



Good Neighbor Script

INSPIRATION FOR LIVING WELL FROM *GOOD NEIGHBOR PHARMACY* | SEPTEMBER 2026

Back-to-School: Pharmacist Tips to Help Kids Stay Healthy All Year

In the stress of getting ready for the school year, prioritizing your child's health often comes last on a parent's to-do list. But preventive care can make a big difference in your child's success during the school year.

Use this back-to-school checklist to help your family start the year strong.

Schedule an annual well-child visit

A well-child visit helps your pediatrician confirm that your child is growing and developing as expected and that any new or ongoing health issues, such as asthma or allergies, are well controlled. Your doctor can also screen children and teens for mental health issues and refer them to an age-appropriate therapist if needed. Tip: Schedule early. Many offices book quickly before school starts.

Don't skip the dental checkup

Most kids (and adults) should see their dentist twice a year for a professional cleaning and checkup. Preventing cavities and treating dental issues early matters — toothaches can affect sleep, focus, and school attendance.

Get back-to-school vaccinations (your pharmacist can help)

Pharmacists can give any immunizations your child may need (based on age and state requirements). They may also be able to review your child's vaccination history and recommend vaccines. Often, pharmacies have vaccine appointment availability or supplies before some doctors' offices do.

Reinforce good hygiene practices

Viruses that cause colds and flu, and bacteria that cause strep, can spread by touching contaminated surfaces, such as doorknobs or school desks. Washing hands throughout the day helps prevent the spread of germs. Key times to wash include:

before eating, after using the bathroom, when you get home, and after blowing your nose or coughing into your hands.

Teach effective handwashing

Wash with warm, soapy water for at least 20 seconds. To help kids remember, have them hum the "Happy Birthday" song from beginning to end twice.

Build a back-to-school medicine kit

When your child is sick, having supplies on hand can save time and reduce stress.

Pharmacists can recommend age-appropriate over-the-counter medications for pain, fever, or other issues, and help you avoid products that aren't safe for certain ages. Consider including:

- A thermometer
- Children's pain/fever medicine (as appropriate)
- Allergy-relief medications (as appropriate)
- Basic first-aid supplies
- Any prescription medicines your child takes regularly

Practice good sleep hygiene

The National Sleep Foundation recommends that kids ages three to five get 10 to 13 hours of sleep each night. The recommendations drop to 9 to 11 hours for ages 6 to 13 and 8 to 10 hours for ages 14 to 17. If you haven't started already, get your child's sleep schedule back on track. Aim for the same bedtime and wake-up time each day — even on weekends.

If your child does get sick, pharmacists can test for flu, COVID, RSV, and strep (availability varies). Your pharmacist can also guide you on symptom relief and help coordinate with your child's healthcare provider when medication is needed.

HEALTH & FITNESS

Does My Child Need Vitamins? 5 Reasons to Consider Supplements

If your child isn't eating a well-balanced diet, you may wonder whether they need a vitamin supplement. While a children's multivitamin is safe for many kids, it isn't always necessary.

Here are five common reasons that your child may need vitamin or mineral support.

1. No dairy (due to preference or allergy).

Dairy is a key source of calcium, and milk is fortified with vitamin D. If your child doesn't drink a fortified milk substitute (like fortified soy or almond milk), consider a supplement with vitamin D and calcium.

2. No red meat (and limited iron-rich foods).

Red meat is a key source of iron for many kids. Iron is also found in shellfish and plant-based sources, like lentils and nuts. If your child isn't eating any iron-rich foods, they may need an iron supplement.

3. Vegan diet. Vitamin B12 is found naturally in animal products: eggs, dairy, fish, red meat, and poultry. If your child follows a vegan diet, they will typically need a B12 supplement.

4. Breastfeeding. Breastmilk has many benefits, but it's low in vitamin D. Breastfed and combo-fed babies generally need vitamin D drops.

5. Malabsorption-related conditions. This includes celiac disease, Crohn's disease, and ulcerative colitis. Because these diseases impact the body's ability to absorb nutrients from food, your child is at risk of vitamin and mineral deficiencies, including vitamins B and D, iron, and calcium.

Ask your pediatrician before starting any supplements. Your local pharmacist can recommend specific supplements and the proper dosage.



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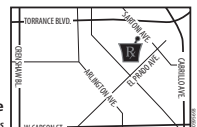


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SEPTEMBER RECIPE

Chopped Kale Crunch Salad

Prep Time	Cook Time	Total Time	Serves
15 minutes	25 minutes	40 minutes	Up to 8

This crisp, colorful chopped kale salad looks and tastes like fall in a bowl. It delivers a rainbow of antioxidants and plenty of fiber from a vibrant mix of vegetables, plus plant-based protein and healthy fats from crispy roasted chickpeas, nuts, and seeds, plus a creamy tahini-maple dressing.

Ingredients

15-ounce can chickpeas (garbanzo beans)
1 teaspoon olive oil
1/4 teaspoon plus 1/8 teaspoon salt (divided)
1/4 teaspoon cumin
1/2 teaspoon garlic powder (divided)
1/4 cup tahini
1 tablespoon apple cider vinegar
1 tablespoon maple syrup (or more to taste)
1 teaspoon Dijon mustard
5-ounce bag chopped curly kale (about 8 cups loosely packed)
1 1/2 cups shredded carrots
1 cup shredded red cabbage
1/4 cup minced red onion
1/2 cup chopped pecans
1/4 cup roasted sunflower seeds

Tools

Measuring cups and spoons
Sheet pan
Chef's knife and cutting board
Food processor with chopping blade
Mixing bowls

Instructions

1. Preheat the oven to 400°F. Set the rack to the middle position and line the sheet pan with parchment paper for easier cleanup.
2. Drain the chickpeas in a colander and rinse them well. Shake off any excess water, then use paper towels to pat the chickpeas as dry as possible.
3. Toss the chickpeas with 1 teaspoon of olive oil and spread them in a single layer on the sheet pan. Roast for 20 to 25 minutes, or until the chickpeas are firm and start to crisp. They will crisp further once they cool. Remove them from the oven and toss them with 1/4 teaspoon each of salt, cumin, and garlic powder. Set the chickpeas aside to cool.
4. Make the dressing while the chickpeas roast. Combine the tahini, apple cider vinegar, maple syrup, mustard, 1/8 teaspoon of salt, and 1/4 teaspoon of garlic powder in a small bowl, then mix well. If the dressing is too thick, add 1 to 2 tablespoons of water at a time until you achieve a thinner consistency. Taste the dressing and add extra salt or seasoning as needed, then set it aside.
5. Using a food processor fitted with a chopping blade, chop the kale into bite-sized pieces (about 5 to 8 pulses). Transfer it into a large mixing bowl. Repeat with the carrots and cabbage. Alternatively, you can chop the vegetables into smaller pieces with a chef's knife.
6. Add the minced onion, chopped pecans, and sunflower seeds to the vegetables in the bowl.
7. Pour the dressing over the salad and toss well to ensure all of the vegetables are well coated. Sprinkle the crispy chickpeas over the salad and serve.



For more recipes, scan this QR code
or visit www.mygnp.com/recipes.

Good Neighbor Day is celebrated nationally on September 28.

Here are some ways to get involved:



01 | In your neighborhood

Volunteer to fix up your local park or plant a tree.



02 | On the road

Slow down. Driving just 5 mph slower might save a life.



03 | Be a good neighbor

Help a neighbor take out the trash and get to know them better.



04 | Volunteer

Find time to spend at a local non-profit, like a food bank or hospital.



05 | Shop local

Support local businesses and get to know your neighbors.



06 | Connect

Host a town block party with your neighbors.



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Product Spotlight



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