

How to make a finals snack bag:

A lunch bag size paper bag with some "goodies"

Examples of Items to include:

granola bars, protein bars

microwave popcorn

any microwave single serve item

(oatmeal, soup, ramen, mac and cheese etc)

a spoon is nice also!

individual size bags of chips, pretzels

individual bags of cookies

candy

single servings of tea or coffee, cocoa, sports drink

dried fruit

Items need to be commercially packaged. Please no homemade items. No fresh fruit. No repackaged items (We can't take a box of cookies and put two in a baggie) Every campus has rules about homemade or unpackaged food items that we need to observe. Please no bottles of water/juice.

You don't need to put all of these in every bag and feel free to use your own ideas.

It is also fine to put in a short note or decorate the bag with an encouraging thought. We do ask that your encouraging thought not be explicitly Christian in content (for example "Jesus loves you"). Not everyone who receives a bag is a Christian. Students from other faith or no faith tradition also get the bags. We want these bags to be a blessing and encouragement no matter who receives the bag.

Some ideas about what to say:

Persist!

You can do this!

You are loved

We care about you!

You matter!

If you google "Finals week encouragement quotes" you will get lots of ideas about what to say.

Thank you for caring about college students!