



St Matthew

Youth, Family and Sacramental Programs

Blessing Bags – How to assemble

You will need:

- Quart size zip-loc bags
- Snack items such as: granola bars; sandwich crackers; protein bars; raisins; beef jerky sticks; dried fruit, mints, nuts
- Nice to have: individually packaged hand wipes; small water bottle; tissues

Place one of each item in a bag. Sometimes it is nice to include a card of encouragement or prayer. If you make several bags, consider donating them – contact Cat Sforza (csforza@stmatthewcatholic.org) and she will distribute them through our Feeding Ministries!

