

Items for Harvest Collections:

The following items are very much appreciated:

- Pasta shapes, spaghetti, rice, flour;
- Tinned fruit and vegetables (except potatoes);
- Tinned meat and fish such as ham, tuna or sardines;
- Meat and fish pastes, sandwich spreads, jam;
- Biscuits (sweet and savoury), simple cakes;
- Cooking sauces, mayonnaise, ketchup;
- Sugar, coffee (not tea), milk powder, cooking oil;
- Condiments, instant potato, tinned or packet soups;
- Soap, disinfectant, washing powder, tooth paste;
- Simple medical items such as plasters and antiseptic.

Please note:

- all items need to be in-date for 4 months, to allow for transport and distribution.
- put bagged or bottled items (eg flour or oil) into plastic outer bags to avoid spillage.
- jars should have an extra layer of wrapping paper, including underneath!
- include a few carrier bags, for distributing the produce.
- transport from the UK to Romania costs about 30p/kg so a donation would also be appreciated.



Some of the families who have received food donations in previous years

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The Romanian Aid Foundation

working with

Asociația Neemia

Harvest Appeal



For most of us in the industrialised West, “Harvest” conjures up the stereotypical view of combine harvesters and sheaves of corn. Or perhaps you recall the harvest thanksgivings of years gone by, with their collection of cereals, fruit and vegetables arranged in all their glory.

However, for many people in the rural area around Dorohoi in north-eastern Romania the reality is rather different. Harvest is the process by which food gets out of the ground and into their homes, and it involves a lot of hard work to ensure that they have adequate food for the coming winter. Perhaps even worse is the plight of those who have no land and no work. No work means no income which in turns leaves them without the ability to pay for essentials such as food, heating and accommodation.

RoAF is asking you to revive the spirit of harvest thanksgiving, and offers a practical output for your gifts. On a typical day, approximately 25 people come to our office in Dorohoi, seeking help with their problems. Many are hungry or unable to feed their children so AN keeps stocks of basic foodstuffs to help. But those stocks need replenishing and the harvest season is a good time to help.

Here is an opportunity to donate those extra ‘2 for 1’ or ‘3 for 2’ items (that didn’t cost you anything!) or perhaps prepare a mixed box of goodies that can be donated to a family in need. It will make you feel good too.

Further information is available via our website at www.roaf.org.



The Romanian Aid Foundation and **Asociația Neemia**

Working with Romanian people to bring **help** to the needy,
hope through the Christian message and **co-operation** through joint ventures

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