

## Blessing Bag

- Granola or protein bar
- Fruit cup
- Spoon or fork
- 2 of the following:
  - tuna fish pack with crackers or tuna pouch
  - Vienna sausages
  - pop top can of beanee weenees or pork and beans
  - meat stick (slim Jims)
- Peppermints
- Bottle of water
- Pop tart
- Peanut butter or cheese crackers (Nabs) or
  - peanut butter pack with fresh stack saltines or Ritz crackers
- Toothbrush and toothpaste
- Toothpaste
- Deodorant
- Soap
- Shampoo
- Socks, crew - gender neutral (only in the winter)
- Comb
- Travel pack hand wipes

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