

**Susan Rimington** is a long standing Chef with 30+ years of experience in hotel, restaurant and public house kitchens. Experience which became essential when due to no fault of our own we found ourselves homeless and living on Universal Credit.

**Tony Carson** is a Web Designer with 15+ years of experience and a passion for promoting the hospitality sector.

In 2017 after two disastrous contracts in a restaurant followed by a public house both with tied accommodation. We found ourselves in a homeless hostel with very few possessions and ever less money. As our situation worsened we found ways to feed ourselves on a very restricted budget which resulted in this collection of recipes. We hope you enjoy them and find them useful.

### [Eat Well on UC](#)

**is a Not For Profit venture. Donated funds are only used to finance this Website and to purchase materials for food demonstrations. Any excess funds are donated to The Salvation Arms to support their great work with the homeless.**