



Relief Bag Packing List

One complete bag is around \$12 to \$20 per bag.

NOTE: Designed to provide 1–2 balanced meals + breakfast/snack items per household.

Meal Essentials

- ☐ 1 bag (1 lb) white or brown rice OR 1 box pasta (spaghetti/elbow)
- ☐ 1 jar or can of pasta sauce OR tomato sauce
- ☐ 1 can of protein (tuna, chicken, or salmon)
- ☐ 1 can of vegetables (corn, green beans, or mixed vegetables)
- ☐ 1 can of beans (black, kidney, or baked)
- ☐ 1 box instant mashed potatoes OR 1 box stuffing mix
- ☐ 1 can of hearty soup or chili (for quick heat-and-serve meal)
- ☐ 1 small bottle or packet of gravy (optional flavor booster)

Breakfast & Snack Staples

- ☐ 1 box instant oatmeal packets OR pancake mix (add-water type)
- ☐ 1 small bottle of syrup (if including pancake mix)
- ☐ 1 jar peanut butter
- ☐ 1 small jar jelly or jam
- ☐ 1 box granola bars OR snack packs (trail mix, nuts, or crackers)
- ☐ 1 pack of applesauce cups OR canned fruit in juice

Beverages

- ☐ 1 case (12–24 bottles) of water OR 1 gallon jug
- ☐ 2–3 juice boxes or small bottles (apple/orange)
- ☐ (Optional) 1 small box of tea bags or instant coffee packets

Packaging & Notes

- All items fit comfortably in one large reusable shopping bag or grocery tote.
- Aim for variety but consistency — choose one from each category rather than multiples of the same type.
- Include a simple note or prayer card:

“Change Church Cares...may this meal nourish your body and remind you that you are not forgotten.”

- NOTE: Optional add-on: 1 case of bottled water per family, provided separately.