EMPTY SHOPS

When the shelves are empty

Work down the list. Fill in the blanks now, while the shelves are full.

111 **NHS 111**
Questions about a medicine shortage.

Pharmacist **Ask first**
They can see national shortages.

- [ ] 01 **Cupboards checked first**
Count the meals you can already make.
- [ ] 02 **A normal shop, nothing extra**
Extra trolleys are what empty the shelves.
- [ ] 03 **Repeat prescriptions ordered**
Up to 5 working days before you need them.
- [ ] 04 **Pharmacist asked if short**
Another pharmacy may have it in stock.
- [ ] 05 **Baby feeds sorted**
Never add extra water to formula.
- [ ] 06 **Pet food and special diets checked**
The things hardest to swap.
- [ ] 07 **Oldest food used first**
Best before is about quality rather than safety.
- [ ] 08 **Two neighbours checked on**
Offer to pick something up for them.
- [ ] 09 **Store rebuilt slowly**
One or two extra items with each shop.

Never water down baby formula. Too little powder may not give your baby enough nourishment.

OUR PHARMACY AND ITS NUMBER

WHEN REPEAT PRESCRIPTIONS ARE DUE

MEALS WE CAN MAKE FROM THE CUPBOARD

NEIGHBOURS TO CHECK ON