

# Blessing Bags

## Checklist to Create Your Own



- Raisins
  - Trail Mix
  - Granola Bars
  - Cup O Soup
  - Applesauce
  - Orange/Fruit Cups
  - Beef Jerky
  - Pudding
  - Tuna Packets with Crackers
  - Peanut Butter Crackers
  - Instant Oatmeal
  
  - Socks
  - Chapstick
  - Tissues
  - Band-aids/First Aid Kit
  - Hand Sanitizer
  - Bottle of Water
  - Washcloth
  - Hand Warmers
  - Body Wash
  - Deodorant
  - Mouth Was
  - Feminine Hygiene Products
  - Toothbrush
  - Sunscreen
  - Toothpaste
  - Gum
- Gallon Zip Lock Bags for packaging it all up!



Let your kids help you choose what to include and hand them out!  
Consider adding a list of local shelters and a kind note for the recipient.