



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
- Seasoning & Spices
- 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 or Dry 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 and dry 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
- Sugar (1 lb bags)
- Toothpaste
- Laundry Detergent

Shopping tips:

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

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Isaiah 58
MINISTRIES



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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Isaiah 58
MINISTRIES



Bag of Blessings

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Bag of Blessings

Month: July

- Oatmeal
- Canned Fruit
- Seasoning & Spices
- Toilet Paper
- Dish Soap

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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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Bag of Blessings

Month: August

- Peanut Butter
- Deluxe Mac and Cheese
- Shelf Stable or Dry 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 and dry milk won't spoil on the way home, and lasts much longer than regular milk.

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Bag of Blessings

Month: September

- Sardines
- Chili
- Cooking Oil (48oz or smaller)
- Shampoo
- Razors
- Shaving Cream
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Bag of Blessings

Month: October

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- Sugar (1 lb bags)
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Month: November

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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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Bag of Blessings

Month: December

- Tuna
- Canned Ravioli with Meat
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