

Wartime West Sussex 1939 – 1945  
RATIONING

Official notice which appeared in local newspapers in June 1940 -  
How to register your ration book

MINISTRY  OF FOOD

# YOUR NEW RATION BOOK

## HOW TO REGISTER WITH THE SHOPS

The new Ration Books are now being distributed. As soon as you receive your new Book you must fill in the particulars as explained below, and then take the Book to the shops for fresh Registration. It has been found possible to allow *immediate* Registration, and the sooner you register the better. This is what to do:—

- 1** On the pages of coupons for Rationed Foods (Meat, Bacon, Butter and Sugar) you must fill in your name and address (BLOCK LETTERS) in the space provided in the centre of each page.
- 2** At the foot of these pages are spaces marked 'Counterfoil'. Here you must write your name and address, the date, and the name and address of the shop where you wish to buy the particular food during the six months' period beginning July 8th.
- 3** Inside the front cover of your Ration Book you must write the names and addresses of the shops.
- 4** As soon as you have done this, take the Book to each of the shops with whom you intend to register, so that they may cut out their counterfoils.

**EVERYONE MUST REGISTER  
FOR THE NEW PERIOD**

*The Ministry of Food is responsible both for the supply and quality of rationed foods. No retailer is, therefore, in a better position than another to secure supplies of rationed foods, nor can one retailer promise to provide a better quality than another.*

© Worthing Herald

[www.westsussexpast.org.uk](http://www.westsussexpast.org.uk)

© West Sussex County Council Library Service