

Dig for Victory: Food: Waste not want not!

Food was rationed during the Second World War so anything that people could grow themselves was not wasted.

Growing your own food is great but it all tends to be ready to eat at the same time! If there is more food than you can eat you need to preserve it before it goes rotten.

Here are some ways people preserved food during the IIWW:

- Fruit was bottled using plain water, or a little Golden Syrup or honey.
- Fruit was made into different flavoured jams. For example: plums, blackcurrants, gooseberries, strawberry, raspberry, rhubarb and apple, wild blackberry and apple, and redcurrant jelly.
- Any windfall or damaged fruit, and tomatoes that hadn't ripened at the end of the season were used for chutney, using onions, treacle and vinegar.
- Christmas puddings and cakes were made using apples, carrots, prunes, suet, and treacle, with eggs and flour.

As food was rationed people were very grateful for home grown produce and therefore jars of pickled or jammed food made a great Christmas gift!

Draw some different homemade produce that you would like to give as a Christmas gift. Label the pots.