example: Wartime Ration Book 1945

RATIONABLES	AMOUNT PER FAMILY X4	PER PERSON	MODERN EQUIVALENT PER PERSON
Milk	28 pints	7 pints	7pints
Cheese	460g	115g	115g (1/3 average block)
Bacon	230g	57.5g	2 rashers of bacon
Ham	230g	57.5g	2 slices
Butter	330g	82.5g	7g (enough to butter slice bread)
Cooking Fat	330g	82.5g	82.5g
Margarine	330g	82.5g	82.5g
Sugar	1350g	337.5g	1/3 of 1kg bag
Jam	460g	115g	1/4 jar
Tea	100g	25g	12 bags
Mince beef	350g	87.5g	87.5g (1/2 of quarter ponder patty)
Eggs	16	4	4

POINTED FOOD 8 POINTS PER PERSON	NO OF POINTS	MODERN EQUIVALENT
Rice	2	125g
Sultanas	2	100g
Baked Beans	1	1 tin
Biscuits	2	1/4 pack
Sweets	2	1 bag haribo starmix (sharing size)
Oats	1	250g
Sausages	4	4
Tinned Ham (SPAM)	2	1/2 tin

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