

Your guide to hosting a life-changing harvest supper

Harvest
Appeal
2019



By coming together and sharing a meal this harvest time, you will bring clean water to those who need it most. You will be giving other communities across the world harvests worth celebrating.

Before the day

- ◆ **Use your free resources**, with ideas to involve everyone in your group. If you'd like balloons, bunting or collection boxes, just give our Supporter Care team a ring on **020 7793 4594**.
- ◆ **Recruit your team**: Can members of your group get involved by cooking or promoting your supper to other groups in the area?
- ◆ **Spread the word**: Display posters, tell everyone about your supper! Use the downloadable templates for a newsletter announcement and press release.

All our resources are available to download at wateraid.org/uk/harvest.

On the day

- ◆ **Let everyone know about WaterAid**: Share our appeal film at your supper so everyone knows the incredible changes they are going to make possible.
- ◆ **Gift Aid it!** Make sure everyone has a Gift Aid envelope/slip to help their donations go further.

Afterwards

- ◆ **Send in your donations**: Use the downloadable paying in form and return it with the Gift Aid envelopes/slips so we can put your collection to work right away.

Thank you!



Turn over for a traditional Zambian recipe and more fundraising ideas.



Food in Zambia – fun facts

Most common crops: Maize (corn), sorghum, millet and cassava

Most common food: Nshima – this thick cornmeal porridge is prepared from pounded white maize, and is part of nearly every Zambian meal.

What's it served with? Eaten with your hands, nshima is dipped in relishes of meat, beans and vegetables. It's also often served with a stew made with greens and peanuts.



Make your own traditional Zambian dish: Nshima

1. Fill a large saucepan two-thirds full of water and bring to a boil.
2. In a mixing bowl, mix two cups of cold water and one cup of cornmeal (fine polenta).
3. Add mixture to boiling water and reduce heat to medium.
4. Cover pot and cook for five minutes.
5. Then stir vigorously with a wooden spoon to remove lumps.
6. Gradually add more cornmeal, two tablespoons at a time, stirring to keep the porridge smooth. As it thickens, reduce to one tablespoon at a time, until porridge is playdough consistency (about 20 minutes).
7. Remove from the heat, cover pot, and let it stand for a few minutes.
8. Serve with your chosen relishes, soup or stew!

How to eat nshima:

Break off a piece just smaller than a golf ball and knead it in the palm of your hand until it becomes a ball. Make an indentation in the ball with your thumb to make a sort of spoon, and scoop up the relish!

More delicious recipes available online at wateraid.org/uk/harvest



With the generosity of groups like yours more families like Ivy's can have a harvest worth celebrating.

Other fundraising ideas

Here are some easy and fun ideas if your group members would like to do something different:

- ◆ Harvest-themed bake off and cake sale – how about a nice slice of carrot cake, apple pie, walnut cake, or plum crumble?
- ◆ Children's harvest tea for the youngest members of the group, with lots of fruit juice, apple crumble and harvest-themed arts and crafts.
- ◆ You can also host a harvest craft fair or sale. Ask talented members of your group or local shops for craft donations.
- ◆ Challenge your group with a WaterAid quiz and ask for a small donation to participate. Visit wateraid.org/uk/harvest for quiz questions.