

# Blessing Bags

{care packages for the homeless}



## Necessary Items

- tissues
- wet wipes
- bandaids / first aid kit
- hand sanitizer

## Personal Care Items

{hotel, travel or trial-size bottles work well}

- shampoo / conditioner
- soap / body wash
- toothbrush / toothpaste
- dental picks / floss
- mouth wash
- lotion
- sunscreen
- lip balm
- tampons / sanitary pads

## Non-Perishable Food Items

- granola bars / energy bars
- a bottled drink (water / Gatorade)
- beef jerky
- nuts / trail mix
- fruit leather / raisins / fruit cup
- chicken or tuna with crackers pack
- plastic spoon / fork / knife
- Emergen-C (vitamin C packets)
- instant oatmeal / coffee / noodle packet

## Extras

- cash (quarters for laundry)
- grocery store gift card
- comb
- an encouraging note
- deodorant
- socks
- cotton swabs

## Other Items:

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____