



Bag of Blessings

Month: January

- Beef Stew
- Canned Greens
- Coffee
- Hot Chocolate
- Toilet Paper
- Laundry Detergent

Shopping tips:

When choosing a beef stew, think “hearty” and “filling.”
For some this may be an entire meal.

When shopping for vegetables, like greens, buy low sodium or no-salt added when possible. This is beneficial for those with heart issues, and salt can always be added later.

Bag of Blessings supports Isaiah 58 Ministries
2149 S Grand Blvd, St. Louis, MO 63104
314-776-1410 i58ministries.org



Bag of Blessings

Month: February

- Oatmeal
- Canned Fruit
- Salt-Free Seasoning
- Bar Soap
- Deodorant
- Multi/All-Purpose Cleaner

Shopping tips:

When possible, find canned fruit “in natural juices”
instead of syrup.

Salt-free seasoning is a frequent request. Mrs. Dash and other all-purpose seasonings can be used in a variety of ways.

Bag of Blessings supports Isaiah 58 Ministries
2149 S Grand Blvd, St. Louis, MO 63104
314-776-1410 i58ministries.org



Bag of Blessings

Month: March

- Sardines
- Hearty Soup
- Cooking Oil (48oz or smaller)
- Shampoo
- Razors
- Shaving Cream
- Dish Soap

Shopping tips:

Sardines are frequently requested! They are often preferred over tuna.

Dish soap in smaller containers is helpful for those on foot.

Bag of Blessings supports Isaiah 58 Ministries
2149 S Grand Blvd, St. Louis, MO 63104
314-776-1410 i58ministries.org



Bag of Blessings

Month: April

- Peanut Butter
- Deluxe Mac & Cheese
- Shelf-stable Milk
- Toilet Paper
- Paper Towels

Shopping tips:

Smooth peanut butter can be better for those with dental issues.

Deluxe mac and cheese is made without butter or milk, and is more accessible to many people.

Shelf-stable milk won't spoil on the way home, and lasts much longer than regular milk.

Bag of Blessings supports Isaiah 58 Ministries
2149 S Grand Blvd, St. Louis, MO 63104
314-776-1410 i58ministries.org



Bag of Blessings

Month: May

- Canned Chicken
- Rice
- Flour (2 lb bags)
- Sugar (1 lb bags)
- Toothbrush
- Toothpaste
- Laundry Detergent

Shopping tips:

We can split large bags of rice into smaller portions, to save on costs.

Bag of Blessings supports Isaiah 58 Ministries
2149 S Grand Blvd, St. Louis, MO 63104
314-776-1410 i58ministries.org



Bag of Blessings

Month: June

- Tuna
- Canned Vegetables
- Coffee
- Tea
- Diapers (sizes 5, 6, 4T, 5T)
- Baby Wipes
- Multi/All Purpose Cleaner

Shopping tips:

When shopping for vegetables, buy low sodium or no-salt added when possible. This is beneficial for those with heart issues, and salt can always be added later.

Large diapers are most-requested, and less-often donated.

Bag of Blessings supports Isaiah 58 Ministries
2149 S Grand Blvd, St. Louis, MO 63104
314-776-1410 i58ministries.org



Bag of Blessings

Month: July

- Oatmeal
- Canned Fruit
- Salt Free Seasoning
- Toilet Paper
- Dish Soap

Shopping tips:

When possible, find canned fruit “in natural juices” instead of syrup.

Salt-free seasoning is a frequent request. Mrs. Dash and other all-purpose seasonings can be used in a variety of ways.

Dish soap in smaller containers is helpful for those on foot.

Bag of Blessings supports Isaiah 58 Ministries
2149 S Grand Blvd, St. Louis, MO 63104
314-776-1410 i58ministries.org



Bag of Blessings

Month: August

- Peanut Butter
- Deluxe Mac and Cheese
- Shelf Stable Milk
- Bar Soap
- Deodorant
- Paper Towels

Shopping tips:

Smooth peanut butter can be better for those with dental issues.

Deluxe mac and cheese is made without butter or milk, and is more accessible to many people.

Shelf-stable milk won't spoil on the way home, and lasts much longer than regular milk.

Bag of Blessings supports Isaiah 58 Ministries
2149 S Grand Blvd, St. Louis, MO 63104
314-776-1410 i58ministries.org



Bag of Blessings

Month: September

- Sardines
- Hearty Soup
- Cooking Oil (48oz or smaller)
- Shampoo
- Razors
- Shaving Cream
- Laundry Detergent

Shopping tips:

Sardines are frequently requested! They are often preferred over tuna.

Dish soap in smaller containers is helpful for those on foot.

Bag of Blessings supports Isaiah 58 Ministries
2149 S Grand Blvd, St. Louis, MO 63104
314-776-1410 i58ministries.org



Bag of Blessings

Month: October

- Beef Stew
- Canned Greens
- Flour (2 lb bags)
- Sugar (1 lb bags)
- Toilet Paper
- Multi/All Purpose Cleaner

Shopping tips:

When choosing a beef stew, think “hearty” and “filling.” For some this may be an entire meal.

When shopping for vegetables, like greens, buy low sodium or no-salt added when possible. This is beneficial for those with heart issues, and salt can always be added later.

Bag of Blessings supports Isaiah 58 Ministries
2149 S Grand Blvd, St. Louis, MO 63104
314-776-1410 i58ministries.org



Bag of Blessings

Month: November

- Canned Chicken
- Rice
- Coffee
- Hot Chocolate
- Toothbrush
- Toothpaste
- Dish Soap

Shopping tips:

We can split large bags of rice into smaller portions, to save on costs.

Dish soap in smaller containers is helpful for those on foot.

Bag of Blessings supports Isaiah 58 Ministries
2149 S Grand Blvd, St. Louis, MO 63104
314-776-1410 i58ministries.org



Bag of Blessings

Month: December

- Tuna
- Canned Vegetables
- Pancake Mix
- Syrup
- Diapers (sizes 5, 6, 4T, 5T)
- Baby Wipes
- Paper Towels

Shopping tips:

When shopping for vegetables, buy low sodium or no-salt added when possible. This is beneficial for those with heart issues, and salt can always be added later.

Complete (just add water) pancake mix is simple and accessible.

Bag of Blessings supports Isaiah 58 Ministries
2149 S Grand Blvd, St. Louis, MO 63104
314-776-1410 i58ministries.org