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## Eating For Victory Healthy Home Front Cooking on War Rations

### Various Authors

#### Description

The period of wartime food rationing is now regarded as a time when the nation was at its healthiest. Food rationing was introduced in January 1940 after food shipments were attacked by German U-boat 'Wolf Packs'. The first food items to be rationed were butter, sugar, bacon and ham, with restrictions also placed on meat, fish, jam, biscuits, cheese, eggs and milk.

The leaflets reproduced in *Eating for Victory* were distributed by the Ministry of Food and advised the general public on how to cope with these shortages. Typical contents included: recipes for steamed and boiled puddings; tips on how to use and prepare green vegetables; hints about how to reconstitute dried eggs and use them as though they were fresh.

*Eating for Victory* is a great gift book offering a nostalgic look at one of the hardest and yet perhaps healthiest times in history; it is also a relevant guide on healthy eating for today.

#### Sales Points

- A wonderfully nostalgic collection of original Ministry of Food facsimile leaflets
- Featuring everything from "'One-Pot' Meals' to 'How to Preserve Tomatoes' and with delicious recipes for breakfast, dinner and dessert, all advice comes with a dollop of the jolly unity displayed in wartime Britain
- Packed with tips for healthy eating, the advice in *Eating for Victory* is as relevant today as it was seventy years ago
- Over 21,000 copies sold of the first edition

#### Reviews

- 'delightful' - *Sunday Times Style*
- 'Keep it handy in your kitchen and learn how to bottle tomatoes, render fat and use up old crusts' - *The Times, Erica Wagner*