



Eating For Victory: Healthy Home Front Cooking on War Rations

Jill Norman

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The period of wartime food rationing is now regarded as a time when the nation was at its healthiest. Food rationing was introduced in January 1940 after food shipments were attacked by German U-boat 'Wolf Packs'. The first food items to be rationed were butter, sugar, bacon and ham, with restrictions also placed on meat, fish, jam, biscuits, cheese, eggs and milk. The leaflets reproduced in Eating for Victory were distributed by the Ministry of Food and advised the general public on how to cope with these shortages. Typical contents included: recipes for steamed and boiled puddings; tips on how to use and prepare green vegetables; hints about how to reconstitute dried eggs and use them as though they were fresh. Eating for Victory is an ebook image collection of the leaflets, offering a nostalgic look back at one of the hardest and yet perhaps healthiest times in history, but is also a relevant guide on healthy eating for today.

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