

## Harvest Appeal

# Sharing a meal



Sharing a meal with others is a great way to celebrate harvest together. During the harvest season, consider, as a small group, gathering together to eat and pray.

### Tips

- Say grace together before eating. If there are people in your group who are not Christians, it is a good opportunity to explain how you are thanking God for the food and for the farmers and workers who made it possible.
- Have the leader explain to the group some more information about what's happening in Nepal and how the climate crisis has led to a rising hunger in parts of the country. You may want to [play our video](#).
- After the meal, spend some time in prayer for Nepal. Take a look at our [prayer room activities](#) for interactive ideas or our [written prayers](#) to help guide your time together.
- If you're hosting as part of a larger event, separate from your church harvest service, you may want to invite people to give as they feel led to the harvest appeal. You can also encourage them to sign the climate petition at [tearfund.org/timetodeliver](https://tearfund.org/timetodeliver)



📷 A typical Nepalese dish.  
Photo: Ruth Jack/Tearfund

### Recipes to try out:

[Nepalese chicken curry](#) – to make it vegetarian, switch the chicken with paneer

[Vegetable Pulao rice](#)

[Shikani](#) – a Nepalese sweet dessert

You can also search online for tasty Nepalese recipes.

[tearfund.org](https://tearfund.org)

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📷 Above: Mahima at home cooking in Rukum East District, Nepal. Photo: Rabi Rokka/Tearfund 00596-(0722)

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