



# The Ministry of Food: Thrifty Wartime Ways to Feed Your Family Today

*Jane Fearnley-Whittingstall*

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When war broke out in 1939, the government created the Ministry of Food to help families make the most of wartime rations. Today, in the face of rising food prices, a real obesity problem and ever increasing food miles, The Ministry of Food shows how we can all survive the credit crunch with a bit of wartime wisdom and ingenuity. Written by bestselling author Jane Fearnley-Whittingstall to accompany a major new exhibition at the Imperial War Museum, The Ministry of Food tells the fascinating story of how people coped with wartime food shortages and, in the process, became healthier than ever before. With step-by-step illustrations showing how to grow your own vegetables, tips on collecting food for free, baking, preserving and lots of thrifty family recipes, this practical handbook is packed with invaluable lessons from more frugal times. Includes hands-on practical advice on growing your own veg and 60 delicious recipes updated for the modern kitchen

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