

Some ideas to authenticate your Evacuees' Day

Here are some **suggestions** for your ration lunch.

Ration Lunch

- Wholemeal bread
- Sandwich fillings: cheese, Spam, luncheon meat, corned beef, sardines, Meat or fish paste, salad.
- British grown fruit in season e.g. apples, pears, plums, peaches, cherries etc
- Plain biscuits e.g. rich tea or custard creams
- Homemade cakes (sorry, probably not chocolate!)
- Sandwiches wrapped in greaseproof paper (baking parchment is a good substitute)
- Milk, squash or water
- Salt and Shake crisps

Clothing - some **suggestions** for period dress.

Cotton dresses	Shirt
Blouses	Balaclava
School pinafore	Knitted pullover
Skirts	Short trousers
Knitted cardigans	Fair-isle 'tank top'
Plaited hair/ Ribbons in hair	