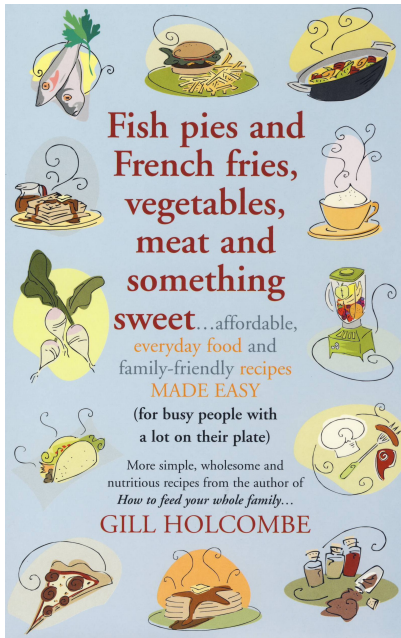


**Even more budget busting tips for families as Gill Holcombe returns with the sequel to her original recession-proof cookbook.**



*How To Feed Your Whole Family...* not only became one of the publishing phenomena of 2008 when it outsold Nigella to claim a spot in the Amazon bestseller list, it also threw a lifeline to hard pressed parents everywhere.

Readers very quickly adopted the book as a new household manifesto which explained traditional budgeting and cooking skills to cash conscious, time-starved parents. The reviews from readers speak for themselves;

*"The book Jamie's Ministry of Food wishes it was."*

*"For me it has been a life changing experience."*

*"With this book, you will spend less and eat better."*

*"It's been a life saver and I have recommended this book to all my friends."*

Now Gill Holcombe returns with a companion volume of even more recipes to stop Moms and Dads from running low on inspiration.

***Fish pies and French fries, vegetables, meat and something sweet...affordable, everyday food and family-friendly recipes MADE EASY (for busy, busy people)*** is the equally tongue twisting title of her new book, providing 170 more recipes so that devotees of the first book can keep their kids excited with even more healthy, home made food.

With weekly menu planners and store cupboard shopping lists, Gill Holcombe once again provides invaluable, tried and tested tips, at a time when families up and down the country are more conscious than ever of healthy eating and managing on a budget.



**Gill Holcombe** is passionate about feeding her kids good food. She grew up before the culture of convenience food took hold – and knows how to cook. Having brought up three children on her own in London for over ten years, she says the proof of the pudding is in the eating, and has three fit, healthy teenagers with loads of energy – and no fillings!

***Fish pies and French fries, vegetables, meat and something sweet... affordable, everyday food and family-friendly recipes MADE EASY (for busy people with a lot on their plate)*** is published by **Spring Hill**, an imprint of **How To Books Ltd** and is available now at \$20.00 in major bookshops and online retailers across the country. ISBN 978-1-905862-33-7

To find out more about the book you can visit - [www.fish-pies-and-french-fries.co.uk](http://www.fish-pies-and-french-fries.co.uk)

To arrange a phone interview with **Gill** please contact **Katie Read** 07837 485642  
[katie@katieread.co.uk](mailto:katie@katieread.co.uk)

For a **review copy**, please request in writing from THE UNITED STATES DISTRIBUTOR, Parkwest Publications, Fax 305-256-7816, or Email [mail@parkwestpubs.com](mailto:mail@parkwestpubs.com)