

# CLP Kids Blessings Bag Items

## 1. Non-Perishable Food

When packing foods into your blessing bags, keep in mind that a homeless person doesn't have access to a fridge or the usual kitchen and dining tools like most of us. So make sure to give them foods that are **ready to eat** and can last for days, such as:

- canned stews
- bottled water
- instant cereal packets
- dry cereals
- gum or mints
- canned beans or tuna
- peanut butter
- peanut butter crackers
- tuna or chicken salad snack packs
- cup noodles
- cracker packs
- fruit snacks
- pudding cups
- apple sauce
- jelly
- trail mix
- single-serve juice boxes
- instant oatmeal packets
- single-serve jam packets
- dried fruits
- instant coffee packets
- honey packets

## 2. Personal Items

Apart from food, the homeless desperately need personal items, too. The most useful ones are:

- soap bar or travel-sized liquid soap
- shampoo or shampoo bar
- toothbrush and toothpaste
- dental floss
- deodorant
- wet wipes or baby wipes
- Socks!