



BLESSING BOX

SPREADING LOVE & KINDNESS

Join us in spreading love and care by creating a Blessing Box! These small packages can make a big difference in the lives of unsheltered individuals and nursing home residents. Some of our most vulnerable people are many times ignored or forgotten. Help bring a bit of comfort and hope to someone in need. Get your family and friends to enroll in making blessing boxes in your community.

Find a Shoe Box: Any sturdy shoe box will do. You may decorate the box with wrapping paper, stickers, or inspirational messages.

Fill it with Useful Items: Choose practical and portable items for someone living on the streets or in a nursing home facility. See the list below for ideas.

Write a Message of Encouragement: Include a note or card with a message of love, hope, and encouragement.

Add a Book or Devotional: A small book or devotional can provide comfort and inspiration.

Pack the Box Securely: Ensure items are securely packed.

Deliver Your Box: Find a local shelter, outreach program, or organization that distributes to individuals. You may also keep a few boxes in your car to hand out when you see someone in need.

Suggested Items for Homeless Populations

- Blank cards (for personal use); pen or pencil
- Bus passes or transit cards
- Can opener; reusable utensils
- Combs or brushes, hairbands
- Compact, lightweight blanket
- Emergency contact information card
- Feminine hygiene products (for women)
- First-aid kit (band-aids, antiseptic wipes) and earplugs
- Gift cards (groceries, coffee or fast-food restaurants)
- Gloves, Hat or a Bandana
- Hand warmers (when it's cold)
- Instant coffee, tea bags, oatmeal packets
- Laundry detergent sheets or small packets
- Map of the local area (shelters and resources marked)
- Mini first-aid guide and first aid kit
- Non-perishable (granola bars, nuts, dried fruit)
- Phone cards or prepaid SIM cards
- Pocket knife or multi-tool
- Poncho or rain gear
- Portable phone charger or earbuds
- Reading glasses
- Reusable shopping bag / water bottle
- Small Bible or inspirational, or devotional book
- Small blanket or an emergency blanket
- Small packages of nuts, trail mix, or beef jerky
- Small sewing kit, safety pins
- Small tarp or ground cloth
- Small/slim spineless journals with
- Socks (in winter, thermal) and underwear/ bra
- Stress ball or small fidget toy

- Toenail clippers, band aids, cotton swabs
- Travel-sized toiletries: (shampoo, conditioner, body wash, deodorant, lotion, sunscreen, lip balm, toothbrush & toothpaste, razor and shaving cream, bar soap, hand sanitizer)
- Whistle (for safety)
- Ziplock bags (keep important papers from water)
- A hug

Suggested items for Nursing Home Residents

- Comfortable clothing (sweaters, sweatpants, soft pajamas)
- Non-slip socks or slippers
- Blankets or throws (weighted or soft fleece)
- Personal hygiene items (e.g., toothpaste, toothbrush, deodorant, moisturizing creams (for dry skin)
- Books or large print books
- Puzzle books (e.g., crosswords, Sudoku)
- Magazines (current issues or favorite topics)
- Snacks (e.g., sugar-free candies, crackers, nuts)
- Stationery (e.g., notepads, pens, stamps)
- Photos of family and friends (in frames)
- Comfortable pillows
- Personalized mugs or cups
- Handheld games (electronic solitaire, card games)
- Music CDs or audio books (their favorite genres or artists)
- Gardening kits (small potted plants or seeds)
- A personal visit

Thank You for Your Kindness! You are helping to eradicate loneliness.