

# Rationing

**Americans!**  
**SHARE THE MEAT**  
as a wartime necessity

To meet the needs of our armed forces and fighting allies, a Government order limits the amount of meat delivered to stores and restaurants.

To share the supply fairly, all civilians are asked to limit their consumption of beef, veal, lamb, mutton and pork to 2½ lbs. per person per week.

**YOUR FAIR WEEKLY SHARE**

Men, women and children over 12 yrs. old	2½ Pounds per week
Children 6 to 12 yrs. old	1½ Pounds per week
Children under 6 yrs. old	¾ Pound per week

You can add these foods to your share: liver, sweetbreads, kidneys, brains and other variety meats; also poultry and fish.

**HELP WIN THE WAR!**  
**Keep within your share**

FOODS REQUIREMENT COMMITTEE  
War Production Board  
Claude R. Wickard  
Chairman

Rationing was a necessary part of the war effort. It ensured that the price of goods remained stable and that each American had equal access to items in short supply. Every man, woman, and child was issued a ration book. These books held stamps that allowed one to purchase items like sugar, shoes, and more.

**MAKE THIS PLEDGE:**  
I pay no more than top legal prices  
I accept no rationed goods  
without giving up ration stamps

U.S. PRESIDENT EMERGENCY OFF.

Rationing did not just cover food, but also everyday materials such as gas, rubber, shoes, hose, material, and other items.



There were several types of rationing methods that included uniform coupon rationing, point rationing, and differential and certificate rationing.

**Do with less—  
so they'll have  
enough!**

**RATIONING GIVES YOU YOUR FAIR SHARE**

As items became scarce, there was a rise in theft in the Lexington area. During the war years, many articles such as the following would appear in the local papers. The *Lexington Leader* on June 1, 1942: the “Colonial Café at 586 West Main today had reported the first sugar theft in the city of Lexington since sugar rationing became effective.”

sugar is scarce

make it stretch