**Food Prices and Rationing Points  
March 1943  
*News and Observer*, Raleigh**

|  |  |  |  |
| --- | --- | --- | --- |
| **Food (Category)** | **# of Servings** | **Price** | **Ration points** |
| Apples (F) | 4 | 33¢/2 pounds | 20 points |
| Bisquick (G) | 8 | 37¢/box | 18 points |
| Bread (G) | 8 | 10¢/loaf | 0 points |
| Bugles snacks (G) | 4 | 19¢/box | 5 points |
| Butter | 16 | 22¢/pound | 20 points |
| Cake mix | 8 | 18¢/box | 18 points |
| Cheerios (G) | 8 | 14¢/box | 7 points |
| Cheese | 8 | 35¢/pound | 12 points |
| Coffee | 24 | 24¢/pound | 42 points |
| Coke (B) | 1 | 5¢/bottle | 10 points |
| Cookies | 8 | 22¢/box | 22 points |
| Corn (V) | 4 | 13¢/can | 18 points |
| Crackers (G) | 8 | 19¢/box | 5 points |
| Eggs (P) | 8 | 35¢/dozen | 0 points |
| Flour (G) | 40 | 66¢/10 pounds | 18 points |
| Grits (G) | 8 | 9¢/box | 3 points |
| Ground beef (P) | 4 | 27¢/pound | 0 points |
| Jelly (F) | 16 | 24¢/jar | 40 points |
| Lemon juice | (for cooking, not drinking) | 27¢/bottle | 9 points |
| Luncheon meat (P) | 4 | 33¢/pound | 0 points |
| Margarine | 16 | 17¢/pound | 2 points |
| Mayonnaise | 24 | 20¢/jar | 0 points |
| Milk-evaporated (B) | 8 | 9¢/can | 1 point |
| Noodles (G) | 4 | 5¢/box | 18 points |
| Orange juice (F) (B) | 8 | 19¢/can | 0 points |
| Peanut butter (P) | 16 | 25¢/jar | 9 points |
| Popsicles | 8 | 29¢/box | 22 points |
| Potatoes (V) | 8 | 39¢/10 pounds | 0 points |
| Rice (G) | 8 | 10¢/pound | 3 points |
| Sausage (P) | 4 | 35¢/pound | 0 points |
| Shrimp (P) | 4 | 53¢/pound | 12 points |
| Soup (V) (P) | 2 | 9¢/can | 10 points |
| Spinach (V) | 4 | 15¢/can | 18 points |
| Steak (P) | 4 | 40¢/pound | 13 points |
| Strawberries (F) | 4 | 28¢/pound | 0 points |
| Sugar | 80 | 31¢/5 pounds | 80 points |
| Syrup | 40 | 23¢/jar | 80 points |
| Tomato juice (V) (B) | 2 | 10¢/can | 20 points |
| Tuna (P) | 2 | 24¢/can | 6 points |

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_

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**Create a Balanced Menu Using Ration Coupons**

**Instructions:**

You have been given $2.00 and 48 ration points to purchase items to feed your family of four. You must create a balanced menu for breakfast, lunch and dinner without exceeding your spending limit or number of points.

**Notes:**1. You need to have at least **1 vegetable and 1 fruit** at each meal.

2. You need to have some type of **protein** (meat, eggs, nuts) and some type of **grain** (bread, rice, grits) at each meal.

3. You need to have at least one **non-water beverage** during the day.

4. You have to use **BOTH** ration points and money. You can NOT buy **smaller** quantities than what is listed.

5. **Consider** **portions**. For example, a loaf of bread can be used all day, but a bottle of Coke is only 1 serving.

6. If you are using the same item for more than one meal, you should list it on your menu, but you don’t have to add it to your shopping list. Be sure to write “SA” (see above) next to the item on your menu.

7. Finally, your meal **cannot be disgusting**. If you have to ask, it probably is…

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**Summary**

**Total Money Spent: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Total Points Used: \_\_\_\_\_\_\_\_\_ PTS**

*Use complete Sentences to answer the questions below.*

1. What was more difficult- not spending too much money or not using too many points? Why?
2. How might having a victory garden at home have made this activity easier?
3. What are some benefits of a rationing system?
4. What argument might critics of a rationing system make?

**Breakfast Menu: Shopping List:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Item** | **Category** | **Cost** | **Ration Pts.** |
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|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
| **Total:** |  |  |  |

**Lunch Menu: Shopping List:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Item** | **Category** | **Cost** | **Ration Pts.** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
| **Total:** |  |  |  |

**Dinner Menu: Shopping List:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Item** | **Category** | **Cost** | **Ration Pts.** |
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|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
| **Total:** |  |  |  |