



Harvest for the Hungry



PREPARATION

Download any necessary resources and films. Spend some time going through the session and praying for the group and about your time together.



WELCOME

Open in prayer and invite those present to share a little about their week. Encourage folk to share something from the week where they saw hope.



INTRODUCE

Harvest for the Hungry is Transform Europe Network's programme to support those in food poverty, through the ministry of our partners.

Thousands of families in Eastern Europe face a harsh winter with insufficient food. For almost three decades Transform Europe Network has enabled its partners in Eastern Europe and the Balkans to bring food to the hungry.

Through the work of our partners lives continue to be changed; despair keeps giving way to hope. The Gospel of the kingdom is proclaimed to the homeless, orphans and widows, the destitute and families of the terminally ill. Thousands of people are fed as soup kitchens are supplied, food parcels are distributed and hot meals are served.

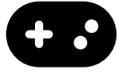
Harvest for the Hungry is supported by the generous giving of UK churches and hundreds of individual supporters, enabling our partners to help needy families and the elderly to survive the cold months of winter.



WATCH

Watch the HFTH film to see how it has made a difference through the ages:

<https://youtu.be/EXBZhjI8SM4>



GAME

In pairs, using the food prices facts sheet (found on the last page of this resource) work out the cost of creating a day of meals for a family of four. Include breakfast, lunch and evening meal. There must be at least one cooked meal. You can include snacks, if you wish.

Some food can be used across meals. E.g. if you take a loaf of bread and butter it could be for breakfast and lunch. You cannot divide a product simply because you only need half the weight because these are set quantities.

Scoring: Each group will present their day of meals and the other pairs are to score the day of meals out of 5 on:

1. Nutritional value
2. Value for money
3. Tastiness

Score 1 = low and Score 5 = high. The leader can keep scores for each group and announce the winner.



DISCUSSION

Get the group to discuss how hard it was and why they picked what they picked. Hopefully it helps them to see how hard it is to plan meals for a family on a budget, trying to balance cost, nutritional value and creating a tasty meal. £15 can buy a food parcel of essentials food (not including meat) for a family in Eastern Europe. Food is about 30%-50% cheaper than in the UK. That is like a family of four having £22.50 per week to buy essential food.



BIBLE

Read James 2:14-26.



DISCUSSION

Harvest for the Hungry has been bringing hope through meeting the practical needs of thousands of people across south and eastern Europe.

1. How do you think we can maintain the right balance of faith and deeds in our lives of faith?
2. How does your church, family, community bring together faith and deeds?
3. Are there things you could do to serve you local community and those in other nations?



WATCH

Boris' story: <https://youtu.be/EJOLcxk-rYI>



DISCUSSION

1. What is your reaction to Boris?
2. How does it help you see the importance of faith and deeds?
3. Who are the people that God may put on your heart, locally and internationally, as a church, group, community to serve in faith and deeds?



PRAYER

Read **Romans 15:13** and use as an inspiration to pray for those you have considered. Please pray for TEN's Harvest for the Hungry campaign.

"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."



ACTION

Could you support TEN's **Harvest for the Hungry** campaign? For more information go to: www.harvestforthehungry.org

If you want to find out more about TEN resource **For the Nations** go to: www.ten-uk.org/for-the-nations



ADDITIONAL CONTENT

Watch a 10 minute talk from TEN partner Slavko Hadzic about how Harvest for the Hungry has impacted the work he has been part of in Bosnia and Herzegovina:

<https://youtu.be/jBRghOoSm2o>

| Prices of basic goods for a food shop in April 2022 in the UK | | |
|---|--------------|-------------------------------------|
| Item | Size (units) | Price (nearest pence) in April 2022 |
| Pasta | 500g | 53 |
| Crisps | 150g | 83 |
| Bread | 800g | 54 |
| Beef Mince | 500g | 234 |
| Rice | 1000g | 92 |
| Biscuits | 400g | 45 |
| Fruit Juice (Orange) | 1000ml | 72 |
| Mixed Frozen Vegetables | 1000g | 89 |
| Fruit Squash | 750ml | 49 |
| Breakfast Cereal | 500g | 76 |
| Chicken Breast | 600g | 350 |
| Vegetable Oil | 1000ml | 178 |
| Baked Beans | 400g | 31 |
| Tomato Ketchup | 460g | 61 |
| Fish Fingers | 250g | 77 |
| Onions | 1000g | 67 |
| Ham | 200g | 164 |
| Tomatoes | 400g | 65 |
| Tea | 125g | 88 |
| Yoghurt | 500g | 55 |
| Bananas | 5 pack | 74 |
| Instant Coffee | 100g | 135 |
| Granulated Sugar | 1000g | 67 |
| Milk | 4 pints | 127 |
| Apples | 6 pack | 94 |
| Sausages | 454g | 84 |
| Chips | 900g | 116 |
| Pizza | 300g | 95 |
| Cheese | 255g | 88 |
| Potatoes | 2500g | 75 |
| Butter | 250g | 150 |

N.B. Costs are based on basic rather than luxury versions of each food item.