

Pack a 19th Century Lunch!

Our research shows that before the days of commercial and home refrigeration, food variety consisted of regional produce, meats, fish and fowl. Get your fill of fun by trying these lunch suggestions:

- Meat sandwiches
- Jelly sandwiches (peanut butter was actually a scarce commodity, except in local growing areas!)
- Homemade bread
- Home-churned butter
- Root beer
- Hard-boiled eggs (children often carried warm boiled eggs in their mittens to keep their fingers warm!)
- Fruit (fresh or dried)
- Cheese
- Pickles
- Ginger Ale
- Doughnuts
- Raw vegetables
- Beef jerky
- Milk
- Grape juice
- Cakes

Children would have carried their lunches to school in a basket, cloth bundle, their pockets, or later in the 19th century, a tin lunch kettle.