

Harvest Resources



Harvest Resources for use with Children and Young People produced by Germinate: The Arthur Rank Centre

Aims:

- *To help children and young people understand better where their food comes from – how it is grown, produced, transported, sold*
- *To introduce to children and young people some of the people who are responsible for bringing food to their tables*
- *To encourage thankfulness for all who are involved in the food chain (including God)*

Prayers of praise

Loving God,
For food so delicious.
For taste and for flavour,
For feeling hungry
And the joy of eating.

We thank and praise you.

Loving God,
For all in the food chain,
From field to factory,
Seller to buyer
Each one depending on the others

We thank and praise you.

Loving God
For our beautiful countryside
For crops and animals
Fruit and fish
For sunshine and rain

We thank and praise you.

Amen.

For food, glorious food
And those who provide it

Let us praise God

For potatoes and pasta
crumbly cheese and juicy tomatoes

Let us praise God

For the smell of freshly baked bread
For butter and honey, jam and cream

Let us praise God

For colourful carrots and bendy bananas
For peppers and peanuts and perfect pears

Let us praise God

For sizzling sausages and bacon butties
For crunchy apples and seedless grapes

Let us praise God

For milk and for juice
For fish and for chips

Let us praise God

For chocolate and for biscuits
For corn flakes and toast

Let us praise God

For food, glorious food
And those who provide it

Let us praise God

Amen.

Prayers of confession

Loving God,

Thank you for making such a beautiful world.

Thank you for the lovely food we have to eat.

We are sorry for taking our food for granted.

We are sorry for not caring where our food comes from.

We are sorry for ignoring the people who produce our food.

We are sorry for the food we waste and throw away.

We are sorry that we forget to say thank you.

Please forgive us and help us to change the way we live.

In Jesus' name,

Amen.

For moaning instead of thanking

For complaining instead of rejoicing

For snacking instead of feasting

For wasting instead of saving

Dear God, forgive us

For talking instead of listening

For judging instead of caring

For hitting instead of hugging

For hoarding instead of sharing

Dear God, forgive us.

Amen.

Prayers of thanksgiving

For farmers and food producers

We say thank-you to God

For those who process and package our food

We say thank-you to God

For those who transport and sell our food

We say thank-you to God

For those who buy and prepare our food

We say thank-you to God

To God, the giver of life

We say thank-you

Amen.

For all who work to bring food to our tables,

Thanks be to God

For farmers, growers, packers and processors,

Thanks be to God

For those who breed animals and look after them,

Thanks be to God

For distributors, drivers, sellers and stall-holders,

Thanks be to God

For chefs, cooks, and fair and thriving businesses,

Thanks be to God

Amen.

Bible Readings

Genesis 1:1-5, 24-31; 2:1-4

Deuteronomy 11:8-15

Deuteronomy 28:1-6

Psalms 65:9-13

Psalms 104 (selected verses)

Matthew 6:25-33

John 2:1-11

John 6:27-35

Other Readings

Newspaper cuttings about the food chain

Descriptions of food (e.g. from Nigella Lawson, Delia Smith, Nigel Slater etc.)

The Very Hungry Caterpillar (Eric Carle)

Food and picnics described by Enid Blyton

Hymns, songs, music

Cauliflowers fluffy, cabbages green

Food, glorious food

Children to compose their own song or poem about food

Harvest hymns and songs

Activities for children and young people

Bring a shopping basket full of foods, e.g. apple, pear, malt cereal, porridge, bread, baked beans, dried beans, potatoes, crisps, fresh & tinned carrots, coffee, sugar, tea etc. How do these products arrive at our dining table? Older children could draw flow-charts of the production process.

Ask what was eaten for breakfast. Again, consider where it came from and how it arrived on the breakfast table.

Recognizing that our food comes from many different countries

Use some images of people involved in the food chain.

Interview a farmer – or someone involved in the food chain.

Ask if anyone has seen farmers working in the fields. What processes did they see? What machines were the farmers using?

Show images of farm work. Ask for suggestions about the work that needs to be done on a farm.

Discuss what wheat makes. Focus on the different stages of making bread - planting, cutting, harvesting, milling, baking and eating. Using a bread-maker, bake a loaf during the service/assembly/session.

Focus on one local food. Produce images; tell its story; taste it if possible.

Find some recipes for traditional harvest fayre or local delicacies, e.g. Shropshire Fidget, Damson and Apple Tansy, Suffolk Fourses Cake.

Bring some to eat.

Explore some local harvest customs, e.g. making corn dollies.

Explore the benefits of eating seasonal food. What food is in season at the moment?

Explore what fair trade might mean for local farmers.

Resources (including further Activities)

The Tiny Seed (Eric Carle)

Growing Vegetable Soup (Lois Ehlert)

Farming and Countryside Education website at www.face-online.org.uk and especially the '[Choosing our Food](#)' downloadable pack.

'Roots' worship resources – details at: www.rootsontheweb.com

A wide range of materials on rural themes including agriculture, harvest & food for use in worship – whether in church services, school assemblies or teaching sessions – are available from The Arthur Rank Centre website Rural Worship Resources section (where you can search by topic or by 'key word').

Prayers for others

Everyone to write their own prayers on pieces of paper the shape of apples or leaves.

Then invited to bring them forward to attach to a 'tree' at the front; to transform the bare tree into an abundant 'tree of life.'

Music and/or images throughout.

Or:

A selection of the following biddings could be followed by silence and/or a sung response. Alternatively they could be accompanied by appropriate projected images and/or music and/or the lighting of candles:

We bring to God all who play a part in bringing food to our tables

We bring to God those who do not receive a fair price for what they produce

We bring to God those whose way of life is under threat

We bring to God those who do not feel valued or whose voices are not heard

We bring to God the future of farming and food production in this country

We bring to God those who are exploring new and exciting ways of doing things

We bring to God those who are powerful; who can help things to change

We bring to God those who do not have enough food to eat or water to drink

We bring to God the people with whom we live and work

We bring to God any people known to us who are hurting or in need

We bring to God the community here; help us to live more simply and fairly

We bring ourselves to God; help me to eat and live more healthily

Loving God, bless our praying and living, that with the help of our lives, our prayers might be answered; in Jesus' name.

Amen.

Commitments

To buying local food

To buying fairly traded food

To learning more about food and where it comes from

Act of Commitment

Everyone given a piece of appropriately coloured paper in the shapes of a selection of fruit and vegetables. Then invited to write on this a commitment – one thing they will do or some way in which their behaviour will change – and these can be brought forward and stuck onto a picture of a large hamper or shopping basket.

Blessings

Bless to us, O God

the sun that shines above us

the rain that falls upon us

the earth that sustains us

the air that surrounds us

the love that binds us

together as one.

Amen.

Loving God, who made all things

give us peace.

Gentle Jesus, who loves all things

give us peace.

Lively Spirit, who changes all things

give us peace.

Amen.

May God who has made us

who loves us

and who gives us life

bless us and keep us

now and always.

Amen.

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