

## **BLESSING BAGS**

Meals in one-gallon bags! We give each guest a blessing bag when they leave in the morning. When every bed at the SaltLight Center is occupied all week, we need 77 blessing bags a week.

### **WHAT YOU NEED FOR ONE BLESSING BAG:**

- Gallon size zip-lock bag
- Two protein sources such as tuna salad in a pouch or tuna kits with crackers - avoid items that require a can opener
- An individual-sized cereal
- Small boxed milk - the type that does not have to be refrigerated
- Packaged fruit such as applesauce, fruit cups, or a box of raisins
- 100% juice box drink
- Two healthy snacks, such as granola bars, trail mix packs, peanut butter to go cup and crackers, etc.
- Cookies
- Small bottle of water
- Colorful napkins – add flare to the bag!
- Spoon and fork
- Individual wipes
- A note of encouragement which could include your favorite quote/scripture

### **OTHER ITEMS YOU CAN ADD TO ANY BAG:**

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

To set up a day and time to drop off blessing bags, please contact us at 678-376-8950 or 770-885-2947 or e-mail [slc@familypromisegwinnett.org](mailto:slc@familypromisegwinnett.org)