

# Emergency Care Bags

*Emergency Care Bags are bags that can be given out to individuals who are homeless, victims of domestic abuse, or who finds themselves in dire straights such as after a natural disaster or financial crisis. Any semi-heavy duty bag, backpack, green shopping bag, small sports bag will do. The bags should be stored at either local religious organizations, fire or police departments, schools, crisis centers. Please publicize where these bags are located! This is a great project for schools, Sunday school classes, women's groups.*

For All	For Babies	
<ul style="list-style-type: none"> <li>○ Directory of Area Services such as food pantries, shelters, thrift stores, religious organizations, service agencies, government agencies etc. with location, times, phone numbers.</li> <li>○ Protein bar</li> <li>○ Crackers with cheese</li> <li>○ A can of nuts (not peanuts)</li> <li>○ Flip top can of tuna fish</li> <li>○ Flip top can of fruit</li> <li>○ Flip top can of soup/stew</li> <li>○ 2 Individual size cereal boxes</li> <li>○ 2 bottles of water</li> <li>○ Hand sanitizer</li> <li>○ Baby wipes</li> <li>○ A washcloth</li> <li>○ Bar of soap</li> <li>○ A toothbrush</li> <li>○ Toothpaste, travel size</li> <li>○ comb</li> <li>○ a couple of band aids</li> <li>○ travel size Kleenex</li> <li>○ white socks (baggies to put socks in)</li> </ul>	<ul style="list-style-type: none"> <li>○ Babies</li> <li>○ Baby Wipes</li> <li>○ mid-size diapers</li> <li>○ formula</li> <li>○ juice box</li> <li>○ baby cereal</li> <li>○ baby bottle</li> <li>○ pacifier</li> <li>○ stuffed animal</li> </ul>	
	<b>For Women</b>	<ul style="list-style-type: none"> <li>○ All list plus</li> <li>○ tampons and/or pads</li> </ul>
	<b>Optional</b>	<ul style="list-style-type: none"> <li>○ Hats and mittens</li> <li>○ stamped envelope and sheet of paper</li> <li>○ an "I care note"</li> </ul>