

## BLESSING BAGS: A PROJECT FOR LENT

In three short weeks, the season of Lent – our 40-day preparation for Easter – begins on March 6 with Ash Wednesday. For a number of years, Mount Pleasant Children have made Blessing Bags for the Hungry and Homeless during Lent. We now invite you help us with this project.

### WHAT ARE BLESSING BAGS?

Blessing Bags are plastic (Ziploc) gallon-sized bags that contain wrapped portable foods such as granola or protein bars, cheese or peanut butter crackers, and perhaps a bottle of water. We also add travel-sized toiletries and personal items such as white socks or wash cloths. These bags are given away to the hungry or homeless.

### HOW TO HAND OUT BLESSING BAGS

Once made, Blessing Bags will be made available for you to take and share. You can pick these up after a Church Service or in the Church Office during the week.

We suggest keeping a Blessing Bag in your car, perhaps on the seat beside you. Then when you're sitting at a stoplight and see someone holding a sign that asks for help, you can simply roll down your window and pass the bag along, saying "God Bless You!"

### HOW TO HELP

On the other side of this page is a list of suggested items for these bags. You may have some of these items at home already, and other items can be found at a dollar or grocery store. You may leave donations in the bin outside the Church Office, or if preferred, you may give money for us to buy needed items.

### CONSIDER HELPING THE HUNGRY DURING LENT

Some of us give up certain foods or even fast during Lent. Many of our homeless skip meals each and every day – through no choice of their own. Blessing Bags help those in such circumstances. We invite you to donate or to bring in items from the list. You may also wish to pass out Blessing Bags after they are made. Together we can help the hungry during Lent and give our children tangible opportunities to show compassion to those in need.

Thank you, and God Bless You!

***The U.S. Department of Agriculture tells us that we have 24 "food deserts" in Guilford County – 17 in Greensboro and 7 in High Point. People in these areas have limited access to healthy foods, including fresh fruits and vegetables.***

***Almost 2 million of our neighbors – or nearly 1 in 6 – do not have enough food. For children, that's 1 in 4 for our state, and almost 1 in 2 for Guilford County.***

## Items Needed for Blessing Bags

### Food Items:

Granola or Protein Bars  
Peanuts or Trail Mix  
Snack Crackers With Cheese  
Peanut Butter Crackers  
Beef Jerky  
Raisins  
Gum or Mints  
Pop-Top Meat or Sausages  
Applesauce or Fruit Cups  
Juice Box

### Non-food items:

White Socks  
Wash Cloth  
Toothbrush  
Comb  
Band-Aids  
Safety Pins

### Small-Sized Toiletries

Tissues or Wipes  
Hand Sanitizer  
Toothpaste  
Mouthwash  
Shampoo  
Lotion  
Bar Soap



***North Carolina ranks 43rd in the country for people who are hungry. We are 7th from the bottom!***

***If you'd like to contribute to our Back Pack ministry, see the list of needed foods on the front of the Shopping Cart that sits across from the Church Office. Our Back Pack Ministry is another way that you can help fight hunger.***

***In Guilford County, 47% of our Children are food insecure, meaning that they do not have enough to eat.***