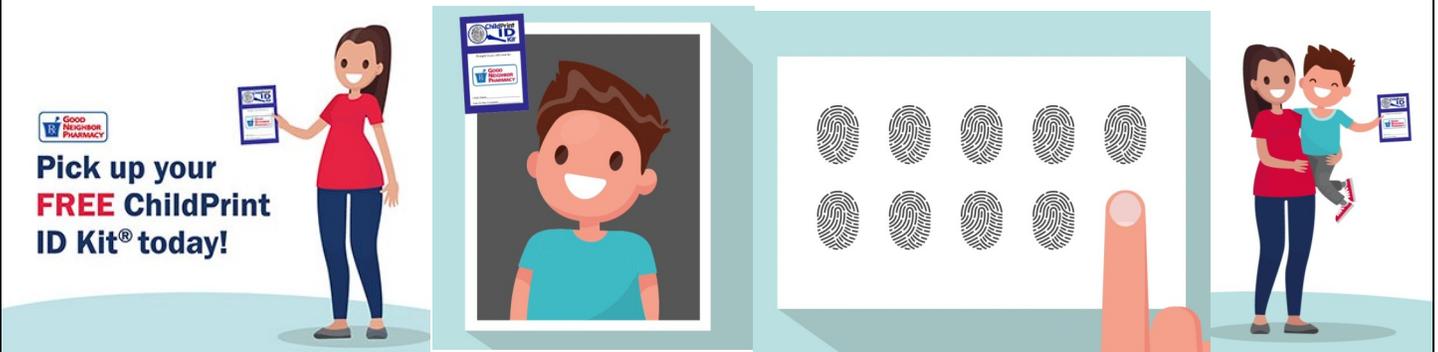


# SAND RUN PHARMACY

September 2018 Newsletter

## Child Print ID Kit

Sand Run Pharmacy has Child Print ID Kits available for your peace of mind. Although, we hope that no one ever needs to use their kit after completion, it's best to be prepared. The ID Kit allows you to keep personal and medical information to identify your child. There is a finger printing kit, DNA sample bag, space for a photo, and a physical characteristic chart included for reference in case of emergency. Important safety tips and how to have these discussions with family members are also a part of this free ID Kit. Please stop by the pharmacy and request one per child.



### Congratulations Nicolas Wagner, CPhT Our Newest Certified Pharmacy Technician at Sand Run Pharmacy!



Sand Run Pharmacy congratulates Nicolas Wagner on passing the Pharmacy Technician Certification Board (PTCB) examination. Nick comes to us from Barberton, Ohio. He is currently attending Kent State University, pursuing a major in Biochemistry. In 2020, Nick will be attending NEOMED's College of

Pharmacy. Nick loves to sing, attend plays, and go hiking. Please congratulate Nick on the phone or in person as he helps meet your pharmacy needs.

### 2019 Cuyahoga Valley National Park Calendars are available for purchase

#### CUYAHOGA VALLEY NATIONAL PARK



2019

## Lunch-Packing Safety Tips for Kids and Adults



Bacteria, which can lead to food poisoning can grow rapidly at temperatures between 40 and 140°F, according to the U.S. Department of Health & Human Services. In just two hours, these microorganisms can multiply to dangerous levels. To make sure lunches are safe, follow these tips:

- If the lunch/snack contains perishable food items such as luncheon meats, eggs, cheese or yogurt, pack items with at least two cold

sources. Perishable food transported without an ice source won't stay safe for long.

- Frozen juice boxes or water bottles can also be used as freezer packs. By lunchtime, the liquids should be thawed and ready to drink.
- Pack lunches containing perishable food in an insulated lunchbox or soft-sided lunch bag. Perishable food can be unsafe to eat by lunchtime if packed in a paper bag.
- If packing a hot lunch, such as soup, chili or stew, use an insulated container to keep it hot. Keep the insulated container closed until lunchtime to keep the food hot— at 140°F or above.
- If packing a lunch the night before, leave it in the refrigerator overnight.

### Packing a Fun Lunch

Packing lunches can be a family activity, teach kids how to eat healthy and try new foods. Here are a few tips for making lunch interesting for kids and adults:

- Pack small quantities of several foods in a bento-type lunchbox
- Cut sandwiches into different shapes
- Add colorful fruits and vegetables
- Pack yummy dips to pair with different food options
- Mix up the sides. Go beyond pretzels and chips



### Shots don't have to HURT!

Ask for the ShotBlocker when you receive your next vaccination at Sand Run Pharmacy.

