



## **Beyond Baked Beans: Budget Food for Students**

Fiona Beckett

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### **Beyond Baked Beans: Budget Food for Students**

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#### Beyond Baked Beans: Budget Food for Students Fiona Beckett

Fiona Beckett teaches us how to buy and stretch our food, explaining that it's easy to eat well without shedding loads of money. Beyond Baked Beans: Budget Food for Students is split into three eminently useful sections. 'Survive' is all about the basics of cooking for yourself, with recipes which help you to eat well without breaking the bank. 'Share' is a selection of fantastic recipes for two and more, and for preparing big meals for students who live together. 'Splash Out' is a taste of something a little more swish: for those who want to impress but don't have a whole lot of money. Fiona shows you how to budget, buy and use your food carefully, with great ideas on how to save when you buy and stretch what food you do use and never waste what's leftover. An invaluable book for every student.



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