



BLESSING BAGS

Three meals in one gallon sized zip lock bag! We give each of our guests a blessing bag when they leave in the morning.

THREE MEALS IN ONE LARGE GALLON BAG:

- Gallon size zip lock bag filled with three meals for a day. Preferably the zip top gallon bags.
- Two protein sources such as tuna salad in a pouch, Bumble Bee Tuna Salad and Crackers, Bumble Bee Chicken Salad and Crackers, ect.
- An individual-sized cereal
- Small boxed milk (the ones that come from the shelf section). They come in packs of 6 or 8.
- A fruit such as applesauce, fruit cups or a box of raisins
- 100% Juice Box
- Two healthy snacks, such as granola bars, trail mix packs, peanut butter to go cup and crackers, ect.
- Cookies
- Small bottle of water
- Colorful napkins – adds flare to the bag!
- Spoon and fork
- Individual wipes
- A note of encouragement which could include your favorite scripture

OTHER ITEMS YOU CAN ADD TO ANY BAG:

- Chapstick
- Band-Aids
- Gum
- Tissues
- Snack sized candy bars

To set up a time to drop off your Blessing Bags

contact: slc@familypromisegwinnett.org



The items in this Blessing Bag are:

- Napkin with plastic ware
- Gloves
- Bumble Bee Chicken Salad with Crackers
- Fruit Cup
- Small can of StarKist Chunk Light Tuna (with pop top)
- Antibacterial moist wipe (3 packs)
- Small Kleenex package
- Snack size Snickers
- Boxed Hershey's Milk with Straw (regular milk)
- Small cereal box (Raisin Bran or whatever your heart desires)
- Nature's Own Granola Bar
- 8oz small bottle of water
- Boxed Apple Juice with a straw
- Package of peanut butter crackers (6 count)
- Chap Stick
- Couple of Band-Aids
- Dental Floss Sticks
- Cliff Bar
- Pack of Gum

This bag also included a note of encouragement that reads,

“God loves you and is with you. Let this bag of meals nourish you and know that the contents come with prayers for a better life!”

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he shall direct your paths.” Proverbs 3:4,6

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