

A graphic for the 75th anniversary of VE Day. It features a large '75' in maroon on a yellow background, followed by 'VE DAY' in yellow on a maroon background. The background of the entire slide is a collage of historical black and white photographs from World War II, including soldiers, civilians, and buildings.

75 VE DAY

Here is a typical weekly food allowance for one adult during World War II. Children would receive half this amount:

- Bacon and ham (3-4 slices/rashers) 4 oz
- Other meats – approx. £2.50 worth per week
- Butter 2 oz = 57g
- Cheese 2 oz = 57g (Vegetarians were allowed 85g more)
- Margarine 4 oz = 113g
- Cooking fat 4 oz = 113g
- Milk 3 pints
- Plus 1 packet dried milk per month
- Sugar 8 oz = 227g
- Preserves (marmalade, jam or sugar) every two months 1 lb (450g)
- Tea 2 oz = 57g
- Egg (shell egg) 1 per week
- Plus 1 packet dried egg per month
- Sweets 12 oz = 340g per month **less than 2 bags Haribo star mix a month!**

A typical adult's monthly allowance might provide a tin of salmon or fruit and half a pound of dried fruit. Bread, flour, fish (if available), offal, game (including rabbit and venison) and sauces and pickles were not rationed but were often hard to get your hands on.

Canned meat, fish, rice, canned fruit, condensed milk, breakfast cereals, biscuits and vegetables were available in limited quantities on a points system.

The Ministry of Food urged families to make most the most of their rations, and published their recipe ideas for the most filling, nutritionally balanced meals possible.