



## **BLESSING BAGS**

*Get your family or parish/school group together to compile blessing bags for St. Edward Outreach Center in Texarkana. These bags will be given to clients so they have food on the weekends or holidays.*

*All food items should be pre-packaged.*

1. 16 oz bottle of water or can of juice
2. Granola bar, cereal bar or chewy protein bar (soft or chewy bars like fruit bars are ideal as a lot of clients have dental issues so hard foods can be more difficult for them)
3. Small bag of peanuts, mixed nuts or trail mix
4. Peanut butter crackers or cheese sandwich crackers
5. Small container of applesauce or pudding cup
6. Plastic spoon
7. Mint or hard candy
8. Note of encouragement or Scripture verse

*OPTIONAL ITEMS: raisins/craisins, beef jerky or dried fruit*

Place all items in a gallon ziploc bag and seal it. Drop off or mail items to Catholic Charities, 2500 N. Tyler St., Little Rock labeled for St. Edward Church or directly to St. Edward Church, 410 Beech St. in Texarkana on weekdays. Please do not leave items outside on the weekends or evenings.

**TIP:** Make twice as many and donate half to your local homeless ministry in your town or county. Contact them first to ensure this bag meets the needs of their clients.