

STOPLIGHT CONVERSATIONS

A MINISTRY OF PRESTON HOLLOW PRESBYTERIAN CHURCH

If you have ever been sitting in your car at a traffic light, and noticed a homeless man or woman, you may have felt uncomfortable about how to respond. Make Stop Light Bags as a way to offer help and extend friendship. We want our neighbors to know that they matter. The following items can be placed in gallon-sized Zip-Lock bags:

HOW TO PACK A STOPLIGHT BAG

SOCKS Homeless men and women spend a lot of time on their feet trying to get to resources and appointments. A fresh pair of clean, dry socks can feel like heaven on tired, soggy feet. Throw in some Band-Aids to help ease the pain of blisters.



HYGIENE ITEMS

Add anti-bacterial sanitizing wipes for when soap and water aren't available. Include travel sized tubes of toothpaste, a simple toothbrush, and a stick of lip balm. Avoid items such as mouthwash and hand sanitizers—any items containing alcohol.

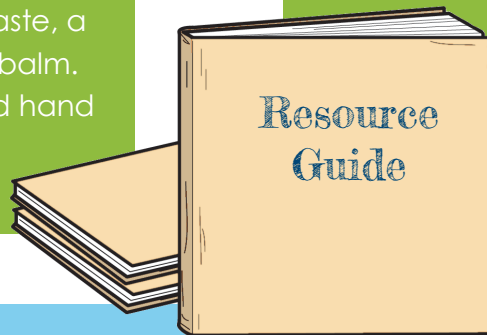


SNACKS & WATER

Throw in some quick, nutrition packed snacks like trail mix and chewy, sugar free snack bars. Keep in mind that many people have trouble chewing hard or crunchy items. Sugar-free items are also best, for those who may struggle with diabetes. Items like mints or sugar-free gum are also nice luxuries to have.

RESOURCE GUIDE

Dallas has such a wide variety of services available to homeless men and women that they may not know about all of them. You can get copies of DFW's homeless guide for your mana bags by visiting WWW.HELPIMHOMELESS.COM



ENCOURAGEMENT

All the items listed previously are helpful, but the most meaningful part of a Stoplight Bag is the opportunity for a conversation and friendship. Your smile and offer of help could be the encouragement a homeless man or woman need to make it through another day. Take time to learn their name, listen to their story, and offer to pray with them.



STOPLIGHT BAG TIPS

Have a Stoplight Bag party!

Gather the family, take a trip to the store to purchase the supplies, and assemble the Stoplight Bags together.

Include a Lesson

Use this opportunity to share about the importance of caring for our neighbors and building relationships with those on the margins.

Seek Out Deeper Means of Help

Aside from keeping a few Stoplight Bags in your vehicle, consider exploring volunteer opportunities at one of the several local shelters.

SPECIAL THANKS

TO THE **PORTLAND RESCUE MISSION** FOR THE GRAPHICS AND SUGGESTIONS TO MAKE THIS GUIDE POSSIBLE.