

## *TEKS*

(2) To support the teaching of the essential knowledge and skills, the use of a variety of rich primary and secondary source material such as documents, biographies, novels, speeches, letters, poetry, songs, and artworks is encouraged. Where appropriate, local topics should be included. Motivating resources are available from museums, historical sites, presidential libraries, and local and state preservation societies. (5) History. The student understands important issues, events, and individuals of the 20th century in Texas. The student is expected to: (A) identify the impact of various issues and events on life in Texas,

## **WORLD WAR II & FOOD RATIONING**

**Subjects:** History, Social Studies, Economics, Math

**Objective:** To explore what it was like during World War II when the U.S. imposed rationing due to shortage of goods. To create a meal plan and shopping list using ration book and rates.

**History:** 1942 -Families were encouraged to buy only what they needed and not to waste anything, to collect scrap metal, and volunteer where possible. A popular war time slogan was “Use It Up, Wear It Out, Make Do, or Do Without.”

The McFaddin-Wards did their part to help the cause. Mamie served as chairman of the hostesses for the Red Cross in Beaumont and spent many days during the summer of 1942 volunteering making phone calls and made and inspected dressings. According to Mamie’s diaries, on March 6, Beaumont had its first trial Black Out. Caldwell served as the chief air raid warden. He called Mamie and she called the 9 wardens to start and report the blackout. It was reported to be a success. On Sept. 20, she went with 3 soldiers to the Fairgrounds to sell war bonds and on Oct. 2, she and Percy collected all the scrap metal in the garage to turn in for the war effort.

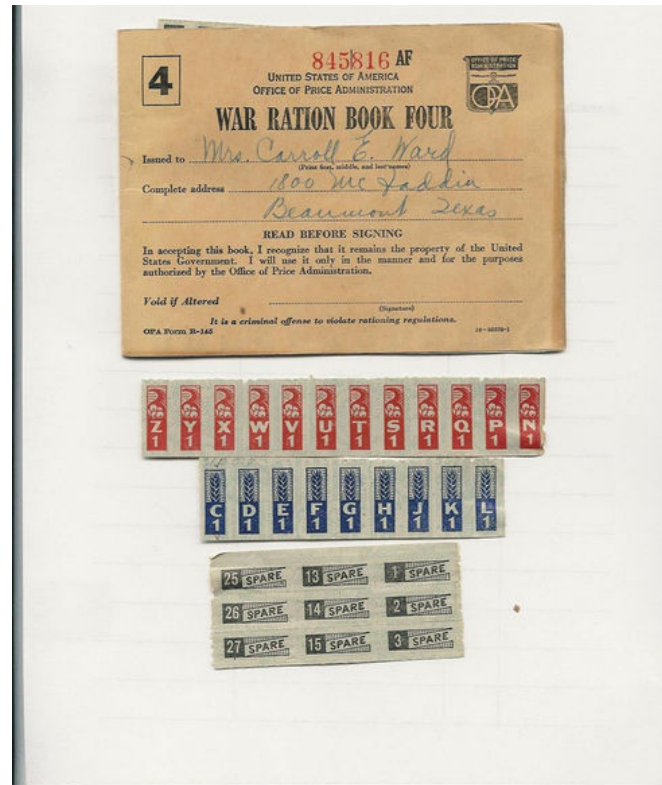
# Educational Resources

such as urbanization, increased use of oil and gas, the Great Depression, the Dust Bowl, and World War II; (11) Economics. The student understands the characteristics and benefits of the free enterprise system in Texas. The student is expected to: (B) describe how the free enterprise system works, including supply and demand; and (C) give examples of the benefits of the free enterprise system such as choice and opportunity.

## (WORLD WAR II & FOOD RATIONING CONT.)

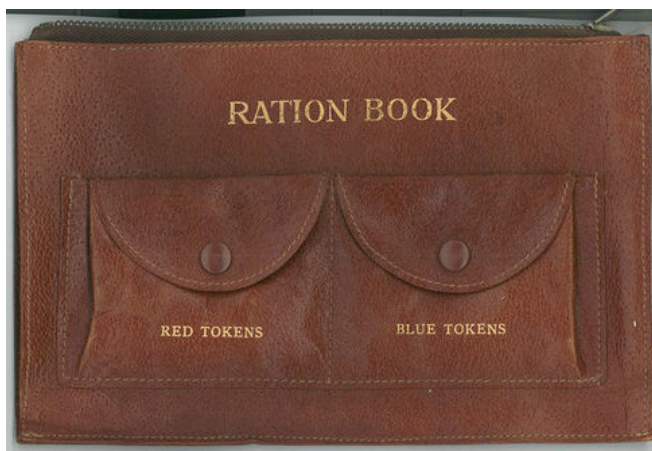
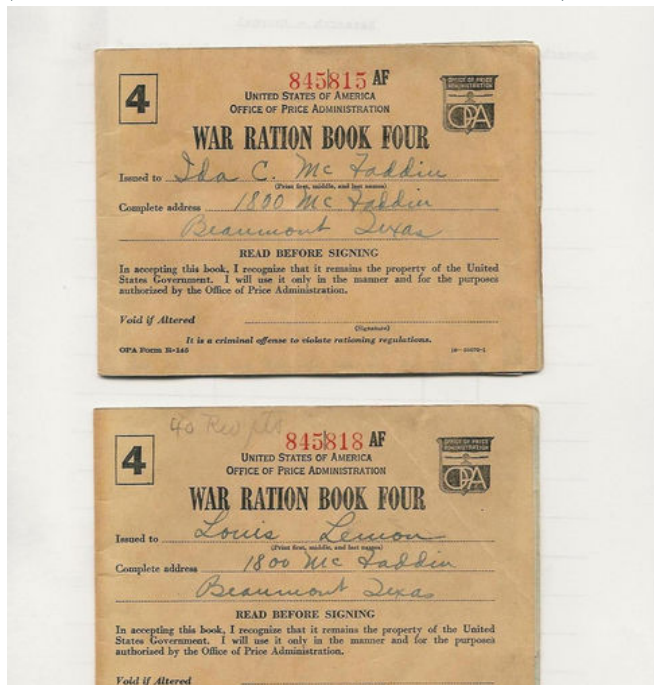
The Office of Price Administration was created to help provide citizens with portions of foods and goods since quantities were so limited. War Ration books filled with red and blue stamps were issued to each man, woman, and child. They lasted for one month. Families would use their ration stamps to purchase foods and goods that were in short supply.

Below are pictures of Ida's, Mamie's, and Louis Lemon's Ration books. Louis was the family's long-time cook. These ration books are housed in the McFaddin-Ward collection and have been displayed on the kitchen table.



# Educational Resources

## (WORLD WAR II & FOOD RATIONING CONT.)



# Educational Resources

## (WORLD WAR II & FOOD RATIONING CONT.)

**Activity:** What is your favorite homemade meal? Can you make it using your ration stamps and a weekly food budget of \$2.00? Use the chart below to see how many stamps each item was worth.

### Food Prices and Rationing Points

March 1943

News and Observer, Raleigh

| Food              | Price         | Ration points |
|-------------------|---------------|---------------|
| Apples            | 33¢/2 pounds  | 20 points     |
| Bisquick          | 37¢/box       | 18 points     |
| Bread             | 10¢/loaf      | 0 points      |
| Snacks            | 19¢/box       | 5 points      |
| Butter            | 22¢/pound     | 20 points     |
| Cake mix          | 18¢/box       | 18 points     |
| Cheerios          | 14¢/box       | 7 points      |
| Cheese            | 35¢/pound     | 12 points     |
| Coffee            | 24¢/pound     | 42 points     |
| Coke              | 5¢/bottle     | 10 points     |
| Cookies           | 22¢/box       | 22 points     |
| Corn              | 13¢/can       | 18 points     |
| Crackers          | 19¢/box       | 5 points      |
| Eggs              | 35¢/dozen     | 0 points      |
| Flour             | 66¢/10 pounds | 18 points     |
| Grits             | 9¢/box        | 3 points      |
| Ground beef       | 27¢/pound     | 0 points      |
| Jelly             | 24¢/jar       | 40 points     |
| Lemon juice       | 27¢/bottle    | 9 points      |
| Luncheon meat     | 33¢/pound     | 0 points      |
| Margarine         | 17¢/pound     | 2 points      |
| Mayonnaise        | 20¢/jar       | 0 points      |
| Milk (evaporated) | 9¢/can        | 1 point       |
| Noodles           | 5¢/box        | 18 points     |

# *Educational Resources*

## *(WORLD WAR II & FOOD RATIONING CONT.)*

|               |               |           |
|---------------|---------------|-----------|
| Orange juice  | 19¢/can       | 0 points  |
| Peanut butter | 25¢/jar       | 9 points  |
| Popsicles     | 29¢/box       | 22 points |
| Potatoes      | 39¢/10 pounds | 0 points  |
| Rice          | 10¢/pound     | 3 points  |
| Sausage       | 35¢/pound     | 0 points  |
| Shrimp        | 53¢/pound     | 12 points |
| Soup          | 9¢/can        | 10 points |
| Spinach       | 15¢/can       | 18 points |
| Steak         | 40¢/pound     | 13 points |
| Strawberries  | 28¢/pound     | 0 points  |
| Sugar         | 31¢/5 pounds  | 80 points |
| Syrup         | 23¢/jar       | 80 points |
| Tomato juice  | 10¢/can       | 20 points |
| Tuna          | 24¢/can       | 6 points  |

List all the ingredients needed and cost/stamps for each item.

Could you have made your favorite meal using the ration stamps in 1942 and still had enough of your stamps and budget left to eat for the rest of the week? If not, explain why.

Would you have been able to purchase food with the remaining stamps to last for the rest of the month?

What would you change about how you purchased food if you could only use your food stamps and a typical weekly food budget of \$2.00?