1.4 billion people live on less than £1 a day

22 million children with disabilities do not have access to an education

Created by
Lloyd Hayes
and
Sabrina de Souza
The making of this recipe book

**What is Live Below The Line?**

Live Below The Line is an innovative awareness and fundraising campaign that challenges people to live on £1 a day for 5 days for all their food and drink. The idea is to provide a glimpse of what it’s like to live in extreme poverty, and to gain an understanding of the heart-breaking decisions some of the world’s poorest people face everyday.

**RESULTS Live Below The Line Recipe Book**

The prospect of living on £1 a day for all of your food and drink can seem rather daunting, if not terrifying, so we wanted to make it a little bit easier.

This recipe book was developed to show people how to get the most out of their Live Below The Line experience, and show you some of the kinds of meals you can prepare during your challenge.

Each recipe in this book costs less than 50p.

The food to make these meals were sourced from the value food sections in various supermarkets.

Prices are subject to change.

www.livebelowtheline.com/uk-resultsuk
Lloyd Hayes — 2005 graduate from Jamie Oliver’s Fifteen restaurant — has lent his support to the campaign on numerous occasions. Lloyd first became involved in Live Below The Line earlier this year when he took part in the Live Below The Line Celebrity Cook Off to launch the 2012 campaign.

Lloyd has gone above and beyond to help us develop this Live Below The Line Recipe Book for RESULTS UK.

Without his input, his vision and support this amazing recipe book would not have been possible.
Our Purpose

A quarter of the world’s population lives in extreme poverty, and tonight 900 million people will go to bed hungry.

For some the idea of a world free from hunger and poverty seems an implausible and impossible dream. **We disagree.**

The world has the resources, the skills and the technical know-how necessary to consign hunger and extreme poverty to the pages of history. But this will only happen if we have the public and political determination to do so. Yet many of us today feel powerless to make a difference.

However, none of the great social changes of our time, like the end of Apartheid, the Civil Rights movement, or the abolition of slavery, occurred until the political will was strong enough to demand shifts in public policy.

We should “never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has” – Margaret Mead.

Our Approach

RESULTS educates and empowers people – be they ordinary citizens or key decision makers – to bring about policy changes that will improve the lives of the world’s poorest people.

Our advocacy focuses on areas where evidence exists that there are underfunded, high-impact and cost-effective opportunities to make the biggest difference. Our current campaigns focus on global health, basic education, microfinance and sanitation.

Our Vision

The vision of RESULTS is a world free from extreme poverty within a generation.

Our Mission

Our mission is to create the public and political will to end poverty by empowering individuals to exercise their own personal and political power for change.
How Can We Ensure All Children Can Access Education?

For people living below the poverty line, education is often one of the first casualties when it comes to making decisions about how to spend extremely limited resources. In such a situation, to provide an education for a disabled child becomes an almost impossible task.

Whilst the world has made much progress towards achieving universal primary education, with over 40 million more children attending school since 1990, many millions of children remain excluded from education. Those who remain excluded are more and more seen to belong to specific marginalised groups, particularly children with disabilities.

It is estimated that one third of children of primary school age currently out of school are children with disabilities. In some areas exclusion is particularly acute. It is estimated that over 90% of children with disabilities are excluded from school in some developing countries.

We are campaigning tirelessly to change the situation for the children that are currently out of education and for future generations of children. We are working to change the policies, practices and beliefs that leave so many disabled children excluded from education.

By supporting RESULTS in Live Below the Line, you are helping to provide a better future for millions of children.

www.livebelowtheline.com/uk-resultsuk
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Dedications

Shikuku Obosi contracted polio as a child. He was determined to receive his education to better his life. To attend school he was walking with callipers and crutches for over two kilometres over uneven terrain. The difficulty of his journey meant that he couldn’t return home at lunchtime and his school did not provide meals. So every day at school, he went hungry.

Shikuku Obosi is now a leading Kenyan disability advocate who has travelled the world speaking out and works to provide high-level policy analysis on education and disability. He is living proof that education benefits all children and transforms lives.

This book is dedicated to Shikuku Obosi as one of the many people who have struggled against disability to better their lives.

Special Thanks

This book would not have been possible without the help of Lloyd Hayes.
Nearly one billion people in the world are malnourished...

The World Food Programme has a £3.1 billion budget to feed the world's poorest...

...In the UK we waste £10 billion worth of food every year...

...All the world's nearly one billion hungry people could be lifted out of malnourishment on less than a quarter of the food that is wasted in the US, UK and Europe.
Breakfast
Traditional Jam and Porridge
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>50g porridge oats</td>
<td>Add water to the bowl of oats.</td>
</tr>
<tr>
<td>1 Tablespoon value jam</td>
<td>Heat in microwave for approximately 60 seconds, or until oats have reached desired texture.</td>
</tr>
<tr>
<td></td>
<td>Add a tablespoon of jam.</td>
</tr>
</tbody>
</table>

**Why this meal is so good**

Just a tablespoon of jam completely transforms a bowl of oats and water into quite a tasty Live Below The Line breakfast.

Oats provide a wide range of important health benefits.

Oat protein is nearly equivalent in quality to soy protein, which World Health Organization research has shown is equal to meat, milk, and egg protein.

Porridge is particularly good while you are Living Below The Line. Oats release carbohydrates slowly, keeping you fuller for longer.

This recipe only costs 9p leaving you lots left over for the rest of the day!

**Total cost**

9p
Chapati Jam Pancake
Ingredients
For four chapatti pancakes:
100g value flour  6p
2 Tablespoons value jam  6p

Instructions
Mix flour and water in a bowl. This is usually a ratio of 2:1 of flour and water.
Knead the dough till smooth and elastic. It should not be sticky.
Sprinkle some flour on a rolling board.
Place the dough on the board and roll out the dough into discs, much like a Mexican tortilla, using a rolling pin.
Heat the frying pan on the highest temperature.
Add the chapatti to the frying pan, and keep on high heat for 10 seconds. This ensures the chapatti does not stick to the pan.
Turn down to a medium heat and cook on both sides till chapatti is cooked.

Why this meal is so good
Chapattis are extremely diverse and easy to make. Not to mention, extremely cheap!

You do not need oil to fry a chapatti, but you can use oil if you prefer.

Chapattis are a great substitute for a variety of staple foods, not just pancakes. Chapattis can be your substitute for bread, your naan for a curry, your wrap for a fajita, and as you will see in this recipe book a chapatti can also be used as the base of your Live Below The Line pizza.

Total cost
12p
Below The Line Traditional English Breakfast
Ingredients

1 value sausage 8p
50g value mushrooms 12p
1 large value potato (200g) 8p
1/2 a tomato 4p
Salt and pepper for seasoning 1p
1 tablespoon (15ml) of oil 1p

Why this meal is so good

Sausages are great for when you are Living Below The Line! Usually you would need oil to try potatoes to make chips, but by cooking the chips in the remaining fat from the sausages there very little oil is required. The saltiness from the sausages also provide great flavour to the chips.

Instructions

Sausage
Fry the sausage in a pan. No need for oil.

Chips
Slice the potatoes long and thin. Par-boil them in water for 5 minutes. Heat up a tablespoon of oil, with a fat from the sausage, in the frying pan and fry the chips till golden.

Mushrooms and tomato
Dice the mushrooms into quarters. Season with salt and pepper. Fry the mushrooms and half tomato in the remaining oil from the chips until soft.

Total cost

34p
The government spends £108 billion on education in the UK...

...The UK government spends approximately £730 million on global education...

...That is less than 0.7% compared to UK spending.
Soups
Pea and Ham Soup
Ingredients

- Tin of value marrowfat peas: 19p
- 1 slice of basic ham slices: 12p
- 1/4 value vegetable stock cube: 4p
- Salt and pepper for seasoning: 1p

Instructions

- Pour the marrowfat peas, including its juice (this contains a lot of vitamins) into a pan and simmer gently.
- Add 1/4 of a ground up vegetable stock cube, salt and pepper for seasoning.
- Simmer till peas become soft.
- Add contents to blender till you reach a smooth thick consistency.
- Return contents to pan and simmer on low heat.
- Cut slice of ham into cubes and add to the soup. Simmer for a further 2 minutes.
- Serve up... and finally... enjoy.

Why this meal is so good

Peas are high in fibre, protein, vitamins and minerals.
You don’t have to use marrowfat peas. Regular processed peas will work just as well. Or you can use tinned mushy peas (10p) for a cheaper version.
The ham adds great texture and salty flavour to the soup.

Total cost

36p
67 million children of primary school age are currently out of school...

...This is equivalent to all the children of primary school age in Europe, Canada, America and Australia combined.
Salads
Potato and Mix Veg Salad
Ingredients

1/3 carrot  4p
1/2 tomato  8p
50g value tinned sweetcorn  6p
50g value processed peas  3p
1 large white potato (200g)  8p
Seasoning (salt and pepper)  1p
1 tablespoon oil  1p

Instructions

Chop potato into quarters and boil in water with a pinch salt until cooked.
Grate the carrot.
Slice the tomato into thin strips.
Mix the peas, sweetcorn, grated carrot, sliced tomato and potatoes in a bowl and dress with a tablespoon of oil, salt and pepper.

Why this meal is so good

It’s simple and delicious. And requires very little effort to make.

Plus, a salad like this is a great way to get a burst of vitamins which can be difficult when Living Below The Line. What’s more the potatoes are great source of dietary energy.

Play around with the salad by adding different kinds of vegetables. You can be as creative as you like.

Total cost

31p
More than one third are children out of school are children with disabilities...

...That adds up to 22 million children...

....And in sub-Saharan Africa up to 95% of children with disabilities do not have access to an education
Mains
Chilli sin Carne
(Chilli without meat)
### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>70g (dry) basic long grain rice</td>
<td>70g</td>
<td>7p</td>
</tr>
<tr>
<td>50g basic kidney beans (drained)</td>
<td>50g</td>
<td>5p</td>
</tr>
<tr>
<td>50g basic sweetcorn (drained)</td>
<td>50g</td>
<td>6p</td>
</tr>
<tr>
<td>50g pride chick peas (drained)</td>
<td>50g</td>
<td>9p</td>
</tr>
<tr>
<td>1/3 tin value plum tomatoes</td>
<td>1/3 tin</td>
<td>13p</td>
</tr>
<tr>
<td>1/2 small value onion</td>
<td>1/2 small</td>
<td>5p</td>
</tr>
<tr>
<td>1 tablespoon oil</td>
<td>1 tablespoon</td>
<td>1p</td>
</tr>
<tr>
<td>Seasoning (salt, pepper, cumin)</td>
<td></td>
<td>1p</td>
</tr>
</tbody>
</table>

### Instructions

#### Rice

Boil rice as per instructions on packet.

#### Chilli

Fry the onions in the oil and cumin.

Drain the beans and add them to the pan, along with the tinned plum tomatoes.

Season with salt, and pepper.

Simmer for 15 minutes for optimum flavour.

### Why this meal is so good

Beans are a great source of protein, especially when you probably won’t be able to get high-in-protein foods like chicken or fish.

You are able to play around with this meal. Any beans can be used. Don’t like rice? Try couscous instead.

You can make this meal cheaper by using only one or two varieties of beans for instance.

### Total cost

47p
Fungi and Ham Pizza

(Cheese less)
Ingredients

Pizza base
100g value flour  6p

Sauce
1/3 tin value plum tomatoes  13p
1/4 small value onion  3p
Seasoning (salt, pepper, oregano)  1p

Toppings
50g value mushrooms  12p
2 slices of basic ham  12p

Instructions

Pizza base
Add water to the flour and knead until dough becomes smooth and elastic.
Roll into a flat circle with rolling pin

Sauce
Fry onions in a tablespoon of oil till soft
Add the tomatoes and seasoning.
Simmer till sauce reduces and has paste-like texture

Toppings
Slice your toppings and layer on top

Cooking
Cook in the oven at 180° for around 15 minutes, or until cooked.

Why this meal is so good

It’s a pizza! Enough said.
Play around with the toppings. Be as creative as you like.

Total cost

47p
Veg & Pork Ball Noodles in Broth
Ingredients

Packet of basic noodles 11p
1/3 carrot 4p
25g value mushrooms 6p
1 value sausage 8p
1/4 small value onion 3p
1/2 value vegetable stock cube 8p
Seasoning (salt, pepper, oregano) 1p

Instructions

Pork balls
Remove sausage meat from the skin, and roll into 8 tiny meatballs.
Fry balls in a pan, turning regularly until cooked. Then put to one side.

Vegetable
Chop onion, mushrooms and grate the carrot.
Fry vegetable mix in the fat from the meatballs.

Noodles
Boil noodles as per instructions on packet

Broth
Boil 100ml of water with stock cube.
Finally... mix together... serve... and enjoy

Why this meal is so good
You can make a vegetarian version of this dish by simply removing the sausage from the menu.
You can make this a dry noodle dish without the broth.

Total cost
41p
All Bean Burger and Chips
**Ingredients**

- 1/2 tin value kidney beans 9p
- Breadcrumbs 2p
- Bunch of Coriander 10p
- 1 large white potato (200g) 8p
- Seasoning (salt, pepper) 1p
- 2 tablespoon (15ml) oil 2p
- Bun (optional) 7p

**Instructions**

**Bean Burger**

Empty kidney beans (drained) and coriander into a mixing bowl.

Mix with a fork, breaking the kidney beans.

Add tablespoon of oil and breadcrumbs to bind the mixture.

Season with salt and pepper.

Shape mixture into a flat burger.

Grill burger on both sides till brown.

**Chips**

Slice the potatoes long and thin.

Par-boil them in water for 5 minutes

Heat up a tablespoon of oil in the frying pan and fry the chips till golden.

Season with salt

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**Why this meal is so good**

Kidney beans are a great source of protein.

Missing ketchup? Why not put a bit of the pizza base sauce aside for your make-shift ketchup.

Why not substitute the bun with a chapati?

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**Total cost**

44p
In 2007-08 DFID provided **£105 million** as budget support to Tanzania...

....of which **£26 million** went to the education sector...

...Of this approximately **£66,000** went on school places for children with disabilities...

...Which works out to less then **0.25%** of the education budget.
Deserts
Cinnamon Apple and Oats
### Ingredients

For one serving:

- 1 bramley apple (200g)  
  27p
- 10g oats  
  1p
- Seasoning (sugar, cinnamon)  
  1p

### Instructions

1. Peel and chop up the apple into quarters.
2. Add 100ml of water to a frying pan and bring to the boil.
3. Simmer apples in water.
4. Sprinkle apples with sugar and cinnamon.
5. Simmer till apples become soft and brown, topping up with water when it reduces.
6. Serve the apples with a sprinkle of oats.

### Why this meal is so good

This has all of the basic ingredients to make a traditional apple crumble... minus all the butter. Making it a much healthier version of the classic desert, but equally delicious.

### Total cost

29p
Baked Banana
**Ingredients**

For one serving:

1 banana  
Seasoning (sugar, cinnamon)  

22p  
1p

**Instructions**

Cut a line from the top to the bottom of the banana.

Sprinkle sugar and cinnamon inside the opening you have just made.

Wrap the banana in tinfoil.

Bake in the oven at 180° for 15 minutes.

**Why this meal is so good**

This desert may not win any prizes for beauty... but it may just win a prize for tastiest budget desert of all time.

Out of all the meals in this book, it requires the least preparation.

What's more banana’s are a great source of potassium, a providing powerful protection to the cardiovascular system.

In addition, the vitamin B6 in bananas helps protect against sleeplessness, mood swings and irritability... You may just need this!

**Total cost**

23p
YOU
HAVE THE
POWER TO
END POVERTY