

GOOD SHEPHERD HARVEST

Harvest is a very important time for the Good Shepherd. It is now we can start to replenish our stocks, and this will give us the stability to ensure we have enough produce to distribute until spring. The generosity of schools, churches and the local companies is overwhelming at times and one which shows real community involvement as we are ALL working together to support those struggling to pay bills and put a meal on the table.

No one should go hungry and worry when they will next receive a hot wholesome meal!



Covid has been challenging for everyone, the Good Shepherd has spent time over the last year and looked for new ways to do things ensuring our clients are always at the heart of our services. We are passionate about tackling food waste and food hunger and stopping food going to landfill. We also want to ensure families have food to create meals at home and individuals also have meals which can be enjoyed at home. We are mindful that everyone's cooking facilities are different and take this into account when distributing food.

We currently have 98 families registered with us and in the last six months have distributed 980 family bags. Families normally come once or twice a month to restock their cupboards and we help them whilst they are struggling to eat and pay bills. Currently we have 576 singles registered and in the same period we served 8022 takeout meals and distributed 8022 single food parcels. Working with a range of food partners who donate their end of day food and various food distributors who have excess stock we were able to save 18 tonnes of waste from landfill. We used a large portion of this food in the meals we cook and have put a value of over £11,000 of food which was deemed for landfill but perfectly good to use.

This year we welcome both produce or funds which will support our family food services via our Big Give campaign.

<https://donate.thebiggive.org.uk/campaign/a051r00001epdI7AAI>

SHOPPING LIST

Tinned fruits, Jam, Long Life Milk, Chocolate, Biscuits, Sugar, Juice/squash, Crisps, Coffee, Cereal, Hot chocolate, Rice pudding, Custard, Jars of curry and pasta sauce, Herbs and Spices, Gravy Granules, Stock Cubes, Potnoodles, Rice (easy cook), Instant Mash, Sweetcorn, Cooking oil, Tinned potatoes, Tomato sauce, Fray bentos pies, Mayonnaise, Tinned meat, Sandwich spread, Cleaning materials, Washing powder, Washing up liquid, Deodorant, Shower gel, Shampoo, Wetwipes, Toilet roll and Men's Razors

If you need to book a driver to collect harvest please get in touch!

OUR STORIES

Food is the magnet which draws many to our services, once trust is formed and confidence built it is then we can start to rebuild and improve lives.

Darren

"The art group at the Good Shepherd is very important to me - it's the one chance as an ex-user I get to express not only how I feel but also to convey important messages. It's an outlet, people can vent not just negativity but personal dilemmas - they can offload them onto paper. Sometimes after an art session I feel like I've just taken a shower. I feel refreshed and unburdened. With art you are only limited by your imagination and pen ink."

Andrew

"I had a wonderful day at the Black Country Living Museum and enjoyed every minute. The support staff from the Good Shepherd that took me were amazing - they put a smile on my face and made me feel happy for the first time in a long time. I wasn't at home feeling down and lonely, and I felt relaxed and at ease."

Christine

"There is genuinely not a single word I can think of to begin trying to explain the gratitude I have for the Good Shepherd or how to say 'thank you' at the level I would like. I can't describe the lengths you have gone to help me reach my goals after all my problems to help me into my own accommodation. You truly are angels."

Please find below a prayer which The Brothers would like to share with you while you celebrate harvest:

Lord God

You came to give honour to the least, those forgotten and misjudged.
You came to give first place to the last, those left behind,
The misunderstood and undervalued.
You came to give a warm welcome to the lost,
Those orphaned, abandoned, and destitute.
Help us to be your ears to listen to their cries.
Help us to be your voice speaking out love and acceptance.
Help us to be your feet walking behind those in need
Help us to be your hands to clothe, feed and shelter them.
You came for the least, the lost and last of the world. Loving God hear our prayer.

Loving God, at this harvest time may we be witnesses of your love to all those in need. We pray especially for the poor, the homeless, the displaced, the ignored and those held captive by addiction. May they all come to know your love and care. Help us to recognise all as equals, brothers and sisters together, journeying towards you, our God, Amen



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