



Suggestions for Blessing Bags

Please drop off all blessing bags at Bridgeport Rescue Mission's Main Campus: 1088 Fairfield Avenue, Bridgeport, CT
(Park in the back parking lot and enter through the dining hall)

Lunch Bags

- Sandwich
- Piece of Fruit
- Chips
- Cookie or granola bar
- Napkin
- Juice box or small bottle of water

Snack Bags

- Granola bar
- Crackers
- Pretzels
- Nuts
- Dried fruit snack
- Piece of fruit
- Juice box or small bottle of water

Mother's Helper Snack Bags

(For children under age 8)

- Juice box
- Goldfish
- Pretzels
- Cheerios or dry cereal
- Fruit Snacks
- Peanut butter crackers
- Granola bar

Toiletry Bags

(Only travel size items please)

- Small soap
- Shampoo
- Tooth brush
- Tooth paste
- Mouthwash (non-alcoholic)
- Wet wipes
- Lotion
- Foot powder
- Laundry Soap
- Deodorant

