

Dietary Table – Chesterfield Union Workhouse, 28th December, 1837.

For men

	<u>Breakfast</u>	<u>Dinner</u>	<u>Supper</u>
Sunday	Pint of milk porridge 7oz of bread	7oz of boiled beef 3 ½ oz of bread 1 ½ gill of broth Potatoes	Pint of milk porridge 7 oz of bread
Monday	"	1 lb of hash 3 ½ oz of bread 1 ½ gill of broth	"
Tuesday	"	1 ½ pint of peas soup 7 oz of bread	"
Wednesday	"	As Monday	"
Thursday	"	As Sunday	"
Friday	"	1 ½ pint of meat soup 7 oz of bread	"
Saturday	"	1 ½ lb of suet pudding	"

Life in the workhouse was strictly regulated, with segregation of the sexes and the children. Offenders against the workhouse rules were punished in the following ways: for refusals to work, disorderly conduct, stealing, or striking or ill-treating others, either a period on bread and water or a spell in the refractory ward. Other, more serious cases were sent before the magistrates.

The question of how the adult paupers were to be employed was given serious thought, because the Guardians' responsibility to the ratepayers required that the inmates should "use their best exertions by reasonable labour" to contribute to their upkeep. Both men and women were set to work oakum-picking, while some men spent their time breaking cinders. Some paupers, mainly women, came to do domestic jobs in the kitchen and wards, chiefly washing and ironing. One man was responsible for the workhouse pigs and the coal delivery.