



# We welcome you to our Harvest Service

10.30am, 11 October 2020



Please book in advance for the Harvest Service by going online:  
[www.hertfordstandrews.co.uk/harvest](http://www.hertfordstandrews.co.uk/harvest) or by calling Sue on 07913 666296

This year's non-perishable donations will go to two charities.

- Haven First (shelter and support for single people who are homeless)
- Rose Court (supporting vulnerable young people aged 16-25, including young parents)

Funds donated will go to **The Bishop of St Albans' Harvest Appeal**, which this year is 'Creating a buzz in Nepal'.

If you are able to pick up a few extra items while shopping and put them aside for the Harvest Service on 11 October, that would be fantastic. As a guide, here is a list of suggested items, any of which would be really useful:

- Jar of sweet & sour/curry sauce
- Tinned meat and fish
- Tinned vegetables or fruit
- Tinned ready meals
- Pot Noodle
- Baked beans/tinned spaghetti
- Long-life fruit juice 1ltr
- Long-life milk (UHT) 1ltr
- Sponge pudding
- Instant mashed potato
- Instant packet soup box (6)
- Jar of instant coffee (100g)
- Tea bags
- Hot chocolate
- Bottled squash
- Cereal box
- 'Treat' food (biscuits, chocolate, crisps, cakes)

#### Toiletries

- Shampoo
- Shower gel
- Shaving foam
- Deodorant / antiperspirant
- Toothpaste & toothbrushes
- Nappies and baby wipes

*(Please do not include anything out of date or very near to out of date)*

**Thank you!**