

# Point Rationing of Processed Fruits and Vegetables



## A Brief Guide for Volunteer Field Workers

JANUARY 1943

Office of Price Administration

WASHINGTON, D. C.



### How To Use This Guide

This folder contains basic information about point rationing of processed foods.

It includes:

**Material suitable for talks to groups**

on this page and the back page;

**Reprint of Consumer Instruction Sheet**

on two center pages;

**Questions and Answers on Regulations**

on back page;

**Poster on use of War Ration Book Two**

On inside fold.

Read everything on this folder. Then decide the best way for you to use the material.

In talking to a group, you may want to read right from the folder—or you may prefer to tell the story in your own words. One good place to use your own words is in explaining the Consumer Instruction Sheet, since a copy of this will go to everybody who registers for War Ration Book Two.

**BUT**, be careful not to change or leave out important facts.

When time is limited, spend most of it on the **HOW** of point rationing, rather than on the **WHY**.

When the folder is opened completely, one side of it is a poster which tells the basic facts about point rationing in a picture story. Wherever possible, hang this up where the group can see it while you are talking. Use each picture on the poster to drive facts home. A similar poster, larger and in colors, will be distributed to grocery stores, Rationing Boards, etc.

### Why Canned and Other Processed Foods Are Rationed

**Food is a weapon of war.**—It is a weapon that is important on all fronts, including the home front. Our fighting men and our allies cannot fight and defeat the Nazis and the Japs without the strength and endurance that comes from body-building foods.

**We at home must share certain foods with them.** These are the fighting foods, particularly the kinds of foods that can be shipped easily and which will keep well under all sorts of conditions.

For that reason, we are sending over half of this year's pack of canned fruits and vegetables to our fighting soldiers and our fighting allies.

This means that we at home will not have as much canned goods as we would like to buy. Most of us will have to buy less canned and processed fruits and vegetables than we did during the past few years.

This means that we must ration these processed foods. **Rationing is the only fair way to divide up the canned food we have left for civilians.**

You know what happens when we **DON'T** ration essential things which are short.

**If we don't ration:**

**Some people get more than they need.**

**Some get none.**

Hoarders and chiselers take unfair advantage of honest, patriotic Americans who try to buy only what they need. War workers and others who cannot get to shop early in the day find the shelves bare when they get to the store.

Only Hitler and Tojo like it when things are like that. So the Government is rationing canned and other processed fruits and vegetables, including soups and juices. That is the only way of making sure everyone gets a fair share. It is the democratic way of assuring every American enough food to eat.

### How Canned Foods Are Rationed

Canned and other processed foods are being rationed under a system new to America—the point system. Another version of this system has been used successfully for over a year in England. Americans who have visited England report that the British people have found point rationing a simple, easy-to-understand system of sharing.

### Why the Point System?

Until now we have rationed one product at a time: sugar, coffee, tires, and so forth.

Take sugar. That's a relatively easy thing to ration. Nearly everybody uses sugar—and most people use about the same amount of it. So all we had to do was to take all the sugar available for civilians and divide it up—giving everyone an equal share. Of course, there are exceptions—mainly people who do home canning—but we take care of them with supplementary rations of sugar. Another thing we must remember is that there is no widely used substitute for sugar.

Now let's look at the canned foods we are rationing. First of all, **canned fruits and vegetables are not one thing. They are hundreds of different things.** And many of them can easily be substituted for others. When you can't get canned peaches, you may switch to canned apricots or pears. But for most people there's nothing else to turn to when there's no sugar.

Because people are used to a wide freedom of choice when buying canned foods, straight rationing would not work at all. If we were to divide up all the canned apricots in the country and give everybody an equal share of canned apricots—whether he or she wanted it or not—then each person would get less than one can of apricots a year. Those who wanted apricots wouldn't get enough to do them any good and those who didn't want apricots would have ration stamps they wouldn't need.

That's why the **POINT** rationing system is being used. **Under point rationing you have freedom of choice when you shop.** You can buy anything in stock you like. The only thing limited is the quantity of rationed foods you may buy. **It is the nearest thing to unrestricted buying that we can have under any rationing system.**

# This instruction sheet is given to everyone who applies for War Ration Book Two

Consumer Instruction Sheet

Use Your OLD Ration Book for SUGAR and COFFEE

## WHY CANNED FRUITS, VEGETABLES, AND SOUPS ARE RATIONED

Every week we are sending shiploads of canned goods to feed our fighting men and our fighting allies in Africa, Britain, and the Pacific islands. We must see that they get all the food they need.

We at home will share all that is left. Point Rationing will be used to guarantee you and everyone a fair share of America's supply of canned and processed fruits and vegetables, soups and juices.

### HOW they are rationed

1. Every eligible man, woman, child, and baby in the United States is being given War Ration Book Two. (This book will not be used for sugar or coffee.)



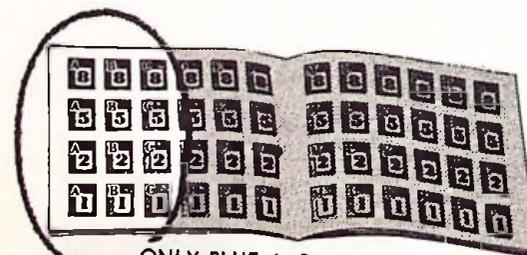
2. The BLUE stamps are for any kind of Canned or Bottled Fruits and Vegetables Canned or Bottled Juices and Soups Frozen Fruits and Vegetables Dried Fruits

(The red stamps will be used later for meat.)

3. The stamps in this book are POINT stamps. The NUMBER on each stamp shows you how many POINTS that stamp is worth.

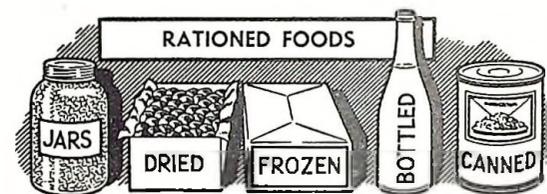


4. The LETTERS show you WHEN to use the stamps. The year will be divided into rationing periods. You can use all BLUE stamps marked A, B, and C in the first rationing period. A, B, and C stamps cannot be used after the first rationing period ends.



ONLY BLUE A, B, and C STAMPS CAN BE USED IN 1st PERIOD

5. You must use the BLUE stamps when you buy ANY KIND of the rationed processed foods. See the official list, showing every kind of rationed processed food, at your grocers. Different kinds of these foods will take different numbers of points. For example, a can of beans may take a different number of points from a can of peas.



Fruits	Fruits	Fruits	Juices	Fruits
Vegetables	Vegetables	Vegetables	Soups	Vegetables
Soups			Catsup	Soups
Juices			Chili Sauce	Juices
				Baby Foods

(See Complete Official List at Your Grocers)

6. Of course, the more of anything you buy the more points it will take. For example, a large can of peas takes more points than a small can.

7. The Government will set the points for each kind and size and send out an Official Table of Point Values which your grocer must put up where you can see it. The Government will keep careful watch of the supply of these processed foods and make changes in point values from time to time, probably not oftener than once a month. The Government will announce these changes when it makes them and they will be put up in the stores.



WATCH THE OFFICIAL TABLE OF POINT VALUES

8. The number of points for each kind of processed food will be THE SAME in ALL STORES and in all parts of the country.

## HOW TO USE YOUR NEW RATION BOOK

TO BUY CANNED OR BOTTLED FRUITS, VEGETABLES, SOUPS, AND JUICES; FROZEN FRUITS AND VEGETABLES; DRIED FRUITS

1. The Government has set the day when this rationing will start. On or after that day, take your War Ration Book Two with you when you go to buy any kind of these processed foods.



YOU GIVE MANY POINTS FOR SCARCE FOODS



YOU GIVE LESS POINTS FOR FOODS THAT ARE NOT SO SCARCE

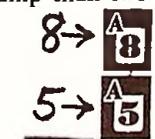
2. Before you buy, find out how many points to give for the kind of processed foods you want. Prices do not set the points. The Government will set different points for each kind and size no matter what the price. Your grocer will put up the official list of points where you can see it. It will also be in the newspapers. The points will not change just because the prices do.

3. When you buy, take the right amount of blue stamps out of the book. Do this in front of your grocer or delivery man and hand them to him. The grocer must collect a ration stamp, or stamps, for all the rationed processed foods he sells. Every rationed processed food will take points as well as money.

SHOW YOUR BOOK PLEASE



4. Do not use more stamps than you need to make up the right amount. For example, if the food you buy calls for 13 points it is better to tear out an 8-point and a 5-point stamp than two 5-point stamps and a 2- and a 1-point stamp. Save your smaller point stamps for low-point foods. You can take the stamps from more than one book belonging to your household if you need to.



13 Points

5. Every person in your household, including children of any age, has a total of 48 points to use for all these processed foods for one ration period. This means that you may use ALL the blue stamps marked A, B, and C from all the books during the first period. You may use as many of the blue A, B, and C stamps as you wish at one time. When they are used up you will not be able to buy any more of these processed foods till the next stamps are good. The Government will announce the date when the next stamps are good.

USE THE BLUE STAMPS WITH A, B, C ON THEM



6. Use your household's points carefully so that you will not run out of stamps. And buy with care to make your points come out even, because the grocer will not be able to give you change in stamps. Use high-point stamps first, if you can.

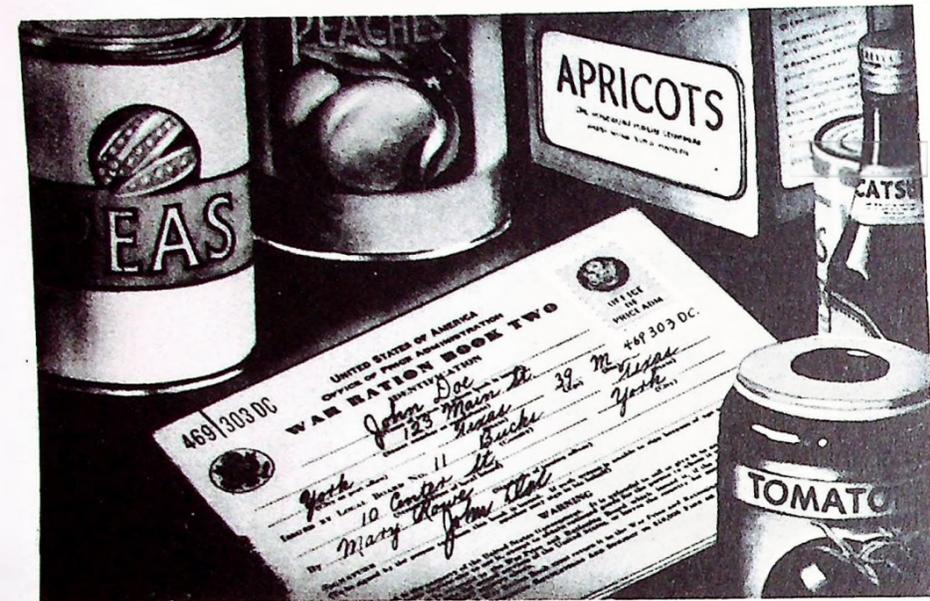
### IMPORTANT

You may use ALL the books of the household to buy processed foods for the household. Anyone you wish can take the ration books to the store to do the buying for you or your household.

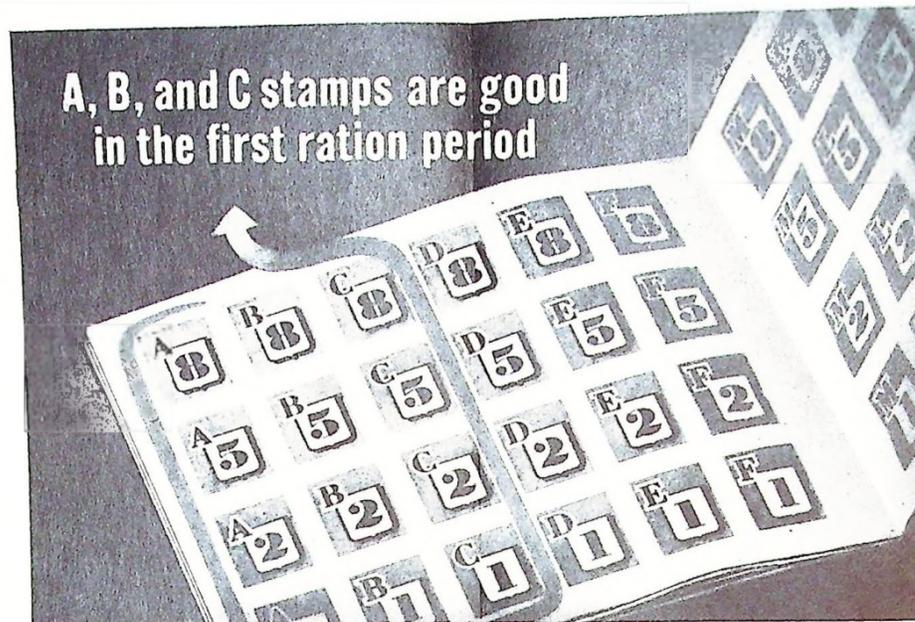


A FAIR SHARE FOR ALL

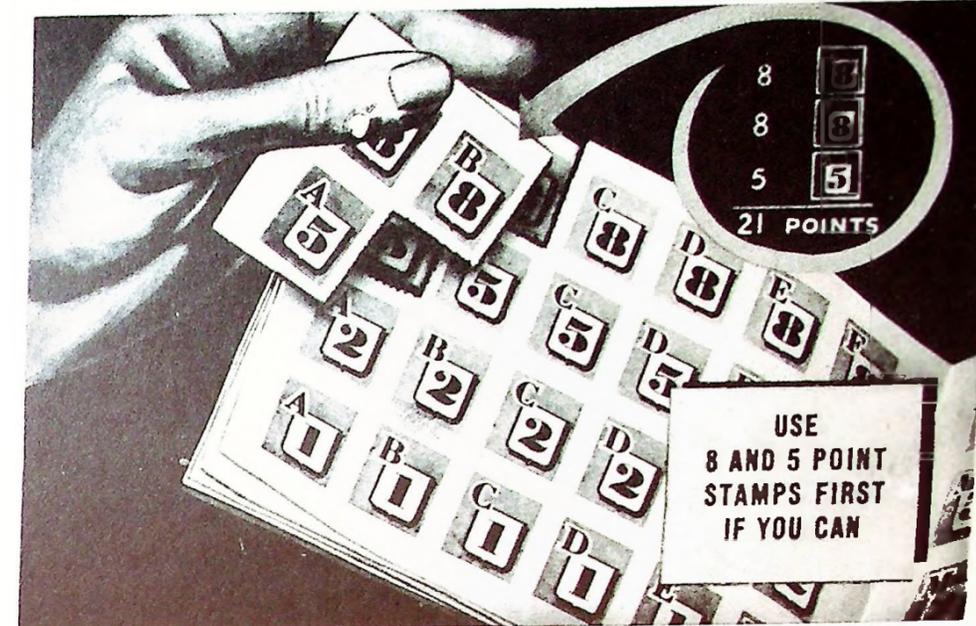
We cannot afford to waste food or give some people more than their fair share. . . . That is why canned fruits and vegetables are rationed and that is why meat is going to be rationed. Rationing of some foods is the best and fairest way to be sure that every American gets enough to eat.



**1. USE THIS RATION BOOK.** You may use one or all of your family's ration books when you shop. You may not shop with loose ration stamps.



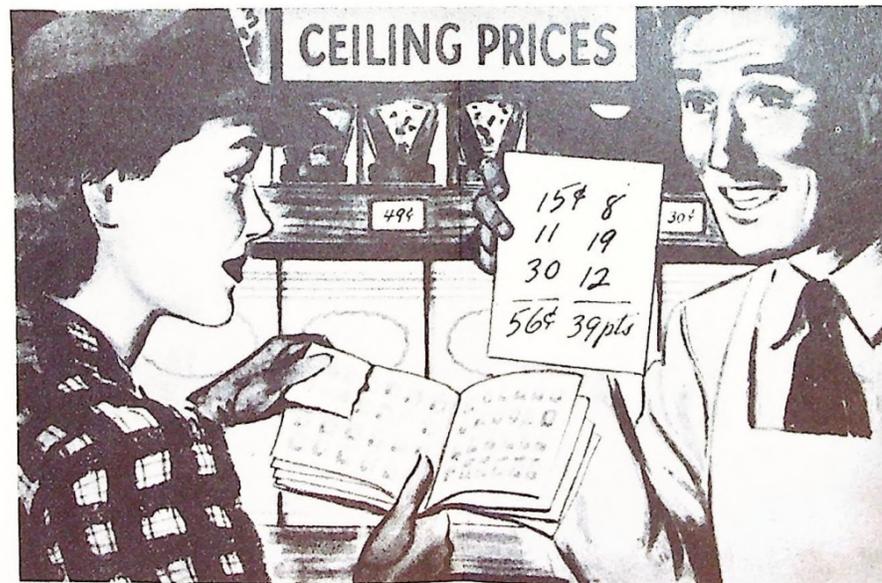
**2. USE BLUE STAMPS ONLY.** All blue point stamps marked A, B, and C are good during the first ration period. They add up to 48 points for each member of the family.



**3. THE NUMBERS SHOW POINTS.** You will not be able to get "change" in point stamps, so save your low-value stamps for buying low-point foods.



**4. LOOK AT THE POINT VALUES** before you buy. Points have nothing to do with prices or quality. Point values will be the same in all stores.



**5. GIVE THE STAMPS TO YOUR GROCER.** Tear out stamps in the presence of your grocer—or tear them out in the presence of the delivery boy.



**6. FRESH FRUITS AND VEGETABLES** are not rationed. Use them instead of rationed foods whenever possible. Try out recipes that make your rations go further.

## YOUR POINT ALLOWANCE MUST LAST FOR THE FULL RATION PERIOD

**Plan How Many Points You Will Use Each Time Before You Shop**

**BUY EARLY IN THE WEEK**



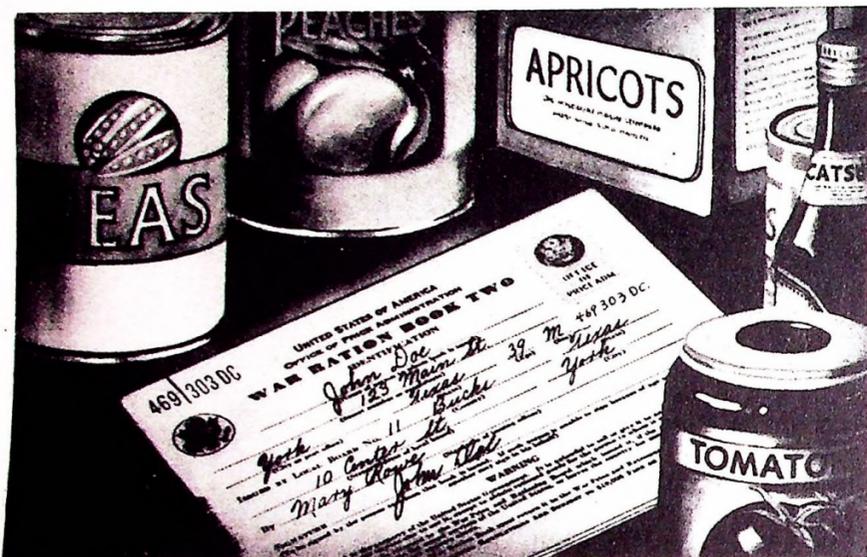
Foods are going to our fighting men. They come first! Your ration gives you your fair share of the foods that are left.



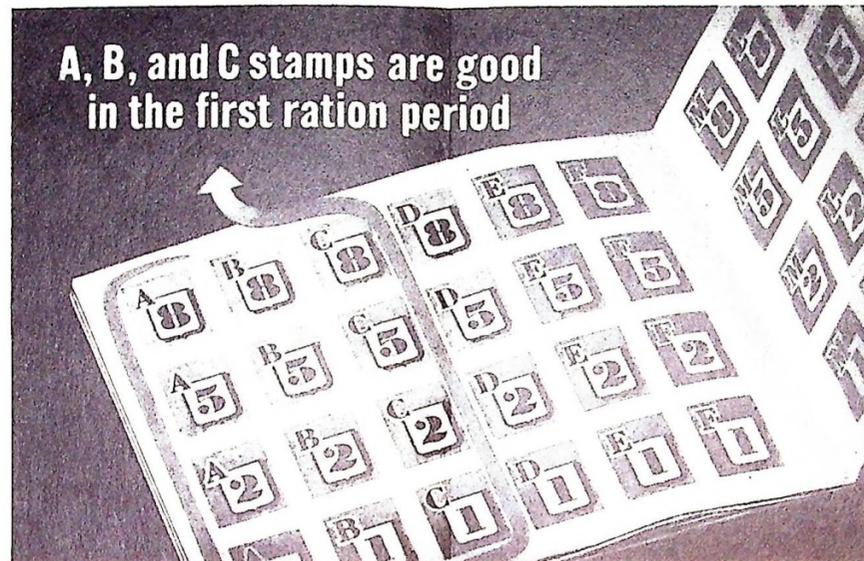
**BUY EARLY IN THE DAY**

# HOW TO SHOP WITH WAR RATION BOOK TWO

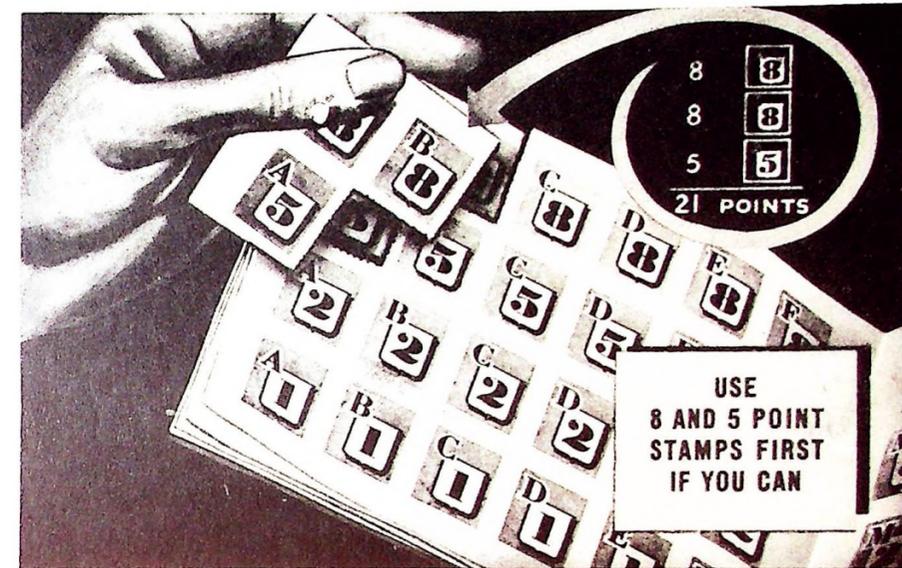
## ... to Buy Canned, Bottled and Frozen Fruits and Vegetables, Dried Fruits, Juices and all Canned Soups



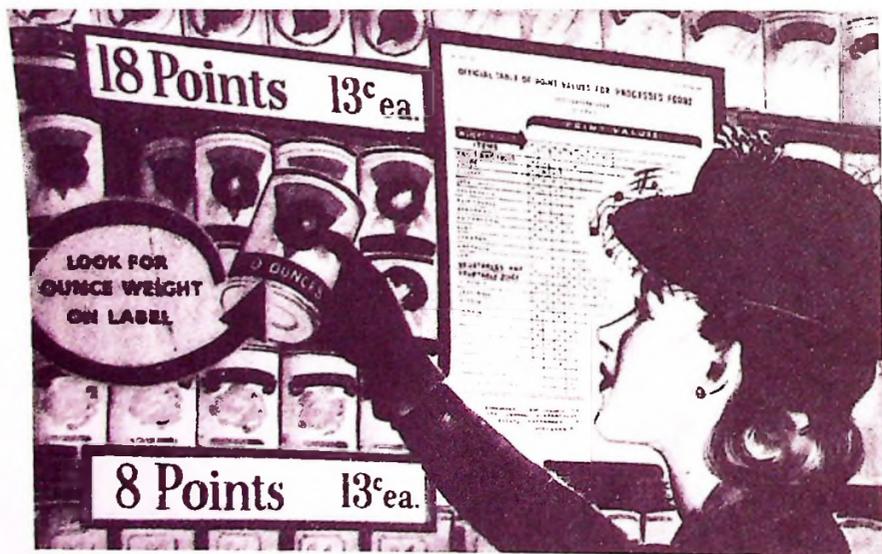
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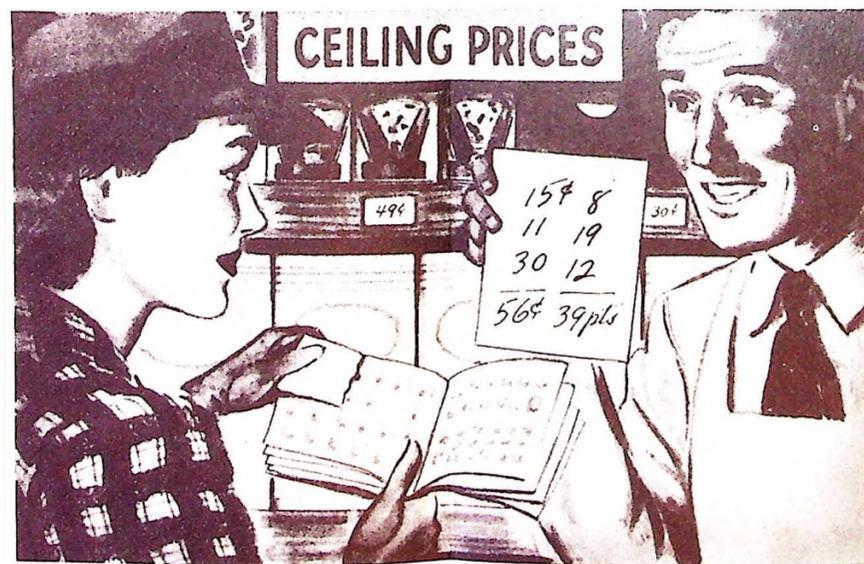
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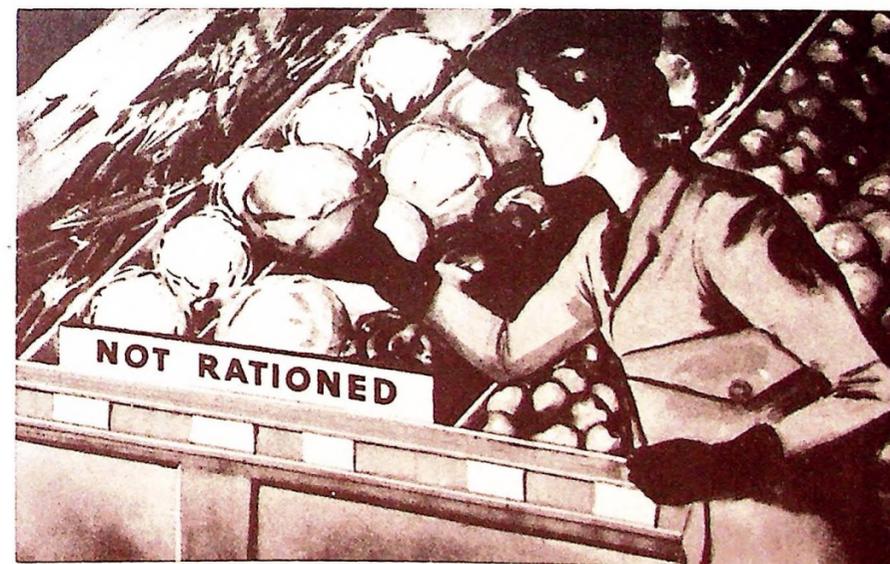
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**YOUR POINT ALLOWANCE MUST LAST FOR THE FULL RATION PERIOD**

**Plan How Many Points You Will Use Each Time Before You Shop**

## How To Budget Your Point Allowance

Every person in the family is allowed 48 points in each ration period.—For convenience, you may budget these points roughly on a weekly basis. Take the total number of points for your family and divide by the number of weeks in the Ration Period. This will give you, roughly, your weekly point allowance.

Remember, you may take all of the Ration Books in your family with you when you shop. Whenever possible, use the 8- and 5-point stamps first, saving the low-point stamps to make up odd amounts later in the ration period. It is smart to do this because you will not be able to get "change" from your grocer in point stamps. Loose stamps cannot be accepted by grocers.

Plan your shopping needs for at least a week when you can.—Make a list, making sure that you are using as many non-rationed foods as possible. When you are certain that you have reduced the list of rationed foods you will need to the smallest number possible, figure out how many points you will need to buy them. If your list requires more points than you have in your weekly budget, substitute low-point items for high-point ones.

If stamps have been removed from your Ration Books because you have excess supplies on hand, use your reserve supplies slowly; they are part of your ration.

### How To Get Along on Your Ration

If you do not buy too many foods with a high point value, you should get enough canned, bottled, or other processed fruits and vegetables for each member of your family each

week. That may not be as much as some of you ordinarily use, but there are other foods to give us all a healthful, wholesome diet.

Use more fresh fruits and vegetables and dried vegetables.—Many fresh vegetables can be cooked almost as quickly as you can open and heat up canned vegetables. Use fresh grapefruit, oranges, and apples instead of canned fruits and fruit juices.

Stew your own fruits.—Make your own applesauce and stew or bake other fruits that you don't want to eat raw.

Make your own soups.—Try out some of the interesting new recipes. You'll be surprised how easy it is to make your own soups.

Eat more cereals.—There is an abundance of cereals and, as you know, they are mighty economical. They are nourishing and delicious—what's more, cereals can be used to stretch your rations when mixed with vegetables and fruits. Try some of these flavorsome combinations.

Preserve your own fruits and vegetables.—Almost anyone can put up fruit. You can also put up vegetables if you arrange to use, share or borrow a pressure cooker. [Note to speaker: If you know of a place where it is possible to arrange for community use of a pressure cooker, you might mention it here.]

Grow your own.—Start a Home Victory Garden, if you can—or join in a Community Victory Garden [if there is one—see note above].

And last, but not least, don't waste food.

If we manage our food supplies properly, everyone will be able to get enough to eat.

## Questions and Answers on Rationing Regulations

Q. May I exchange rationed processed foods with other consumers?

A. Yes, you may exchange, lend, or borrow the rationed products without using point stamps. But the regulations say that when you exchange, it must be for foods of equal point value.

Q. My son is in the armed forces and has no Ration Book. What happens when he comes home on furlough?

A. If he is on furlough for 7 days or longer, he presents his leave papers to your local War Price and Rationing Board. The board will issue a Point Certificate, allowing enough points to cover his leave period. This point certificate will be accepted by your grocer instead of point stamps. All the points in the certificate must be used at one time; you cannot get "change" in stamps.

Q. Suppose someone in the family is ill and must have more than the normal allowance of processed foods?

A. Apply to the local Rationing Board for a Point Certificate. The board will give you a form to fill out, stating why you need added rations; the form requires a doctor's certificate, stating how much processed food you must have.

Q. Is there any way in which I can buy processed foods in larger quantities than one Ration Period allows?

A. Yes, there are two ways. The first way may be used by anybody. During the last week of each Ration Period you may use the stamps of the next Ration Period. By doing all your shopping during that week you can buy all the supplies you need for two periods at one time. This does not increase your point allowance; it is only an added convenience for those who need it.

The other way is for special cases and allows you to buy in even larger quantities at one time. Apply to your local Rationing Board. If the Board finds that because of transportation difficulties you would suffer hardship unless you can buy several months' supply at a time, it may issue a Point Certificate. The Board will remove point stamps from your War Ration Book Two equal to the amount of points allowed on the Certificate.

Q. What if I lose my Ration Book?

A. Take care not to. If you can satisfy the local Board that it is lost, the Board may issue a new book.

(Open up folder completely for poster)

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