

Blessing Bags

CHECKLIST

thekindlife.com

Personal Care

- Wipes
- Toothbrush/toothpaste
- Floss
- Lotion
- Sunscreen
- Chapstick
- Comb or brush
- Deodorant
- Shaving cream/razor
- Feminine hygiene products
- Hair elastics
- Band aids/first aid kit
- Nail clipper/nail file
- Q-tips
- Tissues
- Shampoo/conditioner
- Soap

Non-Perishable Foods

- Granola Bars
- Bottled Water
- Beef Jerky
- Nut/Trail Mix
- Fruit Leather/Raisins/ Fruit Cups
- Pudding/ Jello/ Applesauce
- Easy-Open Canned Soup
- Tuna & Cracker Packets
- Instant Oatmeal
- Hot Chocolate Packet/Coffee/Tea
- EmergenC (Vitamin C Packet)
- Plastic Spoon/Fork/ Knife

Miscellaneous

- Hand Warmers
- Socks (wool for winter)
- Gloves
- Hat
- Scarf
- Blanket
- Coat
- Pillow
- Travel Mug
- Wash Cloth

Extras

- Headlamp/Flashlight
- Grocery store gift cards
- Journal/Pen
- Card Game (UNO etc.)
- Cough Drops
- Paper/Envelopes/ Stamps
- Small Toys
- Pre-Fold Phone Card
- Free Meal Coupons

Things to Consider

Put yourself in their shoes - what is something you would want to have? When delivering Blessing Bags, don't do it alone. Make sure you take time to say hello, make eye contact, smile, and lend a listening ear. If you are giving used clothing, make sure it is in good condition. Consider including a kind note, and a list of local resources to help them get on their feet again.

