CHECKLISTFOR Blessing Bags

Non-Perishable **Necessities Toiletries** Foods Gallon size Ziploc bag Toothbrush Instant oatmeal packs Hand-warmers Toothpaste Granola bars Bag of quarters Floss Energy bars Bottle of water Soap Tuna/ cracker packs Band-aids Trail mix Deodorant Baby wipes Shampoo/ conditioner Raisins Hand sanitizer Comb Peanuts Wash cloth Personal hygiene items for women Fruit/applesauce (with spoon) First aid kit (travel-sized) Sunscreen Gum/ hard candy Chapstick Hot cocoa/ spiced cider mixes On-the-go coffee mixes Tea packets Extras Beef jerky sticks Note of encouragement **Notes** List of local resources Prepaid phone card Personal Items Grocery store gift card Towels (bath & washcloth) Biodegradable Toilet Paper Toothpaste/Toothbrush/Floss Soap Shampoo Deodorant Brush/comb/hair elastic bands/etc Face & body care

Feminine products

Medications

Contact Lens supplies

WWW.THRIFTYNORTHWESTMOM.COM

* Travel size toiletries work great

Blessing Bag CARDS BB

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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