

Rationed lunch

Below are some suggestions for a wartime rationed lunch box. In a time before supermarkets and fast food, there were no crisps, plastic wrapped chocolates or biscuits! Food could be brought wrapped in a cloth (i.e. tea towel) a basket, brown paper bag or in a tin rather than a plastic lunchbox.

- Sandwiches made with wholemeal bread and a scraping of margarine with jam, honey, spam, luncheon meat, corned beef, sardines, meat or fish paste.
- British grown fruit in season (Apple, pears, plums)
- Plain biscuits such as Rich Tea
- Homemade fruit cake (not chocolate)
- Scrubbed carrots or tomatoes
- Pickled onions
- Gingerbread men
- Jam tarts

Cheese, meat, chocolate, crisps, bananas and exotic fruits are to be avoided if you want to be authentic!