



## 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.

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## 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.

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## Bag of Blessings

Month: March

- Sardines
- Chili
- 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.

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## 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.

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## 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.

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## Bag of Blessings

Month: June

- Tuna
- Canned Ravioli with Meat
- 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.

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## Bag of Blessings

Month: July

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

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

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

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## 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.

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## Bag of Blessings

Month: September

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- Chili
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- Razors
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- Sugar (1 lb bags)
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## Bag of Blessings

Month: December

- Tuna
- Canned Ravioli with Meat
- 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.

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