



DIETARY FOR BERWICK GAOL, 1849

AMENDED
TABLE OF DIETARIES FOR PRISONERS.

THE FOLLOWING ARE THE PRESCRIBED RATES OF DIET.

CLASS 1.		CLASS 5.	
Convicted Prisoners confined for any term not exceeding Seven Days—		Convicted Prisoners employed at Hard Labour for terms exceeding Four Months—	
<i>Males.</i>	<i>Females.</i>	<i>Males.</i>	<i>Females.</i>
Breakfast.....Oatmeal Gruel.....1 pint.	Oatmeal Gruel.....1 pint.	Breakfast.....Oatmeal Gruel 1 pint.	Oatmeal Gruel 1 pint.
.....Bread.....1 lb.	Bread.....1 lb.Bread 8 oz.Bread 6 oz.
.....Oatmeal Gruel.....1 pint.	Oatmeal Gruel.....1 pint.	Dinner.....Cooked Meat without bone 4 oz.	Cooked Meat without bone 6 oz.
.....Potatoes.....1 lb.	Potatoes.....1 lb.Potatoes 1 lb.Potatoes 1 lb.
.....Bread.....6 oz.	Bread.....6 oz.Bread 6 oz.Bread 6 oz.
CLASS 2.		Monday, Wednesday, and Friday.	
Convicted Prisoners for any term exceeding Seven Days, and not exceeding Twenty-one Days—		Breakfast.....Cocoa 1 pint.	
<i>Males.</i>	<i>Females.</i>	made of 3 oz. of flaked Cocoa, or Cocoa Nibs, sweetened with 2 oz. of Molasses or Sugar.	
Breakfast.....Oatmeal Gruel.....1 pint.	Oatmeal Gruel.....1 pint.Cocoa 1 pint.	made of 3 oz. of flaked Cocoa, or Cocoa Nibs, sweetened with 4 oz. of Molasses or Sugar.
.....Bread.....6 oz.	Bread.....6 oz.Bread 8 oz.Bread 6 oz.
.....Oatmeal Gruel.....12 oz.	Bread.....12 oz.	Dinner.....Soup 1 pint.	Soup 1 pint.
.....Oatmeal Gruel.....1 pint.	Oatmeal Gruel.....1 pint.Potatoes 1 lb.	Potatoes 1 lb.
.....Bread.....6 oz.	Bread.....6 oz.Bread 6 oz.Bread 6 oz.
Prisoners of this Class employed at Hard Labour to have, in addition, 1 Pint of Soup per Week.		Supper.....Oatmeal Gruel 1 pint.	Oatmeal Gruel 1 pint.
CLASS 3.	Bread 8 oz.Bread 6 oz.
Convicted Prisoners employed at Hard Labour, for terms exceeding Twenty-one Days, but not more than Six Weeks; and Convicted Prisoners not employed at Hard Labour for terms exceeding Twenty-one Days but not more than Four Months—		CLASS 6.	
<i>Males.</i>	<i>Females.</i>	Prisoners sentenced by Court to Solitary Confinement—	
Breakfast.....Oatmeal Gruel.....1 pint.	Oatmeal Gruel.....1 pint.	<i>Males.</i>	<i>Females.</i>
.....Bread.....6 oz.	Bread.....6 oz.	The ordinary diet of their respective Classes.	
Sunday and Thursday.		CLASS 7.	
Dinner.....Soup.....1 pint.	Soup.....1 pint.	Prisoners for Examination, before Trial, and Misdemeanors of the First Division, who do not maintain themselves—	
.....Bread.....8 oz.	Bread.....8 oz.	<i>Males.</i>	<i>Females.</i>
Tuesday and Saturday.		The same as Class 4.	
.....Cooked Meat without bone 3 oz.	Cooked Meat without bone 3 oz.	CLASS 8.	
.....Bread.....6 oz.	Bread.....6 oz.	Destitute Debtors.	
.....Potatoes.....1 lb.	Potatoes.....1 lb.	<i>Males.</i>	<i>Females.</i>
Monday, Wednesday, and Friday.		The same as Class 4.	
.....Bread.....8 oz.	Bread.....6 oz.	CLASS 9.	
.....Potatoes.....1 lb.	Potatoes.....1 lb.	Prisoners under Punishment for Prison Offences, for terms not exceeding Three Days—	
Supper.....Same as Breakfast.	Same as Breakfast.	1 lb. of Bread per Day.	
CLASS 4.		Prisoners in Close Confinement for Prison Offences, under the Provision of the 62nd Section of the Gaol Act—	
Convicted Prisoners employed at Hard Labour for terms exceeding Six Weeks, but not more than Four Months; and Convicted Prisoners not employed at Hard Labour, for terms exceeding Four Months—		<i>Males.</i>	<i>Females.</i>
<i>Males.</i>	<i>Females.</i>	Breakfast.....Gruel 1 pint.	Gruel 1 pint.
Breakfast.....Oatmeal Gruel.....1 pint.	Oatmeal Gruel.....1 pint.Bread 8 oz.Bread 6 oz.
.....Bread.....8 oz.	Bread.....6 oz.	Dinner.....Bread 8 oz.	Bread 6 oz.
.....Cooked Meat without bone 3 oz.	Cooked Meat without bone 3 oz.	Supper.....Gruel 1 pint.	Gruel 1 pint.
.....Potatoes.....1 lb.	Potatoes.....1 lb.Bread 8 oz.Bread 6 oz.
.....Bread.....6 oz.	Bread.....6 oz.	CLASS 10.	
Monday, Wednesday, and Friday.		Prisoners in Close Confinement for Prison Offences, under the Provision of the 62nd Section of the Gaol Act—	
.....Soup.....1 pint.	Soup.....1 pint.	1 lb. of Bread per Day.	
.....Bread.....8 oz.	Bread.....6 oz.	Prisoners in Close Confinement for Prison Offences, under the Provision of the 62nd Section of the Gaol Act—	
Supper.....Same as Breakfast.	Same as Breakfast.	1 lb. of Bread per Day.	

Note.—The Soup to contain per pint, 2 ounces of cooked meat without bone, 2 ounces of potatoes, 1 ounce of barley, rice, or oatmeal, and 1 ounce of onion or leeks, with pepper and salt. The Gruel to contain two ounces of oatmeal per pint. The Gruel on alternate days to be sweetened with 2 oz. of molasses or sugar, and seasoned with salt. In seasons when the potato crop has failed, 4 ounces of split peas made into a pudding may be occasionally substituted; but the change must not be made more than twice in each week. Boys under 14 years of age to be placed on the same diet as Females.

10th December, 1849.
By order of the Magistrates,
WM. WHINNA, Gaoler.

REFERENCE: BA/C/GA/2/6 | SUGGESTED AGE GROUPS: KS2, KS3, KS4, LIFELONG LEARNERS | TOPIC AREAS: CRIME AND PUNISHMENT, VICTORIANS

BERWICK GAOL

The prison reform campaigners John Howard (1776, 1778, 1782) and Elizabeth Fry (1818) both visited Berwick Gaol, which was part of the Town Hall. Fry noted that the gaoler chained prisoners to the wall, because there was no other way of stopping them from escaping. There were three rooms which prisoners used during the day, but only if the gaoler was present, and seven sleeping rooms.

In 1837, a report made by the government said that Berwick had to build a new gaol. If they did not, the right to hold Quarter Sessions Court in the town would be taken away from them. Finding a site for the new prison and raising the money to pay for it was not easy for the Town Council.

The Town Council opened the new prison in November 1849, 12 years after the government ordered them to. The site for the prison was on Wallace Green. The building was designed by the Edinburgh architect Thomas Brown and cost around £8000 (over £1 million today). Some people in Berwick felt

that this was too much money to spend on a prison for around 12 people.

In 1878, just 30 years after it opened, the gaol was closed. The building was sold to the Town Council for £1138 (around £135,000 today). The Town Council sold it on in 1890 for £1500.

THE DIETARY

The date on this dietary is 1849, which is the same year that the new prison in Berwick opened. A dietary is a list of food that the inmates of the gaol were given. Different types of prisoner got different types of food depending on their sentence, age and gender.

Gruel was one of the main dishes on the dietary; it is a very thin porridge made using oats and water or milk. The only vegetables that are mentioned on the dietary are onion and leek, which were used to make soup. "Molasses" is another name for black treacle.

RELATED DOCUMENT

BA/C/GA/1/11 Plan of Berwick New Gaol, 1844

OTHER ONLINE RESOURCES

Spartacus Educational website, page about Elizabeth Fry: <https://spartacus-educational.com/REfry.htm>

Spartacus Educational website, page about John Howard: <https://spartacus-educational.com/REhoward.htm>

Howard League website, page with biography of John Howard: <https://howardleague.org/john-howard/>

The State of Prisons in England by John Howard, Google Books: https://books.google.co.uk/books?id=zTR9istX3x4C&source=gbs_navlinks_s

Our Criminal Ancestors website (from University of Hull), page about Quarter Sessions: <https://ourcriminalancestors.org/quarter-sessions/>

Historic England website, page for Berwick Gaol: <https://historicengland.org.uk/listing/the-list/list-entry/1446315>

BBC Bitesize website, page about prison reform: <https://www.bbc.co.uk/bitesize/guides/z938v9g/revision/5>

LEARNING ACTIVITIES – DIETARY FOR BERWICK GAOL, 1849

TOPIC: VICTORIAN CRIME AND PUNISHMENT

SUBJECT AREAS: HISTORY, CITIZENSHIP, MATHS, BIOLOGY, FOOD TECHNOLOGY

UNAMENDED
TABLE OF DIETARIES FOR PRISONERS.
THE FOLLOWING ARE THE PRESCRIBED RATES OF DIET.

CLASS 1.		CLASS 5.	
General Prisoners confined in their Cells for some standing Term.		General Prisoners confined in their Cells for some standing Term.	
Males.	Females.	Males.	Females.
Breakfast - Bread 1 lb.	Breakfast - Bread 1 lb.	Breakfast - Bread 1 lb.	Breakfast - Bread 1 lb.
Supper - Bread 1 lb.	Supper - Bread 1 lb.	Supper - Bread 1 lb.	Supper - Bread 1 lb.
Beer 1 pt.	Beer 1 pt.	Beer 1 pt.	Beer 1 pt.
Wheat 1 lb.	Wheat 1 lb.	Wheat 1 lb.	Wheat 1 lb.
Barley 1 lb.	Barley 1 lb.	Barley 1 lb.	Barley 1 lb.
Oats 1 lb.	Oats 1 lb.	Oats 1 lb.	Oats 1 lb.
Peas 1 lb.	Peas 1 lb.	Peas 1 lb.	Peas 1 lb.
Beans 1 lb.	Beans 1 lb.	Beans 1 lb.	Beans 1 lb.
Lentils 1 lb.	Lentils 1 lb.	Lentils 1 lb.	Lentils 1 lb.
Flour 1 lb.	Flour 1 lb.	Flour 1 lb.	Flour 1 lb.
Butter 1 lb.	Butter 1 lb.	Butter 1 lb.	Butter 1 lb.
Cheese 1 lb.	Cheese 1 lb.	Cheese 1 lb.	Cheese 1 lb.
Eggs 1 lb.	Eggs 1 lb.	Eggs 1 lb.	Eggs 1 lb.
Wheat 1 lb.	Wheat 1 lb.	Wheat 1 lb.	Wheat 1 lb.
Barley 1 lb.	Barley 1 lb.	Barley 1 lb.	Barley 1 lb.
Oats 1 lb.	Oats 1 lb.	Oats 1 lb.	Oats 1 lb.
Peas 1 lb.	Peas 1 lb.	Peas 1 lb.	Peas 1 lb.
Beans 1 lb.	Beans 1 lb.	Beans 1 lb.	Beans 1 lb.
Lentils 1 lb.	Lentils 1 lb.	Lentils 1 lb.	Lentils 1 lb.
Flour 1 lb.	Flour 1 lb.	Flour 1 lb.	Flour 1 lb.
Butter 1 lb.	Butter 1 lb.	Butter 1 lb.	Butter 1 lb.
Cheese 1 lb.	Cheese 1 lb.	Cheese 1 lb.	Cheese 1 lb.
Eggs 1 lb.	Eggs 1 lb.	Eggs 1 lb.	Eggs 1 lb.

By order of the Magistrate.
WM. WILKINNA, Gaoler.

Background	Activity	Resources
<p>A dietary is a list of food that the inmates of the gaol were given. Different types of prisoners got different types of food depending on their sentence, age and gender.</p>	<p>See: What different foods are the prisoners given? List each of the foods mentioned in the dietary.</p> <p>See: How many meals are the prisoners given each day?</p> <p>See: What are the different classes of prisoners?</p> <p>See: How much more food did the male prisoners get than the female prisoners?</p>	<p>https://www.nhs.uk/live-well/healthy-weight/calorie-checker/</p> <p>https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/</p>
	<p>Think: Why are different classes of prisoners given different amounts and different types of food?</p> <p>Think: What does hard labour mean?</p>	<p>http://cookit.e2bn.org/historycookbook/121-gruel.html</p>



	<p>Think: What would the prisoners' diets have been like outside of the gaol? Would they have been better fed at home or in gaol?</p> <p>Think: How many calories is it recommended for men, women and children to consume each day?</p> <p>Think: Use a calorie calculator to calculate how many calories the prisoners were consuming each day.</p> <p>Think: Consider the 7 major food groups. What are the main food groups present in the dietary? Make a pie chart showing the different food groups in the dietary.</p>	
	<p>Do: Use the recipe from Cook It to make gruel.</p> <p>Do: Use the recipe at the end of the dietary to make soup.</p> <p>Do: Consider how a better diet could improve the health and well-being of prisoners. Plan a menu for a Victorian gaol which is both cost effective and gives the prisoners a healthy balanced diet.</p> <p>Do: How many calories does this compare to what you eat each day? Create a food diary and calculate your daily calorie intake and a pie chart to show your daily foods broken into food groups.</p> <p>Do: Research the dietary plan in present-day prisons; how does this compare to the Victorian dietary?</p>	
<p>The prison reform campaigners John Howard (1776, 1778, 1782) and Elizabeth Fry (1818) both visited Berwick Gaol, which was part of the Town Hall. In 1837, a report made</p>	<p>See: What did Elizabeth Fry note that the gaoler did to stop the prisoners escaping from Berwick Gaol?</p> <p>See: What year did the government report that a new gaol had to be built in Berwick?</p>	<p>https://www.bbc.co.uk/bitesize/guides/z938v9q/revision/5</p>



by the government said that Berwick had to build a new gaol.	<p>See: What did the government say would happen if a new gaol was not built?</p> <p>See: What date was the new Berwick Gaol opened?</p> <p>See: How much did it cost to build the new gaol?</p>	<p>https://spartacus-educational.com/REfry.htm</p> <p>https://spartacus-educational.com/REhoward.htm</p>
	<p>Think: Why was there a need for prison reform?</p> <p>Think: Who were the main prison reformers?</p> <p>Think: What were John Howard's main observations in his report on prison conditions?</p> <p>Think: What changes did John Howard suggest should be made to prisons?</p>	<p>https://books.google.co.uk/books?id=zTR9istX3x4C&source=gb_s_navlinks_s</p>
	<p>Do: Choose one of John Howard's recommendations for prison reform. Create a presentation about what observations led to this recommendation being made, what the recommendation included, and how effective it was.</p> <p>Do: Consider the conditions of prisons in the present day. How do they compare to Victorian prisons? Discuss if there is still a need for prison reform today.</p>	