**Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**U.S. History**

**Chapter 14**

**Food Rationing Project**

 During World War II, most foods were rationed. These foods were saved for the soldiers overseas. Each person per family, were issued 16 red stamps and 48 blue stamps per week. The red stamps were for meat and dairy products and the blue stamps were for fruits and vegetables. The prices generally stayed the same, but you needed the correct stamp to buy the product.

***Instructions:*** *On the following chart, plan your meals for the week. On the back of this paper is a chart for how many stamps are needed to buy this item.*

1. *Members of your family living under your roof: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
2. *Members of your family living under your roof: \_\_\_\_\_\_ X 16(red stamps) = \_\_\_\_\_\_\_*
3. *Members of your family living under your roof: \_\_\_\_\_\_ X 48 (blue stamps) = \_\_\_\_\_\_*

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Breakfast** | **Lunch** | **Dinner** |
| **Monday** | Meal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Ingredients: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Number of Red Stamps: \_\_\_\_\_\_****Number of Blue Stamps: \_\_\_\_\_** | Meal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Ingredients: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Number of Red Stamps: \_\_\_\_\_\_****Number of Blue Stamps: \_\_\_\_\_** | Meal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Ingredients: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Number of Red Stamps: \_\_\_\_\_\_****Number of Blue Stamps: \_\_\_\_\_** |
| **Tuesday** | Meal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Ingredients: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Number of Red Stamps: \_\_\_\_\_\_****Number of Blue Stamps: \_\_\_\_\_** | Meal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Ingredients: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Number of Red Stamps: \_\_\_\_\_\_****Number of Blue Stamps: \_\_\_\_\_** | Meal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Ingredients: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Number of Red Stamps: \_\_\_\_\_\_****Number of Blue Stamps: \_\_\_\_\_** |
| **Wednesday** | Meal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Ingredients: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Number of Red Stamps: \_\_\_\_\_\_****Number of Blue Stamps: \_\_\_\_\_** | Meal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Ingredients: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Number of Red Stamps: \_\_\_\_\_\_****Number of Blue Stamps: \_\_\_\_\_** | Meal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Ingredients: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Number of Red Stamps: \_\_\_\_\_\_****Number of Blue Stamps: \_\_\_\_\_** |
| **Thursday** | Meal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Ingredients: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Number of Red Stamps: \_\_\_\_\_\_****Number of Blue Stamps: \_\_\_\_\_** | Meal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Ingredients: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Number of Red Stamps: \_\_\_\_\_\_****Number of Blue Stamps: \_\_\_\_\_** | Meal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Ingredients: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Number of Red Stamps: \_\_\_\_\_\_****Number of Blue Stamps: \_\_\_\_\_**  |
| **Friday** | Meal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Ingredients: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Number of Red Stamps: \_\_\_\_\_\_****Number of Blue Stamps: \_\_\_\_\_** | Meal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Ingredients: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Number of Red Stamps: \_\_\_\_\_\_****Number of Blue Stamps: \_\_\_\_\_** | Meal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Ingredients: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Number of Red Stamps: \_\_\_\_\_\_****Number of Blue Stamps: \_\_\_\_\_** |
| **Saturday** | Meal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Ingredients: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Number of Red Stamps: \_\_\_\_\_\_****Number of Blue Stamps: \_\_\_\_\_** | Meal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Ingredients: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Number of Red Stamps: \_\_\_\_\_\_****Number of Blue Stamps: \_\_\_\_\_** | Meal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Ingredients: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Number of Red Stamps: \_\_\_\_\_\_****Number of Blue Stamps: \_\_\_\_\_** |
| **Sunday** | Meal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Ingredients: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Number of Red Stamps: \_\_\_\_\_\_****Number of Blue Stamps: \_\_\_\_\_** | Meal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Ingredients: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Number of Red Stamps: \_\_\_\_\_\_****Number of Blue Stamps: \_\_\_\_\_** | Meal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Ingredients: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Number of Red Stamps: \_\_\_\_\_\_****Number of Blue Stamps: \_\_\_\_\_** |

Coupons

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Red Stamps** | **Pounds** | **Number of** |  | **Blue Stamps** | **Pounds** | **Number of** |
| 4 pork chops | 1# | 8 |   | Apples | 1# | 15 |
| Pork Roast | 1.5# | 4 |   | Berries | 1# | 15 |
| Stew Meat | 1# | 2 |   | Bananas | 1# | 30 |
| Bacon | 1# | 12 |   | Pears | 1# | 18 |
| Beef Roast | 1.5# | 6 |   | Peaches | 1# | 18 |
| Beef Ribs | 1# | 8 |   | Pineapple | 1# | 30 |
| Ground Beef | 1# | 3 |   | Apple Sauce | 1# | 20 |
| Sausage Links | 1# | 3 |   | All Beans | 1# | 10 |
| Ham | 1# | 10 |   | Corn | 1# | 8 |
| Chicken | 1# | 4 |   | Peas | 1# | 10 |
| Turkey | 1# | 4 |   | Mushrooms | 1# | 16 |
| Butter | 1# | 8 |   | Greens | 1# | 8 |
| Hard Cheese | 1# | 3 |   | Tomatoes | 1# | 20 |
| Soft Cheese | 1# | 5 |   | Potatoes | 1# | 16 |
| Milk  | 1 Gal | 2 |   | Pasta | 1# | 8 |
|   |   |   |   | Soup | 1# | 8 |
|  |  |  |  |  |  |  |
| All Canned meat add 2 Coupons |  |  |  |  |
| All canned fruit/vegetables add 2 Coupons |  |  |  |  |
| All Juices add 4 Coupons |  |  |  |  |  |