



How to make ‘Blessing Bags’

Blessing Bags are small packages filled with essential items to give to unhoused people in need. They are designed to be self-contained and portable so you can keep a few in the car to hand out to folks at intersections, in parking lots, etc. An investment of about \$50 can create 10 blessing bags. You can find these items at dollar stores, Costco, or the “travel toiletries” section of drug stores. Here are our suggested items, but feel free to come up with your own!

Package of 1 gallon size zip lock bags

Small hand sanitizer

Bars of soap

Travel-size deodorant

Pre-loaded travel toothbrushes or travel size toothpaste

Chap stick (ideally with SPF)

Band-Aids

Alcohol wipes

Tampons and pads

Socks (#1 most requested item!)

Electrolyte Hydration powder packets (Like LiquidIV or Ultima)

Snacks: Packages of peanuts, granola/protein bars, single-serving tuna and crackers

Extra credit:

Local health departments distribute Narcan and drug testing strips for FREE. You just have to request them and fill out some paperwork.

Find a distribution site here:

<https://spwaz.org/arizonanaloxone/>

Optional (these are great to get at thrift stores):

Hats

Refillable insulated water bottles

Instructions:

- Load 1-2 of each item in a zip lock bag

Optional: Make 2-3 bags specifically for women containing the menstrual products and deodorant/soap that is more “feminine”

- Keep a few bags in your vehicle and distribute whenever you see a person in need
- Remember to look folks in the eye when you interact with them—recognize their humanity and show them that you care!

Just Communities Arizona

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