

WWII Point Ration Chart

Print the following page on buff paper. Trim edges, then cut into 4ths. This will produce four copies of one chart.

New Point Ration Chart

BLUE STAMP Rationed Foods . . . Effective Mar. 29, 1943.
Ration Points indicated by Numerals 0

CANNED AND BOTTLED			
CAN SIZE	2	2½	3*
APPLESAUCE	14		
APRICOTS		24	
BERRIES	14	21	
CHERRIES (Except Maraschino)	14	21	
FRUIT SALAD		24	
FRUIT COCKTAIL		24	
GRAPEFRUIT	10		
GRAPEFRUIT JUICE	4		9
GRAPE JUICE (4 pint, 8 qt.)			
PEACHES		24	
PEARS		21	
PINEAPPLE	19	28	
PINEAPPLE JUICE	10		22
OTHER FRUITS		15	
OTHER FRUIT JUICES (12 oz. 3)	4		9
3* = No. 3 cylinder can			
BABY FOOD (1 small jar, 2 large jar)	1		
ASPARAGUS	14	21	
BEANS: FRESH LIMA	19	28	
BEANS: GREEN, WAX	14	21	
BEETS (Also Pickled)	10	15	
CATSUP, CHILI SAUCE (7 for 8 oz.; 10 for 12, 14 oz.)			
CORN (3 No. 2 vac.)	14		
CORN ON COB (2 per ear)			
PEAS		16	
SPINACH		17	
TOMATOES		16	24
TOMATO JUICE	10		22
TOMATO PASTE, SAUCE (6 for 6 oz.; 8 for 8 oz.)			
TOMATO PRODUCTS (1 picnic-10)	16	24	
OTHER VEGETABLES	14	21	
OTHER VEG. JUICES	8		20
SOUPS (1 size, No. 1 picnic 6)			
FROZEN		DRIED, DEHYDRATED	
CHERRIES, PEACHES, STRAWBERRIES	13	PEAS, BEANS, LENTILS-	4 per lb.
RHUBARB	6	ALL FRUITS REQUIRE NO POINTS	
ALL OTHER FRUITS	10	SOUP: 1 up to 2 oz.	
ASPARAGUS, LIMAS, PEAS, SPINACH	10	2 up to 4 oz.	
BAKED BEANS, SQUASH	8	AP Features	
CORN, GREEN & WAX BEANS	7		
CORN ON COB (2 per ear)			
ALL OTHER VEGETABLES	6		

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