

Packed Lunch on Rations!

At the start of the Second World War two thirds of Britain's food was imported.

Supply ships bringing in this food were blockaded by the German Navy, one out of every four was sunk! Suddenly some of the staples of the British Diet – meat, sugar and tea - were in short supply and in January 1940 food rationing began.

January 1940	Bacon, ham, sugar and butter rationed
March 1940	Meat rationed
July 1940	Tea, margarine, cooking fats and cheese rationed
March 1941	Jam, marmalade and treacle rationed
June 1941	Egg distribution controlled
July 1942	Sweets rationed
July 1946	Bread rationed

Rationing was not completely removed until June 1954!

So what would your packed lunch look like?

You would not have had exotic fruits like bananas that had to be imported.

You would not have had food packaged in plastic, your sandwiches might be wrapped in grease proof paper.

This is how one school coped with their free school meals for children!

The Wartime Glossop School Sandwich contained:

- **1 pint of milk and 1 orange when available (if no fruit ¼ oz chopped parsley to be added to the sandwich filling**
- **3 oz wholemeal bread**
- **¾ oz butter or vitaminized margarine**
- **¾ oz salad: mustard and cress, or watercress, or lettuce or tomato or carrot**
- **1 ½ oz cheese, or salmon, or herring, or sardine or liver**
- **3/16 oz dried brewers yeast**

Yum Yum!

The Government's Vitamin Welfare Scheme for children was introduced in 1941 and supplied children with cod liver oil, and later, with orange juice.

However, despite rationing, there was an overall improvement in health of the British people, this was partly due to an improvement in food distribution.

So can you put a WW2 Packed Lunch together for your Secrets and Spies Training?