



Grub On No Grant

Building communities (Wakefield)

When students go to the university, it can be the first time they have had to cook, and budget, for themselves.

Members from the Diocese of Wakefield produce a recipe book, 'Grub On No Grant' which includes cheap, nutritious recipes.

The recipe books are given away free to students by Mothers' Union at the University of Huddersfield, who have a stall as part of freshers' week, along with the opportunity to try samples from the menus included. In 2012, they gave away an amazing 1000 copies.



Copies of the recipe book can be obtained from the Diocese of Wakefield, costing £1.50 each, plus 50p for P & P. Email Mothers' Union at outreach@themothersunion.org, and we will forward your request onto the Mothers' Union team in Wakefield.

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