



Contributed to Maine Memory Network by the Norway Historical Society

Date: circa 1943

Description: Tip-Top Ration book envelope for Jane A. Strout of Norway, Maine.

**BUY  
WAR  
SAVINGS  
STAMPS**

## THE BASIC 7 FOOD GROUPS

As Described in Official U. S. Government Food Chart

- GROUP ONE** GREEN AND YELLOW VEGETABLES. Some raw, some cooked, frozen or canned.
- GROUP TWO** ORANGES, TOMATOES, GRAPEFRUIT. Or raw cabbage or salad greens.
- GROUP THREE** POTATOES AND OTHER VEGETABLES AND FRUITS. Raw, dried, cooked, frozen or canned.
- GROUP FOUR** MILK AND MILK PRODUCTS. Fluid, evaporated, dried milk, or cheese.
- GROUP FIVE** MEAT, POULTRY, FISH OR EGGS. Or dried beans, peas, nuts, or peanut butter.
- GROUP SIX** BREAD, FLOUR, AND CEREALS. Natural wholegrain or enriched white bread or restored.
- GROUP SEVEN** BUTTER AND FORTIFIED MARGARINE. (With added Vitamin A).

*Eat Something From Each Group Every Day*

**BUY  
WAR  
BONDS**

1943 **SEPTEMBER** 1943

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

1943 **OCTOBER** 1943

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

1943 **NOVEMBER** 1943

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

1943 **DECEMBER** 1943

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

1944 **JANUARY** 1944

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					