

## Suggestions for Donations for Harvest Festival on 22 September 2024

in support of OSP's Monday Community Lunches and  
in the spirit of our Creationtide theme of 'Stewardship'

As you consider bringing donations for our Harvest Festival, here are some suggestions to guide your decision process, as we together seek to combine what works for those who come with what aligns with an attempt to well-steward God's Creation:

The following types of items seem particularly helpful and desirable for those gathering at the Monday Community Lunches:

- Packeted dried food:
  - cuppa-soup
  - dehydrated foods
  - things that are light to carry and easy to consume
- Tinned food:
  - soup
  - vegetables
  - meat
  - fish
  - ready meals
  - especially with ring-pulls for easy opening
- Toiletries
  - toothbrushes
  - toothpaste
  - soap
  - face-cloths

When looking for shops with an ethical bent, consider examples such as:

- Dig In (in Bruntsfield)
- One World Shop (under St John's Princes St)
- Real Foods
- The Co-Op

When looking for brands, consider examples such as:

- Suma
- Clipper
- Divine Chocolate

When looking at materials used, consider examples such as:

- avoiding or minimising use of plastic
- avoiding use of palm oil
- choosing organic options

But remember, sometimes the best question to ask yourself when choosing items is: Would I consume or use this myself or give this to my loved ones?