Here’s a quick list of supplies that every family needs for surviving the cold winter winds and long evenings:

**SUNSCREEN**
Not just used during hot months! Sunscreen can protect your skin from UV rays reflected off of snow.

**MOISTURIZERS**
Creams are great for mild dryness, oils for moderate dryness, and ointments for severe dry skin.

**LIP BALM**
Protect lips from UV rays with lip balms that include SPF 30.

**CALCIUM + VITAMIN D**
Less sunlight exposure means less vitamin D. Take calcium and vitamin D supplements to help boost your mood during these long winter months.

Brought to you by this pharmacy and the National Community Pharmacists Association