

Children and young people / Ministry of Food.

Contributors

Great Britain. Ministry of Food.

Publication/Creation

[London] : [Ministry of Food], [1949?]

Persistent URL

<https://wellcomecollection.org/works/mk2ks5b4>

License and attribution

This work has been identified as being free of known restrictions under copyright law, including all related and neighbouring rights and is being made available under the Creative Commons, Public Domain Mark.

You can copy, modify, distribute and perform the work, even for commercial purposes, without asking permission.



Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

rec. 21/9/49.

OUR FOOD TO-DAY No. 3

MINISTRY  OF FOOD

CHILDREN AND YOUNG PEOPLE

This is No. 3 of the series entitled "Our Food To-Day." Each booklet provides in convenient form an account of some section of the work of the Ministry of Food. Care has been taken to see that facts and figures are correct at the date of publication, but the booklets are not intended to be quoted as legal authorities, for which purpose reference should be made to the relevant Statutory Instruments.

Growing children need extra nourishment of a kind which cannot be supplied by unrationed food ; the Ministry of Food therefore makes special arrangements for the feeding of children and young people. These arrangements are of three kinds : first, the special provision of certain foods for the individual child and the expectant and nursing mother ; second, assistance to the extension of the meals service in schools and Non-Residential Day Nurseries ; and third, the provision of rationed and controlled foods for clubs, centres, camps and similar institutions for young people, and of National Milk Cocoa for adolescents.

I. SPECIAL PROVISION FOR THE INDIVIDUAL CHILD AND MOTHER

Children do not receive a higher level of ordinary rations than adults, but arrangements are made to supply them with extra protective foods : milk (or National Dried Milk), dried eggs, orange juice and cod liver oil.

To ensure the adequate nutrition of the child before birth, extra food is made available to expectant mothers during pregnancy. On presentation of a medical certificate signed by a doctor, health visitor or certified midwife, the local Food Office issue a supplementary Ration Book R.B.7, which, in addition to extra milk, orange juice and cod liver oil (or Vitamin A and D tablets) under the Welfare Foods Service, provides the expectant mother with an extra half-ration of meat and an extra shell egg at each allocation. The certificate of pregnancy must be renewed at the end of four months.

The Welfare Foods Service, which is associated with the Family Allowances Scheme, provides liquid milk at 1½d. per pint (or, as an alternative for infants under one year of age, National Dried Milk at 10½d. per 20 oz. tin) and orange juice at 5d. per bottle. Cod liver oil (or, as an alternative for expectant mothers, Vitamin A & D tablets) is provided free of charge. Vitamin A & D tablets are supplied to mothers for 30 weeks after confinement.

Application may be made to the Local Food Office on application form W.F.1 (revised) for free supplies of all these foods. They are allowed automatically to expectant mothers and children under school age in families which are in receipt of public assistance or of payments from the Assistance Board. In other cases the income is investigated locally by the Assistance Board, who recommend whether free benefit is required.

"Tuberculin Tested" and other special grades of milk are obtainable under the scheme provided that the parent pays the additional cost.

RATIONED FOODS

The present adult scale of rations is as follows :—

Meat	1/1d. retail value per week (no canned corned meat included in the ration).
Sugar	10 oz. per week.
Bacon	2 oz. per week.
Butter and Margarine	7 oz. per week (not more than 4 ozs. butter in odd numbered ration weeks, and 2 ozs. in even numbered weeks.)
Cooking Fats	2 oz. per week.
Cheese	2 oz. per week.
Tea	2 oz. per week.
Points Foods	24 points per four-week period.

In addition to these allowances, expectant mothers receive a half ration of meat a week on their special ration book.

The allowances of rationed and "points" rationed foods to children of all ages are, with the exception of meat and tea, the same as those to adults. Children under school age who hold the Child's Ration Book R.B.2 get only half the adult meat ration and no tea.

MILK

Under the Milk Supply Scheme the dairymen with whom expectant mothers and children are registered are bound by Statutory Order to give them priority up to the following amounts :—

Expectant mothers holding Ration Book R.B.7

7 pints per week at 1½d. a pint or free under the Welfare Foods Service in addition to the ordinary non-priority allowance at the full retail price.

Mothers of infants under 12 months old

Mothers of babies under the age of one year fed on National Dried Milk or Proprietary Infant Milk Food are allowed 7 pints of liquid milk a week at the full price on their own ration books.

Children holding Ration Book R.B.2

7 pints per week at 1½d. a pint or free under the Welfare Foods Service. (National Dried Milk or Proprietary Infant Milk Food may be taken as an alternative for children under one year of age). Babies under 12 months old can also obtain an additional priority of 5 pints per week at the full price, and a further additional priority allowance of 2 pints per week at full retail price if fed wholly on cow's milk.

Since the inclusion of condensed milk in the Points Rationing Scheme, arrangements have been made to provide special permits for children under 12 months old when medical evidence shows condensed milk to be essential for their proper feeding. While the condensed milk permit is being used, the child is not eligible for supplies of National Dried Milk nor for the liquid milk priority allowance of 7 pints a week under the Welfare Foods Service, nor for supplies of Proprietary Infant Milk Food. If sweetened condensed milk is required, the child's sugar ration is also cancelled.

Children and adolescents holding Ration Book R.B.4

3½ pints per week at full retail price. One-third-pint daily at school free of charge. Children suffering from certain complaints may obtain up to 14



pints a week at home according to the nature of their illness. Provision is made for children to be able to get extra milk during convalescences after certain illnesses.

Handicapped children of school age but under 16 years old who are not attending a school or full-time occupation centre and who are not in an institution may be allowed 7 pints of milk a week at 1½d. a pint but not free.

Children aged 5-14 unable to attend school for other reasons are allowed a total of 5 pints per week. This does not apply to normal children at home for the holidays.

National Dried Milk.—Liquid milk is not suitable for all babies under one year old, and for them either full cream or half cream dried milk can be obtained instead. These have been fortified by the addition of 280 international units of Vitamin D per dry ounce. Basic allowances are at the rate of one tin per week, equivalent to 7 pints of liquid milk, at a price of 10½d. or free, as the case may be, but additional quantities are supplied so that babies who have to be fed entirely on dried milk may have the amount they need. The additional allowances, which must be paid for at 10½d. per tin, are :—

Age 5 to 16 weeks	1—20 oz. tin per fortnight.
„ 17 to 34 „	1—20 oz. tin per week.
„ 35 to 44 „	1—20 oz. tin per fortnight.
„ 45 to 52 „	1—20 oz. tin per four weeks.

Upon presentation of the child's ration book, showing his age, at the local Food Office, the liquid milk registration is cancelled and a National Dried Milk coupon book issued. Separate books are issued for paid and free supplies and they contain extra coupons to enable the holder to obtain additional supplies of National Dried Milk on payment in both cases.

To pay for National Dried Milk, postage stamps (which can be purchased at all Food Offices and many distribution centres) to the value of 10½d. are affixed to each coupon in the "paid" book or to the "additional" coupons in the "free" book. The stamped coupons are cut out at the distribution centre in exchange for supplies. National Dried Milk is available at Food Offices and most Welfare Centres and at special distribution centres set up by the Food Executive Officer.

Proprietary Infant Milk Foods.—On October 8th, 1947, an Order came into force restricting supplies of Proprietary Infant Milk Foods to children up to two years of age and requiring all sales to be recorded on the R.B.2 ration book. Since April 25th, 1948, supplies have been restricted to children under one year of age and children fed on Proprietary Infant Milk Foods have had their entitlements to liquid milk cancelled in the same way as children fed on National Dried Milk.

VITAMINS

Orange Juice, Cod Liver Oil and Vitamin Tablets.—The provision of these foods, which began in December, 1941, forms an important part of the Welfare Foods Service. Orange juice, cod liver oil compound and Vitamin A and D tablets are available to beneficiaries, and may be obtained at maternity and child welfare centres and clinics, at Food Offices, and at distribution centres specially set up by the Food Executive Officer.

Orange Juice is supplied in a concentrated form in 6 oz. bottles at a charge of 5d., or free in appropriate cases. Each bottle contains enough juice for four weeks for infants up to six months old, for two weeks for children over six months old, and for nine days for an expectant mother. The concentrate contains 60 mg.

360 — 9damps
L10 —

per ounce of ascorbic acid (Vitamin C). Coupons for orange juice are included in the child's Ration Book R.B.2 and the expectant mother's R.B.7. Postage stamps (which can be purchased at all Food Offices and sub-Food Offices, and some other distribution centres) to the value of 5d. must be affixed to the coupon. Where a beneficiary obtains Welfare Foods free of charge special coupons are issued by the Food Office.

Cod Liver Oil is provided free of charge. It is packed in 6 oz. bottles, sufficient for a six weeks' supply for an infant or an expectant mother. Cod liver oil contains not less than 1,000 international units of Vitamin A per gramme, and not less than 200 international units of Vitamin D per gramme. One teaspoonful per day provides 3,500 to 4,000 international units of Vitamin A and 700 to 800 international units of Vitamin D. To remove the tendency to cloudiness and improve the appearance of the oil, it is now "cold cleared." Cod liver oil coupons are also included in the child's Ration Book R.B.2, and in the expectant mother's supplementary Ration Book R.B.7.

Vitamin A and D Tablets, which are also provided free of charge, are issued as an alternative to cod liver oil to expectant mothers if they prefer them. The tablets are issued in packets of 45—sufficient for six weeks—that is one tablet a day with three spare. Each tablet contains 4,000 international units of Vitamin A, 800 international units of Vitamin D, 250 mg. of calcium phosphate B.P. and 0.13 mg. of potassium iodide. The cod liver oil coupons in Ration Book R.B.7 are used to obtain Vitamin A and D tablets. Vitamin A and D tablets are also allowed to mothers for 30 weeks after confinement; a special page of coupons is provided for the purpose.

The most recent figures of take-up of vitamin products show that for the four weeks ended March 26th, 1949, the issues of orange juice were 32.8% of potential; of cod liver oil 30.2% of potential; and of Vitamin A and D tablets 36.1% of potential. Sample consumer surveys, however, show that the extent of participation is higher since some beneficiaries do not take up their full entitlement. There are seasonal variations in uptake. Orange juice uptake tends to rise and cod liver oil and vitamin tablets to fall during the summer.

Blackcurrant Products.—Blackcurrant syrup and purée, which were at one time distributed under the Vitamins Scheme, have now been replaced by supplies of orange juice. Arrangements have therefore been made by the Ministry for blackcurrant products to be sold through retail chemists to children up to 18 years of age, to invalids and to others in need of additional Vitamin C. The retail prices—2s.9d. for a 13½ oz. bottle of syrup and 1s. 4d. for a 9½ oz. tin of purée—have been agreed with the trade. Both products are sold under labels, approved by the Ministries of Food and Health, indicating the class of persons to whom alone they may be sold, the price and the minimum Vitamin C content.

EGGS

Expectant mothers holding R.B.7 are entitled to an extra shell egg at each allocation. Children receive one shell egg per allocation, except between the ages of 6 and 24 months, when they are entitled to priority supplies at the rate of three per week. Under the Domestic Poultry-keepers Scheme the shell egg registrations of mother and children, like those of all other consumers, may be surrendered in exchange for a ration of balancer meal for their own or a friend's poultry. No additional balancer meal is allowed for the priority supply to children aged 6-24 months.

SOAP

Children under 5 holding R.B.2, receive four rations of soap per four week period. In addition children under two years are allowed one extra ration per week upon application to the Food Office. Expectant mothers are not entitled to any additional allowance on ration book R.B.7, but a grant of four extra rations may be obtained if the confinement takes place at home or in a nursing home not licensed as an institution by the Ministry of Food. From the 30th January, 1949, the four extra rations have also been allowed to nursing or maternity homes licensed as institutions by the Ministry of Food where the home has no basic usage and is not receiving more soap than permitted under the institution scale. As in the case of an unlicensed home, the matron of the home must apply for the soap on behalf of the mother.

FOOD FOR CHILDREN IN BOARDING SCHOOLS, ETC.

Boarding schools, orphanages, etc., are licensed for rationing purposes as "Institutions." Although the residents in the institution, both staff and pupils, do not use their ration books, the quantity of each rationed food obtainable by the institution is based on the domestic rationing allowance. However, for residents under 18 years of age, allowances of rationed foods for 5 main meals per week on the school feeding scale (see Appendices B and C) are granted in addition to the basic domestic rations.

Institutions which have children of the appropriate ages are also eligible for the priority schemes mentioned above and for vitamins. Under the Milk Supply Scheme, for instance, institutions would receive a priority supply of 7 pints per week for each resident child holding R.B.2 and $3\frac{1}{2}$ pints per week for each resident holding R.B.4. On the other hand, the allowance for members of the staff would only be that for the ordinary domestic consumer.

II. THE EXTENSION OF SCHOOL FEEDING

THE PROVISION OF SCHOOL MEALS

Since 1907, Local Education Authorities in England and Wales have had power to provide school meals free or at a reduced charge to necessitous children and at the cost of the ingredients (without overheads) to other children. Similar powers were given to Education Authorities in Scotland in 1908. Shortly before the war about 276,000 meals daily were being provided in grant-aided schools in England and Wales, the majority being free of charge. In Scotland, over 90,000 meals and snacks were provided daily—about 40,000 being supplied free.

In 1940 evacuation brought school meals to a low ebb despite the efforts of the Education Departments, but with the rapid growth of "communal feeding," resulting from bombing and the threat of invasion, the School Meals Service revived and took on a new aspect as a general service not intended mainly for necessitous children.

Successive campaigns launched in 1941 and 1943, each time with increased financial assistance from the Education Departments, resulted in the expansion of the service in June, 1945, to provide 1,880,000 midday dinners daily in England, Scotland and Wales by the end of the war in Europe. Of these meals about 15% were provided free of charge on grounds of financial hardship; for the remainder a small charge, usually about 5d., was made.

By October, 1948, dinners reached just over 3 million a day, or approximately 51% of the daily school attendance in England and Wales. The relative figures for Scotland were 290,000, or 40%.

The grants from the Ministry of Education and Scottish Education Department became in 1943 100% on the capital costs and an average of about 80% on the running costs. From April 1st, 1947, grants towards running cost were raised to a level which would meet in full the reasonable net cost of the meals. To facilitate the large building programme required to provide the necessary kitchens and dining rooms, it was arranged for the Ministry of Works, as agents of the Education Departments, in addition to managing the bulk ordering of all canteen equipment, to undertake the erection of canteens in accordance with "standard plans." The provision of canteens continues on this basis but from 1st April, 1947, the whole of the net running expenses within certain limits will be met by the Education Departments under a new unit grant system. By Regulations under the Education Act, 1944, the provision of midday meals became obligatory in England and Wales in all grant-aided schools from 1st April, 1945. A similar obligation was placed on Scottish Education Authorities by section 36 of the Education (Scotland) Act, 1945. These legislative and financial arrangements reflect the intention to make school dinners free of charge in grant-aided schools as soon as the canteen facilities are sufficient—a programme which must take some time.

The meals supplied before the war were not in general of a high nutritional value and their quality was at first adversely affected by rationing. It was an essential condition of the 1941 campaign to extend the service, that the allowance of food should be made satisfactory—and so far as possible should be stabilised. A new scale of allowances, based on the aim to provide main midday meals of highest nutritional quality and specially suited to children, was sanctioned after consultation with the Medical and Scientific Advisers of the Departments concerned. With minor changes this is the scale of rationed and points rationed foods now in operation (see Appendix B). These rationing arrangements were extended in 1942 to canteens in non-grant-aided schools, war-time nurseries and subsequently to day nurseries which are also enabled to distribute the cod liver oil and fruit juice available under the Welfare Foods Service. A notable addition to the content of first-class protein in school meals results from a special allowance of dried milk which is supplied to school canteens at a low price.

PROVISION OF MILK IN SCHOOLS

The Milk-in-Schools Scheme, begun in grant-aided schools in 1934 by the Milk Marketing Boards in co-operation with the Education Departments, was taken over by the Ministry of Food on October 1st, 1940. This scheme, which was extended to non-grant-aided (i.e., independent) schools in 1942, enabled pupils to obtain milk at $\frac{1}{2}$ d. per one-third pint until August 6th, 1946. All milk supplied under the Milk-in-Schools Scheme was then made free of charge as a benefit in kind additional to the cash Family Allowances which began on that date. For supply reasons the daily allowance per pupil was temporarily restricted to one-third of a pint. Special schools for delicate children and Nursery Schools are exempt from this restriction. The Scheme is open to full-time pupils in all schools and is obligatory on grant-aided schools. At independent schools it is limited to pupils under eighteen years of age but may include pupils under eight who attend in the mornings only. It also includes students under eighteen years of age attending full-time courses at Technical Institutions and other establishments for further education.

The milk is now again normally supplied to the schools in one-third pint bottles with drinking straws. During the war, despite many supply difficulties, which involved the handling of bulk supplies of milk in most of the schools and placed a heavy burden on the teachers, the scheme was strongly encouraged.

The Education Departments met in full from 1941 all incidental costs and also the cost of free milk for necessitous children (about 10%). The response rose rapidly from 55% to above 75%. A striking further expansion to over 90% resulted immediately from the abolition of the charge for milk in 1946. The number of children in grant-aided and independent schools in England, Scotland and Wales receiving milk under the scheme in October, 1948, was approximately 5,800,000.

It is estimated that in October, 1946, 4½ million gallons of milk were supplied to schools in England, Scotland and Wales and in October, 1947, 5 million gallons.

NON-RESIDENTIAL DAY NURSERIES

Non-residential Day Nurseries maintained by welfare authorities (local health authorities in Scotland) and those approved by the medical officer of health of the appropriate welfare authority (or local health authority in Scotland) are eligible under the welfare food service for the following benefits— $\frac{2}{3}$ pint milk per child per day free or National Dried Milk in lieu; cod liver oil free and orange juice at 5d. per bottle.

III. PROVISION FOR YOUNG PEOPLE

Most young people on leaving school pass at once into employment or training schemes which make unusually heavy demands on their energies while they are still growing. They can, of course, make use of Civic Restaurants, the Rural Meals Scheme and other communal feeding arrangements, and, like other workers, they can use industrial canteens to supplement their rations. To meet their special needs, however, a first-class protein food, National Milk Cocoa, has also been made available for young people under 21, and there are allowances of rationed foods for certain recognised Youth Centres, Clubs and Camps.

NATIONAL MILK COCOA

All young people under 21 (not covered by the Milk-in-Schools Scheme) who are students, undergraduates, employed workers or members of youth organisations can get one-third of a pint of National Milk Cocoa daily for 1½d. per cup or less. Permits to buy the necessary quantities are issued to employers and organisations on application to the local Food Office.

This scheme, which was introduced in November, 1943, applied at first only to factories and industrial concerns, but was extended in January, 1944, to all firms employing young people and to recognised youth organisations. Since October 14th, 1944, it has been available to students and undergraduates under 21 years of age, and since March 4th, 1945, to all youth organisations.

National Milk Cocoa consists of 70 per cent. dried skimmed milk, 14 per cent. cocoa and 16 per cent. sugar, and is packed in 6 lb. and 20 lb. containers.

MEALS FOR YOUNG PEOPLE'S CLUBS, CENTRES, CAMPS, ETC.

To enable them to serve meals to their members, allowances of food are made to Youth Service Centres and Clubs approved by Local Education Authorities, and to clubs for pre-Service training units, i.e. Sea Cadet Corps, Air Training Corps, Army Cadet Force and Girls' Training Corps (including Women's Junior Air Corps and Girls' National Training Corps).

For rationing purposes these organisations are divided into two categories, A and B. Category A includes Centres which can serve cooked meals and are open at least five nights a week. Category B includes those without cooking facilities which are open at least one night a week with a normal attendance of

no fewer than 10 members. A greater range of commodities is allowed to Category A Centres, but Category B receives a higher allowance of cheese for the preparation of sandwiches.

The scales of allowances are set out in Appendix B.

TEMPORARY AND PERMANENT CAMPS FOR YOUNG PEOPLE

Camps set up exclusively for young people under 18 years of age of not less than one week's duration can obtain additional food equal to 5 extra main meals per week and $1\frac{2}{3}$ pints of milk per week in respect of each resident.

Organisers are advised to make approach as early as possible to the Food Office of the area in which the camp is to be held.

*Public Relations Division,
Ministry of Food,
London, S.W.1.*

May, 1949.

APPENDIX A

ADDITIONAL OR SPECIAL RATIONS FOR EXPECTANT MOTHERS AND CHILDREN

GROUP	RATIONS, POINTS AND PERSONAL POINTS	MILK	VITAMIN PRODUCTS	SHELL EGGS
Expectant mothers ..	Extra $\frac{1}{2}$ ration meat on R.B.7	7 pints per week at 1½d. per pint or free on R.B.7 under Welfare Foods Service in addition to non-priority allowance at full price on own R.B.1 or R.B.4	1 bottle orange juice per nine days at 5d. per bottle or free. 1 bottle cod liver oil compound or packet of Vitamin A and D tablets per six weeks, free of charge	1 extra on R.B.7 at each allocation
Mothers of babies under 12 months ..	As on R.B.1 or R.B.4	7 pints a week at full price on own Ration Book R.B.1 or R.B.4 if child is fed on National Dried Milk or Proprietary Infant Milk Food; and a further priority allowance of 2½ pints at full price for 4 weeks if partly breast fed child is fed on National Dried Milk or Proprietary Infant Milk Foods	Vitamin A and D tablets for 30 weeks after confinement	No priority supplies
Infants under 6 months	No tea. $\frac{1}{4}$ adult meat ration Otherwise as for adults	<p>{ 7 pints per week at 1½d. per pint or free and an additional priority allowance of 5 pints per week at full price, plus a further priority allowance of 2 pints per week at full price if the child is fed wholly on cow's milk; alternatively either :—</p> <p>(a) National Dried Milk at 10½d. per tin (1 tin per week, plus : 5 to 16 weeks, 1 tin per fortnight; 17 to 34 weeks, 1 tin per week; 35 to 44 weeks, 1 tin per fortnight; 45 to 52 weeks, 1 tin per month);</p> <p>(b) Proprietary Infant Milk Foods</p> <p>or</p> <p>(c) condensed milk if essential</p>	1 bottle orange juice per four weeks at 5d. per bottle or free. 1 bottle cod liver oil per six weeks, free of charge	1 at each allocation
6-12 months ..	As above		1 bottle orange juice per fortnight at 5d. per bottle or free. 1 bottle cod liver oil per six weeks, free of charge	At the rate of 3 per week

(Continued on next page)

APPENDIX A (contd.)

ADDITIONAL OR DIFFERENT RATIONS FOR EXPECTANT MOTHERS AND CHILDREN (contd.)

GROUP	RATIONS, POINTS AND PERSONAL POINTS	MILK	VITAMIN PRODUCTS	SHELL EGGS
12-24 months ..	As above	7 pints per week at 1½d. per pint or free. Supplies of National Dried Milk Proprietary Infant Milk Foods or condensed milk allowances cease	As above	As above
24 months to 5 years	As above	As above	As above	1 per allocation
5-14 years ..	Full adult rations	3½ pints per week at full price. 7 to 14 pints during illness. 5 pints if unable normally to attend school. At school, ½ pint daily, free of charge	Eligibility for vitamin foods ceases. Preference in purchase of blackcurrant products from chemists.	No priority supplies
14-18 years ..	As above	3½ pints per week. At school, ½ pint daily, free of charge or, at work or club, ½ pint daily National Milk Cocoa	Preference in purchase of blackcurrant products.	As above
18-21 years ..	As above	Non-priority entitlement plus National Milk Cocoa	Nil	As above

Note :—Handicapped children between the ages of 5 and 16 who because of a physical or mental handicap do not attend a school, institution or occupation centre may obtain 7 pints of milk a week at 1½d. a pint.

APPENDIX B

ALLOWANCES OF FOOD FOR SCHOOLS AND YOUTH ORGANISATIONS

FOOD	School canteens and Feeding Centres and Day Nurseries	Youth Service Centres and Clubs approved by Local Education Authority and Clubs for Pre-Service Training Units	
		Category A	Category B
BACON AND HAM. Category A.			
Per Breakfast ..	2/7th oz.	1/7th oz.	—
Per main meal ..	1/7th oz.	1/14th oz.	—
Per subsidiary meal	1/28th oz.	1/56th oz.	—
BUTTER & MARGARINE AND COOKING FATS.			
Per meal	$\frac{1}{2}$ oz. (not more than $\frac{1}{2}$ butter and $\frac{1}{2}$ cooking fats)	9/28th oz. (not more than 3/28th butter and 1/14th cooking fats)	9/28th oz. (not more than 3/28th butter and 1/14th cooking fats)
SUGAR.			
Per meal	$\frac{1}{2}$ oz.	5/32nd oz.	5/32nd oz.
Per hot beverage ..	5/32nd oz.	5/32nd oz.	5/32nd oz.
MEAT (excluding offal).			
Per main meal ..	2½d. worth retail	13/14d. worth retail	—
CHEESE.			
Per meal—			
Ordinary ..	1/14th oz.	1/14th oz.	—
" Special " ..	(1 oz. if Oslo meals)	—	1 oz.
TEA.			
Per 280 hot beverages	1 lb.	1 lb.	1 lb.
MILK—Liquid ..	Temporarily un-restricted	Temporarily un-restricted	Temporarily un-restricted
SHELL EGGS.			
Per allocation per 400 meals ..	1 egg	1 egg	1 egg
POINTS.			
Per main meal ..	{ 4/5 point (if serving Oslo meals, 2/7 point per meal)	2/7 point	—
Per breakfast ..		1/7 point	—
Per light meal ..		1/7 point	2/7 point

NOTE.—*Schools Serving Oslo Meals or " Pieces ".*—Schools serving meals of the Oslo breakfast type, are authorised to obtain the school scale of allowances of sugar, butter margarine and cooking fats only. They do, however, receive a higher allowance of cheese than school canteens, i.e. 1 oz. cheese per meal served. Schools to which " pieces " are brought by the children may obtain an allowance of sugar and milk for the preparation of a hot drink.

NOTE.—*Priority Scheme.*—The allowance of Starch Food Powders is 3 lb. per 1,000 main meals served to Day Schools.

APPENDIX C

DEFINITION OF MEALS

The Definition of meals on which allocations of food are based is as follows :—

Definitions

- (a) " Hot Beverage " means a hot beverage in which added sugar is customarily consumed, whether served alone or with a meal ; it does not mean any spirituous beverage.
- (b) " Main Meal " means a meal other than breakfast at which is served a course containing a portion of meat, fish, poultry, game or eggs, or a correspondingly substantial dish which is accompanied by—
 - (i) a helping of potatoes or other vegetables (including salads) ; or
 - (ii) one or two other courses.
- (c) " Breakfast " means a substantial meal served during the normal breakfast period—for example, a meal including porridge, breakfast cereal, fish, bacon, egg or sausage. A meal which includes only bread, toast, butter, margarine or preserves is a tea meal, not a breakfast.
- (d) " Light Meal " means any meal other than a main meal or breakfast as defined above.

NOTE.—Ice cream when served alone or with wafers must not be recorded as a meal.

