Where shall we send the harvest donations?

The charity **Send a Cow** raises money to support families in Africa by, for example, buying them a cow, goat or chickens and providing training in animal care. An animal provides a gift that continues to feed a family through milk or eggs, and even the manure can be used to help crops grow.

If your community raises just £20 four chickens can be given to a family to provide fresh eggs. Twelve fruit trees can be provided for a family for £33.

Instead of bringing produce to your harvest celebration, bring a donation for Send a Cow. Alternatively, use some of the fundraising activities on our schools website at

**See:** www.sendacow.org.uk
**See:** www.cowforce.com

The **Salvation Army** is a Christian group that collects food to give out in parcels to those who need them in your local area, e.g. people who have lost their jobs, or are ill or who cannot afford to feed their families.

We will collect tinned and dried food as we keep it at our food bank and give donations to people when they ask for help.

Why not bring dried or tinned food along to your harvest celebration. We will visit your celebration and explain how we help people in your area with the food you have donated.

**See:** www.salvationarmy.org.uk

How many people do you know on your street? Do you know the elderly people who live near your home, church or school?

Keep up the harvest tradition and personally deliver a box of food to one of the elderly people in your community.

A box containing some fresh and tinned goods and maybe even a homemade cake will really cheer someone up who lives just around the corner in your community.

**Grow your Own**

Support a local project where volunteers are working with unemployed people teaching them to grow their own food in the local allotments.

As well as learning an important skill that they will be able to use in other plots on the allotment, members of the group are learning to grow healthy food that they can harvest themselves.

Bring donations of vegetable seeds or money donations so we can buy seeds and tools.