



Shopping
List

the1940sExperiment.com

Rations for 1 (weekly cost)

Butter 57g/2 oz 35p per week

Sugar 227g/8 oz 15p per week

Margarine 113g/4 oz 35p per week

Tea 57g/2 oz 30p per week

Cooking fat 57g/2 oz 35p per week

Preserves 57g/2 oz 10p per week

Cheese 113g/4 oz £1.35p per week

Sweets 57g/2 oz 20p per week

*As I am vegan I'm not taking an egg ration and will make my own oat milk

TOTAL COST FOR MY RATIONS PER WEEK = £3.15

Monthly 16 Points/Coupons (weekly cost)

6 points for rolled oats 3lbs/1.36 kg, 35p per week

4 points for rice 1/2 lb/226g, 8p per week

4 points for sultanas 1/2 lb/226g, 13p per week

1 point for lentils 1/2lb/226g, 15p per week

1 point for pearl barley 1/2 lb/226g, 8p per week

TOTAL COST FOR MY POINTS PER WEEK = 79p





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Not rationed food (weekly cost)

1 National Loaf 80p	bunch spring onions 45p
1/4 bag flour for baking 25p	apples £1.50p
1 cauliflower £1.00	1 cabbage 50p
1 cucumber 50p	beetroot 50p
2 x lettuce £1.00	peas 50p
new potatoes £1.00	

TOTAL COST FOR MY NON RATIONED FOOD PER WEEK = £8.00

GRAND TOTAL FOR COST OF 1st WEEK ON A WW2 RATIONS

£11.94

Prices are based on where I normally shop which is ASDA

1 have items such as Marmite and Bisto and salt and pepper already in my cupboard so didn't have to buy those yet. I may buy Camp Coffee in week 2. I may also adjust my non-rationed items in week 2.

