



# Blessing Bag Options

Philoptochos is collecting items to assemble blessing bags. Blessing Bags are great to keep on hand in your car, so if you are in a situation where you find someone in need, you have the bag right there to hand to them.

- ❖ You do not need to buy everything on the list – just a lot of one or two items will help contribute to our assembly of blessing bags.
- ❖ All items must fit within a gallon-size bag with other items.
- ❖ Items should be individually wrapped if applicable.
  - Gallon-size ziplock bags
  - Bars of soap (individual only)
    - Washcloths
    - Hand towels
  - Toothbrushes (adult)
    - Toothpaste
    - Floss
  - Deodorant sticks
  - Nail emery boards / small nail files
  - Disposable razors
    - Shaving cream (trial sizes)
  - Small packages of Q-tips
  - Shampoo/conditioner (smaller sizes)
  - Packages of Tissues
  - Chapsticks
  - Combs
  - Wet wipes (small packages)
  - Socks (men, women)- no kids
  - Gloves
  - Hand or Feet Warmers
  - Sanitary products (women)
  - Small 8 oz. bottles of Water
  - Granola bars/ Protein bars
    - individual mixed nut packets
    - beef jerky
    - Small cheese/crackers
    - Peanut butter/crackers
    - Cookie packets (individual)
  - Packets of Gum
    - Cough drops/lozenges