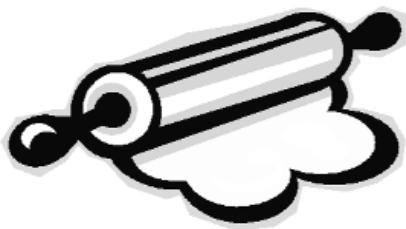


# COOKING DURING WORLD WAR II



Because of rationing, Americans became very creative in their cooking during World War II. Sugar, flour, and many other items were very expensive and hard to come by even when a family had the ration stamps to allow them to buy them. So, many new recipes sprang up in an effort to make do without these items. The recipe below is one example.

## Brownie's WWII Sugar Brownies

1 cup graham crackers

1/2 package (8 ounces) chocolate chips

One 12 or 13 ounce can sweetened condensed milk

Mix ingredients together and spread on a cookie tin about 1/2 inch thick.

Bake at 350 degrees for 30 minutes.

Sprinkle with sugar.

Cut into 1 inch squares and serve.

Canning was also very important. Families would grow vegetables and fruits in their back yard victory gardens and then can them for use later in the year when those fruits and vegetables weren't growing. Also, families would trade canned goods from their gardens. For instance, if you grew tomatoes, carrots, and turnip greens, you might trade some of them for your neighbor's blueberries, strawberries, and potatoes.



## Learning Further

A. Using the internet or a cookbook, find two recipes for brownies. Compare these recipes with the one above. What ingredients are in today's recipes that were rationed and were left out of the WWII recipe? \_\_\_\_\_

B. In class or at home, make Brownie's WWII Sugar Brownies. After tasting them, write a paragraph about the differences in the WWII brownies and today's brownies. Be sure to tell which you liked better. Variation: Have a discussion in class about the differences in the brownies.

C. Have a discussion about rationing and the differences it made in daily life during WWII and today.