

Resolutions fail – let's try something new



It's time to give up on new year's resolutions and switch to something less prone to failure — new year's intentions.

Overwhelmingly, resolutions become onerous. They fade and fail, and when they do, we feel like we've failed. But with new year's intentions, your good intent is always alive and waiting for you to use it!

There's no guilt if you haven't acted yet — because all it takes to turn your good intentions into good actions is a gentle reminder. And that the best reminder is a timely reminder, so please read on!

Harvest Hamper helper intention program

For more than 35 years Manitobans have had Harvest in their hearts. Many give in different ways to help fill our hampers. So, for 2022, Harvest has developed a new year's Intentions Program based on three factors:

1. We are a community of Harvest Stars.
We can all give in some way to help ourselves and others;

2. The desire to help others lives in your heart;

3. All it takes to activate that desire is a reminder tied to an opportunity or cause that you care about.

The power of desire and achievability

Do not underestimate the power of 'achievability.' It's the opposite of hopeless — and stronger. So, if you want an achievable way to make life better for people in your community, all you need to do is think 'Yes, I'd like to help feed hungry kids and families in Manitoba.'

The power of reminders

That reminder could be a note on the fridge, a little tent card in the cupboard, or a Harvest label taped to a tin of food on your shelf, so that when you use the last of it and go to buy another for you — boom — you're reminded to buy one for Harvest and put it your grocery store bin.

Harvest has released its first starter label series featuring the Top 10 Most Needed

Items for our Harvest Hampers.

You can find them at HarvestManitoba.ca, and the link is in the top right hand corner. Going to the web is achievable. Downloading the "Buy one, bin one" labels is achievable. Putting them on your tins is achievable. Putting them on your tins is achievable.

When the time is right, the reminders and your intentions will converge, and something good will happen.

Somewhere in Manitoba, someone

receiving their Harvest Hamper will be reminded and thankful for your good intentions.

For more information on Harvest Manitoba and its programs, visit www.harvestmanitoba.ca

10 Most Needed Tin for the Bin Foods

1. Can Fruit
2. Can Soup / Stew
3. Can Tuna
4. Can Vegetables
5. Pasta
6. Pasta sauce
7. Rice
8. Peanut Butter
9. Baby formula / food
10. Instant Oatmeal



We are a community of Harvest Stars! Find out more at:
HarvestManitoba.ca/New-Year-New-Hope

