

## Harvest at St. Columba's

This year at St Columba's we are marking Harvest on Sunday 10th October. As we have done in previous years, we are supporting the Lodging House Mission this Harvest. The Lodging House Mission is once again welcoming gifts of non-perishable foodstuffs and has given us a helpful guide as to what they would be especially grateful to receive – as well as one or two things to avoid! If you would like to give a gift of food to The Lodging House Mission, please bring this to the Church Halls at any of these three times:

Thursday 30th September, 9am till 12 noon

Monday 4th October, 9am till 12 noon

Thursday 7th October, 9am till 12 noon

For those who wish to make a financial gift to the Lodging House Mission We will have envelopes available at church on Sunday 3rd and 10th October - and also available for collection from the church halls on the mornings of Mon 4th and Thursday 7th October. These envelopes will allow the Lodging House Mission to claim tax where appropriate on such gifts.

### The Following list has been provided by the Lodging House Mission

#### **Lodging House Mission – Harvest Donation Requests 2021**

Thank you for your continued support for LHM, we really appreciate it. We have put together a list of things that would be useful for us in the kitchen. Ideally we would love fresh produce to allow us to prepare healthy and nutritious lunches for those who use our service but we understand that this may be difficult for you. We hope that you find this list helpful when choosing something to donate. Again, thank you from all of us here at LHM.

<b>Cereal</b>	<b>Tinned Fruit</b>	<b>Tinned Meat / Fish</b>
Corn Flakes/Crunchy Nuts	Peaches	Tuna/Salmon
Weetabix	Pears	Corned beef
Rice Crispies	Pineapples	Ham
Sugar Puffs	Mandarins	
Frosties	Fruit Cocktail	<b>Other</b>
Coco Pops	Rice	Brown Sauce
Cheerios	Custard	Vinegar
		Tomato Sauce
<b>Jars/Pastes</b>	<b>Other</b>	Mayonnaise
Pasta bake sauces	Full fat UHT milk	Dried peas
Curry Sauce/paste	Coconut Milk	Lentils

Tomato paste	Drinking Chocolate	Olive oil
	Diluting/fresh juice	Vegetable oil
<b>Dried Goods</b>	Coffee	Bisto
Mixed herbs		Stock cubes/boullion
Garlic powder		Broth mix
Ground turmeric		Jam
Chilli powder		Sugar
Crushed chillies		Jelly
Ground coriander		
Salt and black pepper		

### Not Required List

Pasta	Shredded Wheat Cereal	Grapefruit
Pearl Barley	Muesli	Prunes
Marmalade	Alpen	Tea Bags
Porridge	Long Grain Rice	Any tinned soup/veg