



My Basic Rationing Shopping List

Feed yourself for
less than £20 PW

Cost of weekly rations based
on Aldi no brand names

Weekly Standard Ration

- Meat ration 1lb of minced meat (£3)
- Bacon/ham 4 oz (60p)
- 8 oz sugar (25p)
- 3 pints of milk (£1.70)
- 2 oz cheese (35p) (or 8oz (£1.40) if on a vegetarian ration)
- 2 oz butter (85p)
- 2 oz cooking fat (15p)
- 4 oz margarine (50p)
- 2 oz of loose leaf tea (65p)
- 1 egg (30p)
- 1 lb jar of jam (to last 8 weeks) 90p so roughly (12p per week)
- 8 oz of sweets for 4 weeks - 80 p (so 20 per week)

Vegetarian ration £5.92

Meat ration £8.47

Points Allowance

24 points every 4 weeks

- Oatmeal 1 lb - 2 points (85p)
- Rolled oats - 2 lb - 4 points (£1)
- Haricot beans (dried) 2 lb - 4 points (£4.50)
- Dried prunes 1/4 lb - 1 point (75p)
- Lentils (dried) 1/2 lb - 1 point (50p)
- Baked beans 3 cans - 12 points (£1)

£8.60 divided by 4 weeks

Points allowance £2.15 per week



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Weekly Vegetables (not rationed)

Swede 62p
Potatoes/carrots £2
Cabbage 75p
Apples £1
Bread £1

Weekly vegetables & bread £5.37

Grand totals

Vegetarian ration + veg £13.44
Meat ration + veg £15.99

The above vegetarian ration gives you an idea of how much I spend today based on a basic standard ration for one adult in 1942 including what I bought on my points allowance as well as my weekly fruit, veg and bread.

This does not include any extras such as off ration foods one might buy such as flour, condiments, spices etc.

Hope this helps, C xx