

We would like to thank everybody who has bought our recipe Ebook and donated this week. We've had a amazing response, especially as we are only using Facebook to promote it at present (It's free so doesn't take from the proceeds for the charities). Next wee I'm to be interviewed by YO1 Radio which I hope will get the word out so we can help the Charities and Groups helping the Homeless and these in need even more.

<u>Meals on a very restricted budget don't need to be boring!</u>

We've created this Ebook in support of the following local Charities and Groups:-

The Salvation Army
Church Action on Poverty
Doncaster Street Hub
York Secret Helpers
Sleep Safe Selby
OR A Charity of your choosing

?In January 2018 we found ourselves in a Homeless Hostel and some six months later had to resort to living in a tent in order to save our much loved dog Buster from any further separation. On a budget of £4 a day to feed ourselves and Buster via Universal Credit, we spent much of our

time sourcing ingredients and fresh water just to survive. Probably to keep ourselves sane we kept a record of our recipes. Many of the recipes in the book were created and cooked beside our tent on a single burner camp stove. We were fortunate to be helped by several charities and now have a flat in York. The remainder of these recipes have been created and cooked here on the same very limited budget.?

This is our way of giving something back to the charities who helped us and are continuing to help the homeless and those in need. We hope you find them inspiring and more to the point tasty and frugal.

The Ebook costs £4 with all proceeds going directly to your chosen charity or cause.

http://www.eatwellonuc.org.uk/index.php/latest-news/ebook