



Living On A Shoestring

Denise Garside

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This book is an accumulation of tried and tested ideas and strategies aimed at simplifying the ever increasing task of managing your budget with limited financial resources. Much of the content is derived from the personal experience of the author and her extended family and friends. Denise Garside has gained a wealth of knowledge and experience through living and working with socio-economically disadvantaged people in remote areas of Central Australia and the rugged North West of South Australia. Denise has also taught budgeting skills to unemployed people from a variety of backgrounds and situations. Inside: -Handling the Adjustment Covers the grieving process when one has lost their job and explains how to cope with the crisis. -Home Budgeting This chapter explains how to budget on a low income by giving examples and allowing the reader to make their own budget plan. This chapter is also very extensive and explains the importance of income versus expenditure. -In the Garden Explains how to grow your own vegetables and save money, including how store the surplus. Vegetables can be grown in containers if you do not have sufficient space or facilities. -In the Kitchen Covers topics such as blanching and freezing, pureeing, shopping sensibly, grow seedlings in ice cube trays, how to make such items as icing sugar, baking powder, self raising flour and many, many more hints. -Around the Home This section covers a variety of home saving ideas including turning newspapers into logs for the fire, making soap and candles from scraps, making quilt covers and fitted sheets, inexpensive gifts etc. -Christmas and Festivities Readers can still have Christmas without the expense. I have many money saving ideas here. -Remaking Clothes I have included many useful hints and explained that with a little imagination, nothing needs to be wasted. -Economical Recipes Covers inexpensive and nourishing meals including soups, main meals, desserts, snacks, sauces and conversion tables. Financially disadvantaged people need a resource that is easily accessible and within their financial reach.

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