



"There's a War On!" – Home Front Rationing Activity

What can you buy? What can you grow or produce yourself? What do you have that you could barter with a neighbor? What can you do without?

MEAT & FISH

Premium Ham	
Turkey	
SPAM	
Salmon	
Canned Tuna	
Bacon	

EGGS & DAIRY

Fresh Milk	
Fresh Eggs	
Cheese	
Kraft Velveeta	

BREADS & GRAINS

Pasta	
Loaf of Bread	
Shredded Wheat	
Corn Flakes	
Ritz Crackers	

FRUITS & VEGETABLES

Fresh Carrots	
Potatoes	
Canned Corn	
Canned Peas	
Canned Green Beans	
Canned Peaches	
Canned Pears	
Canned Fruit Salad	
Fresh Apples	

BAKING NEEDS

Flour	
Crisco Shortening	
Sugar	
Molasses	

MISCELLANEOUS

Tomato Sauce	
Canned Olives	
Orange Juice	
Coffee	