# Harvest Services Sunday 5<sup>th</sup> Oct 2025

### From Birmingham City Mission's website

At BCM's food bank we have seen a significant increase in the amount of parcels given out in the last few months, from 187 in March to 288 in July. We are open 3 days a week, so on each day of opening we are giving on average 24 parcels, which is a large quantity of items. There are now 914 names on our list of clients. These are mainly single people, including a growing number of asylum seekers, and around 40 families. Harvest is here again, and we thank you for your prayers and support as we help those struggling to afford life's essentials.

## Requirements:

#### Non-perishable food...

Long life milk  $\cdot$  Tea (small boxes)  $\cdot$  Coffee (small jars)  $\cdot$  Sugar  $\cdot$  Tinned potatoes, carrots, peas and sweetcorn  $\cdot$  Tinned fish  $\cdot$  Tinned meat (hot and cold)  $\cdot$  Hot puddings  $\cdot$  Rice pudding  $\cdot$  Custard  $\cdot$  Tinned fruit  $\cdot$  Tinned tomatoes  $\cdot$  Tinned spaghetti  $\cdot$  Biscuits  $\cdot$  Packets of savoury pasta and noodles  $\cdot$  Pot noodles  $\cdot$  Cup a soups  $\cdot$  Packets of rice  $\cdot$  Tinned soup

Please make sure items are not out-of-date and the 'use by' dates are as long as possible.

#### and Toiletries...

BCM are low on deodorant, shower gel, shaving foam and razors FOR MEN - they are fully stocked with items for ladies. They also need toilet paper, but they have plenty of toothpaste and toothbrushes.

If you would like to make a donation then BCM's Harvest Appeal giving web page is: <a href="https://www.stewardship.org.uk/pages/bcm">https://www.stewardship.org.uk/pages/bcm</a> harvest25