The Rationed Flavors of WWII: A timeline of U.S. Consumption

The Second World War was a time of great change for food and eating patterns across the world.

This timeline presents the adaptations and changes in consumption among American citizens from 1941-1945 using images and materials available from the time of the war. The images show the stresses of and reactions to the war on the home front.

This project illustrates the correlation between seemingly minor events such as rationing and the adaptations and changes in American consumption and culture as a reaction.

VICTORY BEGINS AT HOME!

RECIPES

TO MATCH YOUR

SUGAR RATION

PREPARED JOINTLY BY THE BUREAU OF HOME ECONOMICS, UNITED STATES DEPARTMENT OF AGRICULTURE, AND THE CONSUMER DIVISION, OFFICE OF PRICE ADMINISTRATION

MAY 1942

Sugar rationing is here!

For most of us it will mean little change in eating habits.

For others it will mean cutting down on those sweets that food experts say aren't too good for us anyway.

It is going to mean more fruit desserts. Use fresh fruits liberally in place of desserts that call for sugar. Dried fruits are rich in sugar and can be used to sweeten many cooked foods.

Baking and cooking of other desserts can be done with less sugar. The recipes in this bulletin will show you how. Many of these recipes call for no sugar at all. Others call for only small amounts. And for those who happen to have sugar substitutes on hand, such as maple products, sorghum, or cane and corn sirup, this bulletin will tell how to use them in place of sugar, in preparing the family's favorite desserts.

Recipes to Match Your Sugar Ration

FRUITS AND FRUIT DESSERTS

SCALLOPED APPLES

Pare, core, and slice tart, firm apples Place a layer of the sliced apples in a baking dish, sprinkle lightly with sugar, and dot with butter or other fat. If the fat has no salt, add a few grains. Put in another layer of apples and press down, add more seasoning, and repeat until the dish is heaping full. Cover, cook slowly for about 1 hour in a moderate oven (350° F.) to brown the crumbs. Scalloped apples are good served hot with a meal or as a dessert.

BAKED APPLES

Wash the apples and core them without cutting through the blossom end. Place the apples in a baking dish. Fill the holes with sirup, and raisins or nuts, if desired. Cover the dish. Bake in a moderate oven (350° F.) until the apples are soft. Serve hot or cold, with or without cream.

BAKED BANANAS

Select ripe bananas. Peel, and scrape off the stringy fibers. Split in half lengthwise and arrange cut side up in a shallow baking dish. Sprinkle with sugar and lemon juice and melted table fat. Bake in a moderate oven (350° F.) for 20 to 25 minutes. Serve from the baking dish.

BROILED PEACHES OR APRICOTS

Place in a shallow baking dish halves of fresh, canned, or stewed dried fruit, pit side up. Pour over the fruit a little melted table fat

5

Pound For Home Food Processing Pound

This coupen authorizes the holder to whom it was issued to receive I pound of sugar, which is to be used only to conserve fruit, fruit Juices, or other foods as specified in the Regulations for the use of the person or persons listed on the Home Canning Sugar Application (Form No. R-323) or the Special Purpose Application (Form No. R-315) on file at the office of the Board indicated below.

Serial Number of War Batian Book

Board No. State

In May 1942, sugar was the first food rationed in the United States. This was done using ration coupons much like these. The rationing of sugar brought a change in the consumption of Americans and inspired new recipes and the use of alternative sweeteners.

May 1942

SUGAR RATIONED IN THE US

Eating patterns changed due to the availability of food goods and new recipes were developed in order to accommodate these changes.

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Recipes such as these were printed across the country to help inform people of cooking options for what food goods were available. This was a way for people to do their part in order to support the war effort from the home front.