

Food and Drink in the Sixties - the Key Points

They say 'you are what you ate' and we are the product of a fifties and sixties diet.

🍲 In the early sixties, mothers did most of the cooking. Kitchen appliances were very basic and cooking involved a lot of elbow grease.

🍲 More mothers stayed at home and meals were prepared from scratch using food bought from the local shops. Shopping was done on most days of the week except Sundays.

🍲 Much of our fresh fruit and veg was seasonal. Salads and strawberries in summer, root veg in winter. We used tinned fruit and veg. Freeze-dried veg did not catch on but frozen peas were a hit!

🍲 Until the mid-sixties most food was sold loose or in tins, jars and bottles. Ice-cream blocks were packaged in cardboard. There was minimal use of plastic.

🍲 Many people had milk and some groceries delivered to the house.

🍲 We were generally not environmentally aware. The gradual increase in the use of chemicals to aid production was seen as an issue. Most of us ate meat or fish every day.

🍲 Food labelling was minimal and we did not count calories. Going on a diet usually meant doing without potatoes or bread.

🍲 Meals, both at home and at school, were mostly of the 'meat and two veg' type, often with gravy. There was often a pudding with custard sauce. We drank water.

🍲 Meals were meant to fill you up and snacking was generally discouraged though children took something to school to eat at break-time.

🍲 Many children (mostly the girls!) were taught cookery at school or learned the basics from their mothers.

🍲 Wartime habits still applied - left over food was used next day.

🍲 Spices were for cakes. Herbs were chiefly mint (for lamb) and parsley (for the sauce with fish).

🍲 We sat at a table to eat and table manners were considered important. There was no choice - everyone ate the same thing

🍲 We rarely ate out as until the mid Sixties there were few places to go. Pubs were for drinking in. There was little entertaining except for children's birthday parties which were held at home.

🍲 But....by 1970 people were better off. Instead of one or two cookery books, we had a shelf full. People were into Tupperware parties, supermarkets and eating out. Food was actively marketed, with adverts appearing on TV. The 'housewife' was unchained from the kitchen. Men started to take an interest in barbecues. Snacks and confectionery appeared on supermarket shelves. And guess what? We started to worry about our weight!

