

BLESSING BAGS OR GRACE BAGS

Fill several gallon zip lock bags with non-perishable items and keep them accessible in your car. Give them to anyone you see begging at street corners or going through a dumpster or sleeping in a doorway.

NEEDED FOR EACH BAG

FOR WINTER

Gallon Zip Lock Bag
Small bottle of water
Face mask
Package of Kleenex
Small bottle of hand sanitizer
Pair of tube socks
Beanie cap / toque hat
Chap Stick
Small bottle of lotion
Note of encouragement

FOR SUMMER

Gallon Zip Lock Bag
Water – larger bottle if it fits
Face mask (if still needed)
Package of Kleenex
Hand Sanitizer
Socks
Chap Stick
Small tube of sunscreen
Rain poncho (especially in spring)
Note of encouragement

FILL BAGS WITH A VARIETY OF THESE ITEMS

peanut butter crackers
fruit and grain bars (need to be soft rather than chewy)
applesauce pouches (sometimes the foil top containers can burst in the bag!)
small tins of meat like Vienna Sausages
prepared tuna and cracker kits
trail mix – no chocolate as it melts in the heat of the car
disposable toothbrush(es)
trial size / hotel size soap and shampoo
pocket comb
bandaids
hand warmers (for winter)
pair of gloves or mittens (for winter)

NOTES OF ENCOURAGEMENT

You can use a generic note card, piece of paper or even a Christmas Card.

Suggested messages:

- Hope this Blessing Bag brightens your day.
- You matter. You are not forgotten.
- You are loved by God who created you and sees you.
- Blessing Bags brought to you by Metropolitan Community Church of Knoxville
 - Or Mobilizing Love Ministries