

Nourish & Connect

Recipes for Healthy,
Budget-Friendly
Eating



Building Community
through Food & Faith

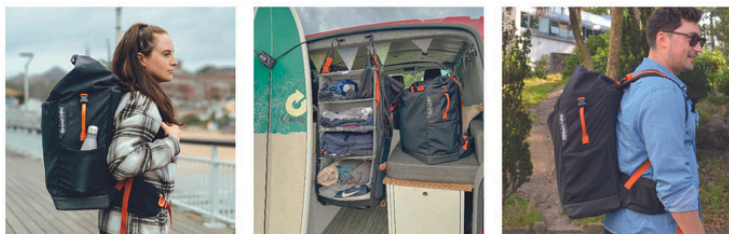


THE NAT

NUTRITION ADVISORY TEAM



Zenscape Backpack
Your Travel Wardrobe



Are you a health promoting school?

Discover how The NAT can work with you to further improve the health of your community.

Promote health in your environment with The Nutrition Advisory Team

We help schools promote healthy lifestyles that boost mental well-being, behaviour, and academic success.

The Artichoke Plan: Tailored strategies for creating a whole-school food culture.

The Beetroot Plan: Sustainable meal planning with nutritious, eco-friendly menus.

The Carrot Plan: Nutrition education INSET

Why Choose Us?

Customised support for your school's unique needs
Improve student well-being and academic performance
Foster long-term health and sustainability

Learn more at www.thenat.co.uk



ASK YOUR SMART DEVICE TO ...
PLAY BOURNEMOUTH ONE



BOURNEMOUTH

ONLINE MOBILE SMART SPEAKER CARPLAY RADIOPLAYER

BOURNEMOUTHONE.COM

FOOTBUS

Connecting Students to Walk Together!

Create a route, or join a route, and walk together with Footbus.

It's easy with Footbus! The free app that gives you a route map, tells you who's going and where they are.

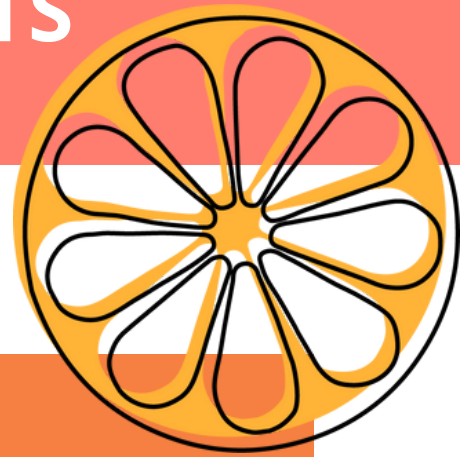
No more hassle scrolling through group chats for arrangements.

Footbus lets you make plans, change plans, and stay in the loop.

It's the social way to travel at BU!



TABLE OF CONTENTS



- ADVERTS
- TABLE OF CONTENTS
- ABOUT US
- SEASONING FOR ALL SEASONS
- MISO SOUP WITH TOFU AND VEGETABLES
- MUSAKHAN RECIPE
- ONE POT BIRYANI
- EASY VEGETABLE PANANG CURRY
- KALATHAPPAM (bread)
- PESAHA PAAL (sweet drink)
- BROTHY TOMATO & BUTTER BEAN SOUP
- JOLLOF RICE
- TRAYBAKE "EVERYTHING" FRITTATA
- BUBALEH PASSOVER PANCAKE
- BROCCOLI STALK STIR FRY
- PLANTS AND THE PLANET
- HOW CAN I EAT SUSTAINABLY?
- GROUNDED COMMUNITY
- STUDENT WINS
- STUDENT WINS
- THE FLAVOUR CHALLENGE!
- ACCESSING FOOD

Allergy Disclaimer: Please be aware that individual responsibility for managing allergies rests with the consumer. It is important to check ingredients and make informed choices to avoid allergens.

ABOUT US



Revd Ruth Wells is the senior chaplain for BU/AUB. "I think there's something really special about how food can bring connection between people. I can't tell you the number of times a student or staff member has brightened my day by bringing some food to share with me and others! As a Christian, sharing a meal is a fundamental part of my spiritual connection to the Divine and to the community around me. This principle of food and faith is one I see echoed in so many different ways in daily life - bringing joy, offering spaces to talk and listen and giving nourishment for body and soul.

Destinee Cushnie Mason has just finished a year at Bournemouth University where she completed her MSc in Nutrition and Behaviour, while working as a student rep and with the international buddy scheme at SUBU. Destinee loves cooking, viewing it as an opportunity for creative expression, connection, learning about other cultures and healing the body. She looks forward to a rewarding career as a nutritionist, and achieving her ultimate goal of running a health retreat surrounded by beautiful, natural landscapes!



Claire King has recently completed an MSc in Nutrition and Behaviour at Bournemouth University. Claire is interested in how people make decisions and what influences health behaviours. In 2020, Claire founded The Nutrition Advisory Team and began developing Nutri-Kit®, an education toolkit designed to equip children with the skills to make discerning food and drink choices to support physical and mental health alongside a growing understanding of our food system. Claire is passionate about education and growing young leaders.

SEASONING FOR ALL SEASONS



Food is more than just sustenance—it's a powerful way to connect with others and express culture. As you begin your first year at university, food and drink will become central to your daily life. While preparing meals may be new to you, it's an essential skill, especially when living on a budget. That's why we've included some fantastic, budget-friendly recipes you can easily share with new friends.

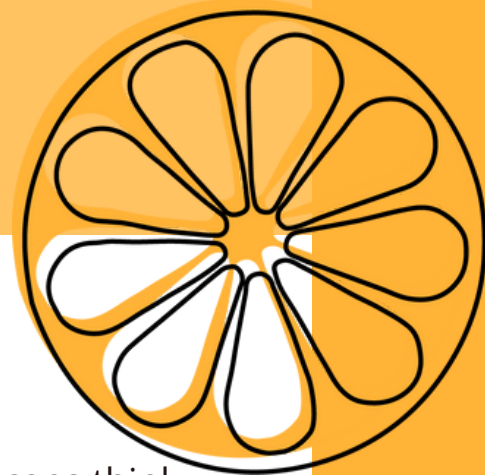
Taking care of your well-being is essential. **Nourish & Connect**, focuses on eating for well-being and connecting with others through food.

Food and faith intertwine with cultural identity so we showcase recipes that have connected current students and local faith leaders to their cultural identity, highlighting how food supports meaningful relationships. We celebrate flavours that bring dishes to life, infused with traditions from students whose experiences shape the recipes they share.

Whether you're gathering for a meal with friends, participating in community food events, or exploring the intersections of food and faith, we hope that you'll enjoy trying these recipes during your time at BU.



MISO SOUP WITH TOFU AND VEGETABLES

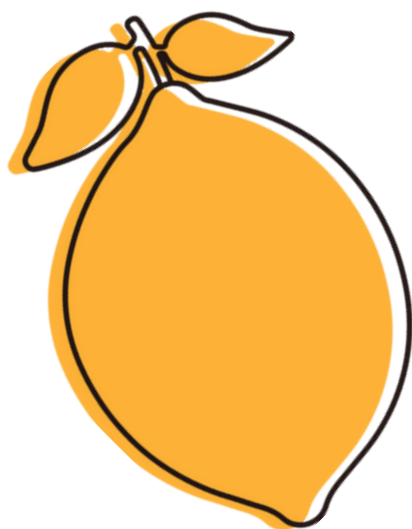


INGREDIENTS: (Serves 4)

- ½ pound firm tofu, cut into ½-inch cubes
- ¼ pound fresh shiitake mushrooms, stemmed and the caps thinly sliced
- 2 cups beansprouts (about 1/2 tin), rinsed and roughly chopped
- 6 medium spring onions, trimmed and thinly chopped

FLAVOURINGS:

- 3 tablespoons miso paste, such as Shiro miso (white), miso (aka red miso), or shinshu miso (yellow)
- 1 ½ tablespoons unseasoned rice wine vinegar
- 1 large garlic clove, peeled
- 1 ½-inch fresh ginger piece, peeled
- 2 teaspoons toasted sesame oil
- 1 teaspoon soy sauce
- Optional garnish: fresh red chilli, black sesame seeds, fresh coriander



This recipe was contributed by Gary, the Buddhist advisor to the Faith and Reflection team. The Faith and Reflection service supports students and staff of all faiths and none.

MUSAKHAN RECIPE



INGREDIENTS: (Serves 4)

- 4 thighs chicken
- Cut 3 onions into slices
- Add together the onion and chicken

FLAVOURINGS:

Mix the flavourings and add to the pot.

- Half a teaspoon of cardamom
- Half a teaspoon of ginger
- 3 tablespoons of sumac species
- 3 tablespoons of olive oil
- 1 teaspoon of whole spices
- 1 teaspoon of salt
- Squeeze one lemon
- 2 tablespoons of pomegranate paste or Harissa
- Half a teaspoon of black pepper
- 1 teaspoon of paprika

STEPS:

- Cover the pot with a lid or with foil.
- Cook it on 180c for 45 min
- Remove the foil (after 45 mins) and roast for another 10-15 mins to brown the meat.



This recipe was chosen by an undergraduate who accesses the Faith and Reflection centre (1st floor of Talbot House). It is a traditional Palestinian dish featuring roasted chicken baked with onions, sumac, allspice, saffron, and fried pine nuts, all served over taboon bread.

ONE POT BIRYANI

“It’s not just a food, it’s an emotion”

INGREDIENTS: (Serves 4)

- 200g Basmati Rice (washed)
- 2 Onions - Sliced thinly
- 5 Large Tomatoes - Diced
- 1 Cauliflower - Chopped
- 1 Aubergine - Sliced
- 100g Kale or Spinach
- 1 can of Chickpeas
- 2 tbsp Olive Oil

FLAVOURINGS:

- 2 Tbsp Biryani Spice Mix
- 1 Vegetable Stock Cube in 1L water
- 1 Tbsp Tomato Puree
- Handful of toasted cashews (optional)
- Handful of chopped coriander (optional)

STEPS:

- Fry one of the onions in 1 tbsp olive oil on a medium heat until crispy and set aside
- Add the rest of the onion, tomatoes, cauliflower, aubergine and chickpeas into a large pot or pressure cooker with 1 tbsp olive oil and 1 tbsp biryani mix, and cook on medium for 5 minutes or until the veg begin to soften
- Add in the rice, tomato puree, greens, remaining biryani mix, and stock, stir and cover with the lid
- If using a pressure cooker, cook for three whistles. If using a pot, cook with the lid sealed for 20 minutes, then stir and add a little water if required
- Replace lid and allow to sit for 5 minutes with the stove turned off
- Top with the fried onions, cashews and coriander to serve

“

It reminds me of home and my mum and grandmum making it. Biryani is a celebration meal for every occasion”

Fatima Farha, SUBU Vice President of Welfare & Community



EASY VEGETABLE PANANG CURRY



INGREDIENTS: (Serves 2)

- Drizzle of oil
- 1 Red pepper, 1cm squares
- 1 pack of mangetout
- 6 baby corn, sliced lengthways
- 1 can of chickpeas
- 1 can coconut milk

FLAVOURINGS:

- 1 tsp chopped basil (fresh or dried)
- 1 tsp chopped coriander (fresh or dried)
- 2 tbsp Red Thai curry paste
- 1 can coconut milk
- 4 tbsp dark soy sauce



STEP :

- Drizzle a little oil into a large saucepan and put on medium/high heat
- Add in peppers and fry for about 3 minutes
- Add in the rest of the vegetables and the chickpeas along with 1 tbsp of the Red Thai curry paste and the basil and coriander and fry for 2 minutes
- Next, mix in the coconut milk, soy sauce and water, allow to bubble and then reduce to medium heat. Stir occasionally for 5 minutes
- Swirl in the peanut butter and mix until it's melted through
- If too watery, allow to reduce some more. If too dry, add another ¼ cup of water
- Squeeze in the lime juice, stir and voila!
- Optional: Serve with rice or flatbread and garnish with chopped spring onions, sliced red chilli and sesame seeds, or just eat it on its own!

Try this: This Thai inspired sauce recipe is versatile, you can put in any vegetables you like or if you eat meat, try it with chunked chicken! Adjust cooking time accordingly.

KALATHAPPAM (bread) & PESAHA PAAL (sweet drink)



INGREDIENTS: (Serves 4)

- White Rice – 1 Cup
- Black Gram (Uzhunnu parippu) – 2 tbs (soak in water for 3 hrs)

FLAVOURINGS:

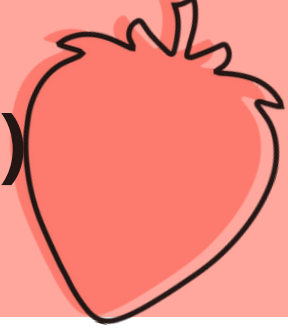
- Coconut slices – ½ cup
- Chopped shallots – ½ cup
- Cumin seeds – 1 tbs
- Salt – as needed

STEPS:

- Grind the soaked rice and black gram to make the batter (not too watery)
- Fry the coconut slices and chopped shallots in oil
- Mix the batter with fried coconut and shallot
- Add cumin seeds and salt as required
- Heat a pan with oil
- Spread the mix using a spatula (not too thick)
- Cook both sides until they are light brown



PESAHA PAAL (sweet drink)



These two recipes have been chosen by Anson Anthony who explains:

“

Living far from Kerala, the flavours of Kalathappam and Pesaha Paal evoke a profound sense of nostalgia. These aren't just foods; they are the heart of our Maundy Thursday tradition. Sharing these delicacies, passed from generation to generation, is a sacred act binding us to our faith and family. The simple act of breaking bread together, dipped in the sweet Pesaha Paal, carries a weight of tradition and love that transcends distance.

INGREDIENTS:

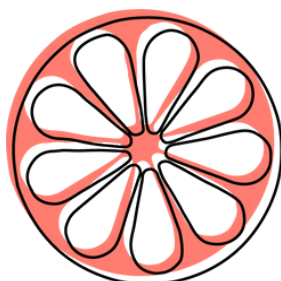
- 1 cup thick coconut milk (made from 2 cups of grated coconut and 4 cups of water)
- 2 cups thin coconut milk (made by adding 4 cups of water again to the grated coconut)

FLAVOURINGS:

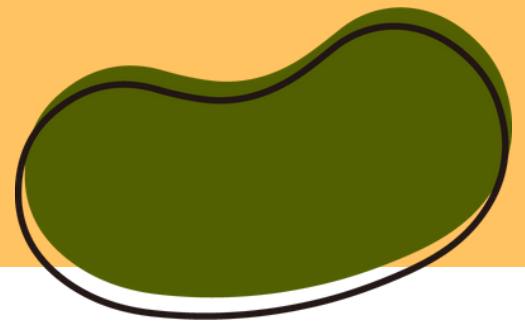
- 1 cup Jaggery (or brown sugar)
- 3 tbs - Roasted rice flour
- Salt - to taste
- 1 tsp - Cumin seeds
- 6 pods - Cardamom
- ½ inch - Dry ginger (Chukku)

STEPS:

- Boil the jaggery in 1 cup of water until it melts completely
- Grind the rice flour, cumin seeds, cardamom, and dry ginger
- Add the thin coconut milk and ground mixture to the melted jaggery and boil in low flame
- Add the thick coconut milk and stir it in using a low flame (do not boil)
- Turn off the flame and let it cool - It will thicken as it cools



BROTHY TOMATO & BUTTER BEAN SOUP



INGREDIENTS: (Serves 2)

- Drizzle of oil
- 1 onion, diced
- About 12 cherry tomatoes, halved
- Frozen spinach block or handful of fresh spinach
- Juice of 1 lemon
- 400g butter beans (can or jar)

FLAVOURINGS:

- 2 garlic cloves, minced or 1 tsp garlic granules
- ½ tsp each paprika and ground cumin
- 1 tsp chilli flakes
- Salt and pepper to taste
- About 1 cup of stock (vegetable or chicken)
- ½ tsp chopped parsley



STEPS:

- Drizzle a little oil into a large saucepan and put on medium/high heat
- Add in the onions and fry for about 5 minutes
- Add in the cherry tomatoes, butter beans and garlic, stir for about 2 minutes until the tomatoes begin to soften
- Add in all the seasonings and ensure everything is coated
- Add in the stock and spinach and allow to bubble, then reduce to medium heat and cover
- Stir occasionally for 5-10 minutes, adding more water if necessary
- Squeeze in the lemon juice, top with the parsley and give a final stir!
- Optional: Serve with crusty wholegrain bread and a dollop of tzatziki or Greek yoghurt

This quick and delicious dinner recipe is easily adapted. Swap for black beans, add some chilli powder and ground coriander and top with fresh coriander for a Mexican style twist.

JOLLOF RICE



INGREDIENTS (stew): (Serves 6-8)

- 1 large tomato
- 1 red pepper
- 1 scotch bonnet (or mild chilli if preferred)
- 4 garlic cloves
- 1cm ginger
- 2 cups water
- 1/2 onion

INGREDIENTS (rice):

- 1/3 cup olive oil
- 1 and 1/2 onion
- 1 tsp salt and pepper
- 1/4 cup tomato puree
- 2 tbsp smoked paprika
- 1/4 tsp turmeric
- 1 tsp each curry powder, cumin and thyme
- 1 bay leaf
- 2 cups basmati rice (washed)
- 1 chicken or vegetable stock cube

STEPS :

- Blend all stew ingredients together until smooth
- Fry onions with salt and pepper in the olive oil until softened, in a large pot
- Add in the tomato puree and fry for 2-3 minutes
- Stir in other seasonings and stock and cook for 1 more minute
- Pour the stew mixture in and simmer vigorously to reduce until it starts to become thicker - about 10 minutes, stirring often
- Mix in the rice, ensuring all grains are coated in the stew mixture. Add in 1/3 cup of water
- Cover pot with tin foil and a tight fitting lid then reduce to low-medium heat to allow the rice to steam
- Simmer for 20 minutes, then turn off the heat and leave for another 12 minutes
- After, fluff the rice with a fork. If rice needs more time, cover for another 5 minutes and repeat, then serve.

Did you know? This West African party favourite stirs much friendly rivalry between Nigerians and Ghanaians about who makes better Jollof. However the dish actually originates from Senegal!

TRAYBAKE "EVERYTHING" FRITTATA



INGREDIENTS: (Serves 4)

- 6 eggs
- 1 cup of your preferred milk

ADD-INS:

- Leftover Vegetables (e.g. broccoli, onion, peppers, courgette, tomatoes)
- Seasonings (e.g. salt, pepper, paprika, garlic granules, all-purpose, pesto, mustard, cumin)
- Optional - grated cheese or shredded meat

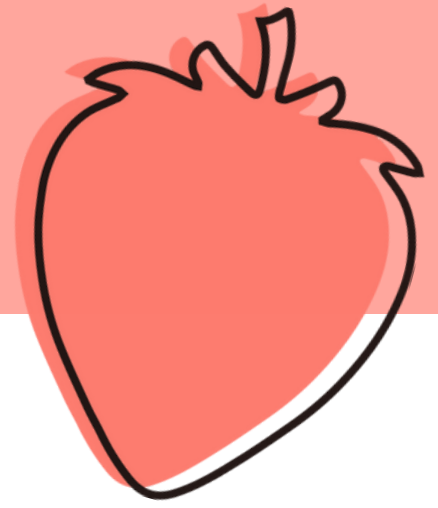


STEPS:

- Preheat the oven to 220 degrees
- Grease and line a high-sided bakng tin with parchment paper for easy removal
- Chop up all of your leftover vegetables into small pieces
- Beat the eggs and milk in a big bowl, then the add-ins and mix
- Pour into the prepared tin and bake for 25 minutes or until no longer runny in the centre
- Allow to cool for 10 mins
- Slice into squares and share amongst friends or refrigerate for up to a week for quick, nutritious meals.



BUBALEH PASSOVER PANCAKE



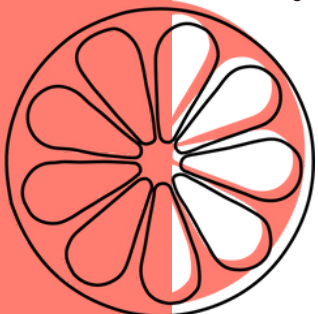
During Passover, Jewish people avoid eating anything that is leavened. As a result, everyday flour is not used in recipes. Instead, we use potato flour or matzo meal, which can typically be found in the kosher aisle of most supermarkets.

INGREDIENTS:

- 1 large egg
- 1 tablespoon matzo meal
- 1 teaspoon sugar
- 1/2 teaspoon baking powder (for Passover use a kosher for Passover-certified brand)
- Nonstick cooking oil spray or vegetable oil to grease the pan

STEPS:

- In a small bowl, whisk together the matzo meal, egg, sugar and baking powder until a yellow batter forms. Make sure the ingredients are well mixed.
- Lightly grease a nonstick skillet; I recommend a medium or large skillet because the bubaleh will be easier to turn.
- Heat over medium till a drop of water sizzles on the surface. Pour the batter onto the hot skillet, forming a large circular pancake.
- Let the bubeleh cook for about 2 minutes till bubbles rise and pop on the surface of the batter and the bottom is golden brown. Flip the bubaleh and continue cooking for another 2 minutes or so, till the bubaleh is cooked through and golden on both sides.



BROCCOLI STALK STIR FRY



Broccoli stems offer the same health benefits as the rest of the vegetable (vitamin A, vitamin C, fibre, potassium, and folate), so why waste it?

INGREDIENTS:

- Broccoli stalks, sliced thinly
- Any other leftover vegetables you can find! Cauliflower leaves are also great to stir fry!
- Leftover rice (or noodles)

FLAVOURINGS:

- Nuts (cashews are particularly nice!)
- Chilli flakes
- Soy Sauce
- Garlic
- Ginger
- Sesame oil (substitutes: any oil will do)
- Optional: tinned black beans, eggs, leftover meat, tofu.



Recipe by Izzy Chalk: Izzy works within the BU Sustainability Team as Sustainability Support Officer. Her role is to support the team and the rest of the university to deliver on key sustainability objectives, including BU's target of net zero emissions by 2030/31. Izzy also has the role of organising events, sustainability communications, and finding innovative ways to engage students and staff with sustainability topics such as sustainable food, waste prevention and recycling, active travel, and nature connection. University can be a stressful time for students, which is why Izzy is super passionate about creating recipes that will save money, reduce food waste, are low-carbon, and give a nutritional boost!

PLANTS AND THE PLANET

Food connects us to the earth and its cycles - it reinforces our respect for nature and our values of sustainability. By considering the origins of our food and the methods used in its production, we can make choices that support environmental health, social justice, and cultural continuity whilst looking after our own health and wellbeing.

Fuelling ourselves well can also support us in reaching our performance goals - academically and physically.

Think about what you will add to your plate for each meal. You can count on one hand the key ingredients for a balanced meal. 5 stages you could consider when preparing your base plate.

1. Start with a **grain** - like quinoa
2. Pick your **leafy greens**.
3. Add in **brightly coloured in season/local vegetables and fruits**
4. Top with **beans or legumes**
5. Sprinkle with **nuts and seeds**

This combination offers a good mix of complex carbohydrates, proteins and healthy fats. Now, simply add the toppings of your choice and flavour it using seasonal herbs and spices to create a dressing, pickle or dip.



Budgeting your weeks at University may be a challenge and you may notice that some of your peers are better at it than others. The ASKBU team have helpful advisers who can assist with information about managing your finances, housing and more.

If you need a bit of help and kindness, try: <https://www.helpandkindness.co.uk/> for more information about the support you can access.

HOW CAN I EAT SUSTAINABLY?



Eating and cooking **sustainably** is simpler than you might think. Here's how to enhance your meals and **reduce food waste**:

Enhancing Flavour: Use flavours you love to revitalise leftovers and wilting vegetables. For instance:

- **Pesto:** Blend wilted herbs and greens, like broccoli stalks, with nuts, garlic, lemon juice, and olive oil. Enjoy pesto with pasta, potatoes, eggs, roasted vegetables, or as a pizza sauce base.
- **Harissa Paste:** Adds zest to eggs, beans, and roasted vegetables. Mix it with Greek yoghurt for a quick dip.
- **Peanut Butter:** Ideal for stir-fries or satay. Combine with coconut milk and roasted butternut squash for a delicious soup. Spread on a tortilla with leftover veggies for a balanced wrap.

Sustainable Choices:

- Opt for seasonal and local produce to save money and enjoy better taste.
- Try plant-based options like beans, lentils, and tofu—beneficial for both health and the environment.
- Choose sustainably sourced meats and fish.

Local Markets:

- Great British Street Market, Bournemouth Town Centre: Sundays, 10am – 4pm, through the end of October.
- Poole High Street Market: Thursdays and Saturdays.
- Christchurch Market: Mondays, year-round.
- Wareham Quay Market: Saturdays from 8am.

Did you know? Supermarkets reduce some food items (close to sell by date) at key times of the day by 30-75%. Look out for the reduced section shelf.

Stay Hydrated:

Carry a refillable drinks bottle. With over 150 refill stations in Bournemouth, Christchurch, and Poole, refilling your bottle can significantly reduce plastic waste.

GROUNDING COMMUNITY



Grounded Community are a Boscombe-based charity that aim to give the community access to fresh, nutritious and delicious food.

They run a range of interconnecting projects to grow and share fruit and veg, provide education and workshops, redistribute food surplus and create networks to help others share food. These include: The Secret Garden, Feed Our Community, Grounded Gatherers, and more.

Grounded Community offer a range of volunteering opportunities to get stuck into. Scan to find out how you can get involved:



Destinee spent a morning helping out at the Secret Garden behind St Clements Church in Boscombe. "I had a great time planting potatoes, feeding the very friendly rescue chickens and enjoying surplus food for lunch with the other volunteers. It feels good to support the community and the environment."

Grounded Community have shared some delicious plant-based, nut-free pesto recipes made from ingredients grown at the garden. All you need is a food processor, blender or pestle and mortar:



Green Pesto

- Stinging Nettles
- Nasturtium Leaves
- Sunflower Seeds
- Lemon Juice
- Garlic
- Olive Oil
- Salt and Pepper



Red Pesto

- Beetroot
- Sunflower Seeds
- Lemon Juice
- Garlic
- Nutritional Yeast
- Olive Oil
- Salt and Pepper

STUDENT WINS.....



BU Nutrition students have shared their **top** survival **tips** for maintaining **well-being** when university stress starts to creep in. Their advice includes regularly consuming nutritious food, staying **active** through exercise, spending time in nature, and staying **connected** with loved ones.



"Get off your phone and go for a **walk** down the beach."

"Keep things in perspective. You are **alive** and well!"

"Have a good **book** to read when you take **breaks** instead of going on social media. Seeing people having **fun** when you're stressed can be quite depressing."

"Write **lists** and schedule time for **exercise** and fun."

"Remember to step back every now and again to look at the bigger picture and remind yourself why you are doing what you're doing. Also, it'll all be over soon and you will miss being at uni so try to make the most of it."

"Beach runs, beach **sauna**, rewards with favourite **cafe** treats."

"**Talk** with **friends, family** or classmates."

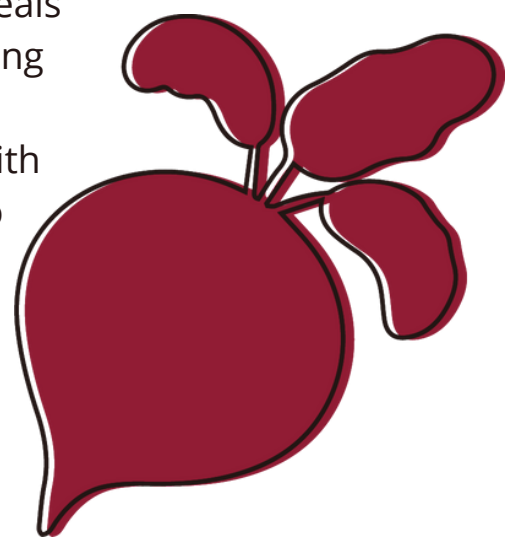


STUDENT WINS.....

Cooking at home can significantly **reduce** both food **costs** and your environmental impact. Here are some pocket-friendly budgeting and smart-shopping tips to help you save money and eat well:

Meal Planning and Budgeting:

- **Create a Weekly Meal Plan:** Planning your meals in advance helps to minimize impulsive spending and reduce food waste.
- **Set a Grocery Budget:** Track your spending with apps like Excel or Notion to ensure you stick to your budget.



Smart Shopping Strategies:

- **Buy in Bulk:** Stock up on non-perishable items in bulk, as it's often cheaper.
- **Opt for Store Brands:** Store own-brands and shopping in the international sections can save you ££s.
- **Use Rewards Apps:** Make the most of rewards apps like ASDA Rewards, Lidl Plus, and Tesco Clubcard for extra savings.
- **Prioritise Whole Foods:** Whole foods are more nutritious and often cheaper than processed options, so make them a staple in your shopping cart.

THE FLAVOUR CHALLENGE!



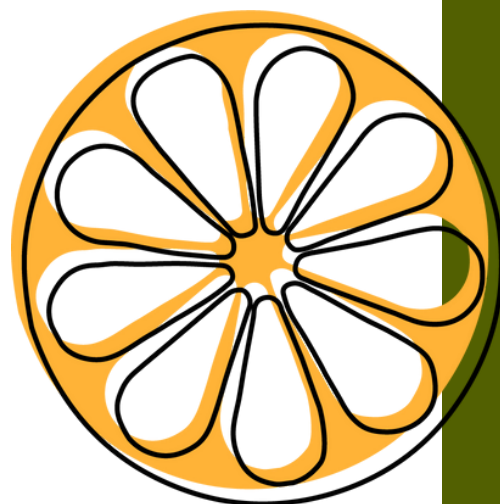
We offer a challenge - take one ingredient and see how many ways that you can add flavour to it!

Let's take **Greek yogurt** to offer an example.

- Add cucumber and garlic and you have **Tzatziki**
- Add gram flour and baking powder to yogurt and you have **flatbread**
- Add oats, dates and grated apples and you have **overnight oats**
- Add a tablespoon of espresso coffee to Greek yogurt and top with granola and grapes or grated chocolate
- Add honey and toasted nuts and seeds for a simple **snack**
- Add cooked black beans, garlic and olive oil and blend into a dip to go with **tacos**
- Whisk yogurt into peanut butter and top with blueberries

Flavours for your student **cupboard** - what we recommend:

- Paprika
- Chilli flakes
- Coconut milk
- Ginger
- Garlic
- Tamari or soy sauce
- Cumin
- Turmeric
- Tomato Puree
- Miso paste
- Nuts and seeds (these are great toasted and sprinkled on almost anything!)



ACCESSING FOOD

Want to eat with others? Try **Souper Mondays**: The Faith and Reflection team offers free vegan soup accompanied by some soul care every Monday, 12:30pm – 1:30pm, at the Faith & Reflection Centre, Talbot House, Talbot Campus. The **BU Community Kitchen** offers free breakfast on Tuesdays, 8:30am – 10am: Community Kitchen, 2nd floor Student Centre, Talbot Campus and they have **Monthly Supper Club** on the Third Wednesday of every month. They also have a SUBU pantry.

The **Hub Café** holds a free breakfast and lunch service on Mondays and Wednesdays from 10:30am - 3:30pm, open to all. And on Fridays from 8pm - 10pm, join them for the International Café. Located in Lansdowne Church, Lansdowne Road, Bournemouth.

Bournemouth, Christchurch and Poole have created an **ACCESS TO FOOD map** highlighting where to gain food - there are often voluntary opportunities to help others.



BOURNEMOUTH • CHRISTCHURCH • POOLE
**ACCESS
TO FOOD
PARTNERSHIP**



SUBU Advice

SUBU Advice offer free, impartial and confidential advice on a range of topics including: money, housing, personal and academic advice. You can drop in, make an appointment or contact an adviser by phone or email.

If you're struggling with your mental health, drop into **The University Retreat**, open Monday to Saturday from 2pm until 9pm, in the Tolpuddle Annex 2 at Talbot Campus.

SUBU What's On

Stay up to date with all the events available to you here. It's not only nights out - there's something for everyone! Find everything from **quizzes, potlucks, free yoga sessions, nature and well-being workshops**, and more.

SUBU Volunteering

Volunteering is an amazing way to boost your CV while doing something meaningful and fulfilling. It's also an amazing way to connect with like-minded peers. The **SUBU Volunteer Hub** has a huge range of possibilities.



FIND MORE INFORMATION AND RECIPES



Acknowledgements: We extend our heartfelt thanks to all contributors for their invaluable support and expertise in creating this resource. We also gratefully acknowledge the financial support provided for printing, which has made this publication possible.



SUSTAINABLE DEVELOPMENT GOALS
17 GOALS TO TRANSFORM OUR WORLD

