

Blessing Box Shopping List Suggestions

Food Items:

- Peanut butter, nuts, and alternatives (almond butter, sunflower butter, etc)
- Rice (bagged)
- Pasta (preferably in boxes)
- Cereal/ instant oatmeal packets
- Crackers, granola bars, or other similar snack items
- Condiments (ketchup, mustard, mayo, salad dressing, jelly/ jam, pancake syrup)
- Baking & pancake mixes ("complete" just add water mixes preferred)
- Microwave and shelf-stable meals or meal kits
- Infant formula or food
- Packaged protein drinks
- Dried fruit

Non-Food Items:

- Hand can openers
- Toiletries such as shampoo, conditioner, feminine care items, deoderant, razors, tooth brush/ toothpaste, soap, and hand sanitizer
- Laundry detergent and dish soap
- Toilet paper, paper towels
- Gloves, hats, and scarves
- Baby supplies such as wipes and diapers

Please avoid canned items as these can be compromised during freezing temperatures.

Items to avoid donating:

- Open or partially used items
- Homemade or home canned foods
- Glass jars (due to breakage)
- Food in torn cardboard or plastic packaging
- Perishable items
- Any packaged food past it's best/ use/ sell by dates
- Packaged foods that have been tampered with or repackaged.

