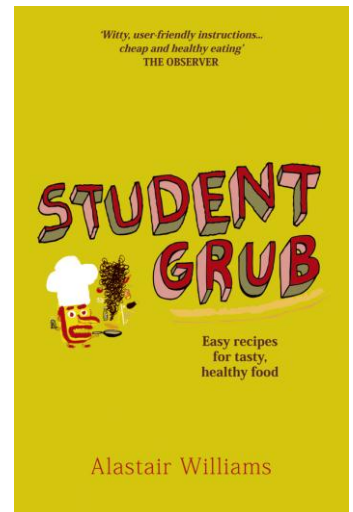


● Summersdale Press Release: New Book ●
Eating well without eating into a student loan

STUDENT GRUB

Easy recipes for tasty,
healthy food

By Alastair Williams



This September sees a fresh batch of students packing up and heading to uni for the first time. It may all seem like endless parties, messy rooms and having the freedom to do what they want but leaving home does have its disadvantages. For example, they'll soon miss certain things: home cooking, someone to do the washing and someone to tidy up after them. Whether they are sharing a house, living in a self-catering flat, or even in halls of residence, they will have to learn to cope for themselves and this includes having to find meals.

Many students will initially opt to live on takeaways, but there is a limit to how many chicken vindaloos your stomach can take, and those precious student loans will soon start to dwindle.

Student Grub gives students a selection of recipes and advice that enable them to get beyond the realms of cheese on toast or a shrivelled jacket potato and discover simple but tasty dishes. (Those who have yet to reach the realms of cheese on toast will nevertheless find ample recipes to get them going.)

Whether the need for inspiration is for a post-pub snack or wanting to impress a date with a three-course culinary spectacular, **Student Grub** is the starting-point to a lifetime of eating well.

'Basic but also quite international, with food from around the world to inspire'

Ainsley Harriot

'Witty, user-friendly instructions... cheap and healthy eating'

THE OBSERVER

About the author: Alastair Williams was a student at numerous establishments of higher education before eventually graduating from Southampton. He has travelled throughout the world in his quest for mouth-watering recipes that can easily be reproduced by any student, and this book is the result. **Alastair is based in West Sussex**

Note to Editors – to request a review copy and be put in touch with the author please contact Dean Chant

Student Grub is published by Summersdale (August 08; ISBN: 978 1 84024 678 0; PB; 160 pages; £4.99). It is available through all good bookshops and internet booksellers or by telephoning Mail Order at Summersdale on: +44 (0) 1243 771107



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