



Students' Cookbook

Building communities (Bath & Wells, Glasgow & Galloway, Wakefield)

When students go to university it can be the first time they have to cook and budget for themselves. To support them Mothers' Union members in various dioceses have been collaborating with local universities and their Chaplaincy teams to produce cook books for students.



In Wakefield the '*Grub on No Grant*' booklet contains recipes for cheap and nutritious meals. Each September, members attend '*Freshers' Fair*', to give students a copy and a taste of the food in the booklet. Members also provide a small emergency stock of food for the Chaplaincy staff to distribute. For further information contact Marlene Bramley on marlenebramley@aol.co.uk.

Members in Bath & Wells produced a cook book after receiving permission by members in Glasgow and Galloway to adapt their version. Designed by a younger member and printed by the University, books are also given out at Freshers' Week along with a flapjack. Members are involved through baking, attending the Fair, handing out books or praying for the project. Funding has come from local firms including the local gym as well as a coffee stall run by Mothers' Union at the Christmas Market, sales of the book in the Abbey bookshop and at Mothers' Union events.

A first year student looking forward to trying out the recipes said:
"I think the book is a great idea. I'm still eating ready meals at the moment and I'm sure it will inspire me to start cooking."

For general guidelines about setting up and developing outreach initiatives, go to the members' section of the Mothers' Union website www.mothersunion.org