



How to Feed Your Family on Less than €10 a Day and Other Cost-saving Tips

Elizabeth Bolland

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A positive and upbeat ‘must read’, for anybody determined to cut their living costs, How to Feed Your Family on Less than €10 a Day and other Cost-saving Tips provides practical and supportive solutions to help cope today in Ireland, when making ends meet is foremost on people’s minds. The book is a recession survival guide for all. It is unique since it is written by a single mother of three who has survived personal financial struggles since the onset of the property crash in 2007. Everything she has learned about budgeting she has learned through experience and necessity. The book gives tips on how to feed a family of four on a tight budget – under €10 a day – complete with a sample shopping list and a two-week menu with extensive nourishing recipes relevant to the list. It also advises on how to save money on household bills, electricity, insurance, cars, clothes, hiring contractors and legal costs. Budgeting, planning and saving, State benefits, and ideas for making extra money are all addressed, and the book includes useful websites to help simplify the most complicated bigger purchases.



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