

featuring

Blessing Bag Checklist for the Homeless

DRINKS:

- Bottled Water
- Instant Coffee Packets
- Tea Bags
- Energy Drink
- Juice Cans or Boxes

FOOD:

- Beef Jerky
- Dried Fruit
- Granola Bars
- Instant Oatmeal Packets
- Protein Powder Packets

TREATS:

- Chocolates (Individually Wrapped)
- Hard Candy
- Mints
- Chewing Gum



TOILETRIES:

- Chapstick
- Facial wipes
- Moisturizer
- Comb
- Toothbrush
- Tooth paste
- Q-Tips

GENERAL:

- Multi-Purpose Wipes
- Compact First Aid Kit
- EmergenC Packets (used for when they start to get sick)
- Heat Pack
- Warm Socks (Wool)

EXTRA:

- Restaurant Gift Cards
- Prepaid Phone Card
- Personal Note of Encouragement

*Put items in a clear zip lock bag. Size depends on how many items you are putting in each bag. You will need Gallon size bags for more items, and Quart size bags for fewer items.

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