

CHECKLIST FOR *Blessing Bags*



Necessities

- Gallon size Ziploc bag
- Hand-warmers
- Bag of quarters
- Bottle of water
- Band-aids
- Baby wipes
- Hand sanitizer
- Wash cloth
- First aid kit (travel-sized)

Non-Perishable Foods

- Instant oatmeal packs
- Granola bars
- Energy bars
- Tuna/ cracker packs
- Trail mix
- Raisins
- Peanuts
- Fruit/ applesauce (with spoon)
- Gum/ hard candy
- Hot cocoa/ spiced cider mixes
- On-the-go coffee mixes
- Tea packets
- Beef jerky sticks

Toiletries

- Toothbrush
- Toothpaste
- Floss
- Soap
- Deodorant
- Shampoo/ conditioner
- Comb
- Personal hygiene items for women
- Sunscreen
- Chapstick

Extras

- Note of encouragement
- List of local resources
- Prepaid phone card
- Grocery store gift card

Personal Items

- Towels (bath & washcloth)
- Biodegradable Toilet Paper
- Toothpaste/Toothbrush/Floss
- Soap
- Shampoo
- Deodorant
- Brush/comb/hair elastic bands/etc
- Face & body care
- Feminine products
- Contact Lens supplies
- Medications

Notes

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* Travel size toiletries work great

Blessing Bag CARDS



*You matter.
You are not forgotten.*



Cast all your anxiety on Him
because He cares for you.

1 Peter 5:7

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