

# Blessing in a Bag

## items

- Small bottle of water or Powerade type drink
- Men's socks (1 or 2 pair)
- Bar of soap in a plastic bag
- Toothbrush
- Small Toothpaste
- Floss picks (2 or 3)
- Body lotion
- Chapstick
- Individual packages of sanitizer wipes or hand wash wipes
- Small can Pringles
- Small packages crackers (4 to 6 per package)
- Small cans Vienna sausages (protein)
- Small forks to eat the protein
- Granola bar or Powerbar
- Raisins
- Individually wrapped small hard candies (2 to 4)
- Disposable face mask

