



WHITNEY ENGLISH

Holiday Edition

BLESSING BAGS

Blessing Bags are not only a great way to give back during the holidays, but it's a great project to do with kids.

Blessings Bags usually consist of a quart size freezer bag to gallon size freezer bag full of daily essentials. If your budget allows, a simple cinch sack would be a useful bag to use – especially if you can include a blanket. These bags can be kept in the car to hand out when you see a person in need or donated to a local shelter. If you plan to donate your bags to a specific organization, reach out to that organization to see if they have specific items they need.

The items you include in your Blessing Bags are up to you. Any combination of the items below make for a true blessing for someone in need. If you are donating to a specific organization they will sometimes have suggestions, but being sure to include basic hygiene products, warm clothing, and snacks will ensure someone will feel the Christmas Spirit within them.

PERSONAL

<i>hand sanitizer</i>	<i>hand warmers</i>
<i>soap</i>	<i>travel sized toiletries</i>
<i>chapstick</i>	<i>tissues</i>
<i>feminine products</i>	<i>travel sunscreen</i>
<i>deodorant</i>	<i>laundry soap with spare change</i>
<i>baby wipes</i>	<i>comb</i>

CLOTHING

<i>gloves</i>
<i>hat</i>
<i>scarf</i>
<i>socks</i>
<i>undershirts</i>
<i>underwear</i>

SNACKS

<i>granola bars or protein bars</i>
<i>fruit snacks</i>
<i>mints</i>
<i>trail mix</i>
<i>water or sports drink</i>
<i>dried fruit</i>