



Month: January	Month: January
☐ Beef Stew	☐ Beef Stew
☐ Canned Greens	☐ Canned Greens
□ Coffee	□ Coffee
☐ Hot Chocolate	☐ Hot Chocolate
□ Toilet Paper	☐ Toilet Paper

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

☐ Laundry Detergent

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

#### Shopping tips:

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

□ Laundry Detergent

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





Month: February	Month: February
□ Oatmeal	□ Oatmeal
☐ Canned Fruit	☐ Canned Fruit
☐ Salt-Free Seasoning	☐ Salt-Free Seasoning
☐ Bar Soap	☐ Bar Soap
☐ Deodorant	□ Deodorant
□ Multi/All-Purpose Cleaner	□ Multi/All-Purpose Cleaner

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. Shopping tips:

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

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Month: March	Month: March
□ Sardines	□ Sardines
□ Chili	□ Chili
☐ Cooking Oil (48oz or smaller)	☐ Cooking Oil (48oz or smaller)
☐ Shampoo	☐ Shampoo
☐ Razors	Razors
☐ Shaving Cream	☐ Shaving Cream
□ Dish Soap	□ Dish Soap
Shopping tips:	Shopping tips:
Sardines are frequently requested! They are often preferred over tuna.	Sardines are frequently requested! They are often preferred over tuna.
Dish soap in smaller containers is helpful for those on foot.	Dish soap in smaller containers is helpful for those on foot.

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Month: April	Month: April	
☐ Peanut Butter	☐ Peanut Butter	
☐ Deluxe Mac & Cheese	☐ Deluxe Mac & Cheese	
☐ Shelf-stable Milk	☐ Shelf-stable Milk	
☐ Toilet Paper	□ Toilet Paper	
☐ Paper Towels	☐ Paper Towels	
Shopping tips:	Shopping tips:	
Smooth peanut butter can be better for those with dental issues.	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.	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.	Shelf-stable milk won't spoil on the way home, and lasts much longer than regular milk.	

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Month: May	Month: May
☐ Canned Chicken	□ Canned Chicken
□ Rice	□ Rice
□ Flour (2 lb bags)	☐ Flour (2 lb bags)
□ Sugar (1 lb bags)	□ Sugar (1 lb bags)
□Toothbrush	□ Toothbrush
□ Toothpaste	□ Toothpaste
☐ Laundry Detergent	☐ Laundry Detergent

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

Shopping tips:

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

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Month: June	
□Tuna	
☐ Canned Ravioli with Meat	
☐ Coffee	

- □ Tea
- ☐ Diapers (sizes 5, 6, 4T, 5T)
- ☐ Baby Wipes
- ☐ Multi/All Purpose Cleaner

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.

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□Tuna
☐ Canned Ravioli with Meat
□ Coffee
□Tea
☐ Diapers (sizes 5, 6, 4T, 5T)

☐ Multi/All Purpose Cleaner

# Shopping tips:

☐ Baby Wipes

Month: June

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.





Month: July	Month: July	
□ Oatmeal	□ Oatmeal	
☐ Canned Fruit	☐ Canned Fruit	
☐ Salt Free Seasoning	☐ Salt Free Seasoning	
☐ Toilet Paper	☐ Toilet Paper	
□ Dish Soap	□ Dish Soap	

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.

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### Shopping tips:

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Month:	August
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- □ Peanut Butter□ Deluxe Mac and Cheese□ Shelf Stable Milk
- ☐ Bar Soap
- □ Deodorant
- ☐ Paper Towels

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.

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Month:	Aug	ust
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☐ 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.

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Month: September	Month: September
□Sardines	□Sardines
□ Chili	□ Chili
☐ Cooking Oil (48oz or smaller)	☐ Cooking Oil (48oz or smaller)
☐ Shampoo	☐ Shampoo
☐ Razors	☐ Razors
☐ Shaving Cream	☐ Shaving Cream
□ Laundry Detergent	□ Laundry Detergent

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

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Month: October	
☐ Beef Stew	
☐ Canned Greens	
$\square$ Flour (2 lb bags)	
□ Sugar (1 lb bags)	
☐ Toilet Paper	

☐ Multi/All Purpose Cleaner

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Month: November	Month: November		
☐ Canned Chicken	□ Canned Chicken		
□ Rice	□ Rice		
□ Coffee	□ Coffee		
☐ Hot Chocolate	☐ Hot Chocolate		
□Toothbrush	□ Toothbrush		
□Toothpaste	□ Toothpaste		
☐ Dish Soap	□ Dish Soap		

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Month: December	Month: December
<ul> <li>□ Tuna</li> <li>□ Canned Ravioli with Meat</li> <li>□ Pancake Mix</li> <li>□ Syrup</li> <li>□ Diapers (sizes 5, 6, 4T, 5T)</li> <li>□ Baby Wipes</li> </ul>	□ Tuna □ Canned Ravioli with Meat □ Pancake Mix □ Syrup □ Diapers (sizes 5, 6, 4T, 5T) □ Baby Wipes
☐ Paper Towels	□ Paper Towels

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.

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# 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.

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