

# + Tips to Thrive

## Supply Organization

Managing supplies for your nutrition support can be as overwhelming as the therapy itself. A little organizational planning goes a long way. Here are some tips to make your organizing easier.

- + Keep everything in a **central location** that gives you convenient access to your supplies.
- + Keep sharps containers in a safe location away from children.
- + Depending on the amount of your supplies, you can use a shelf, rolling storage unit, cabinet, or closet to keep them readily accessible.
- + **Use bins, shelves, and resealable plastic bags** to keep supplies organized. This will ensure your supplies are easily accessible and more manageable.
- + Consider investing in **containers and drawer systems** to organize your medical supplies. They are relatively inexpensive and make your supplies easier to find and access.
- + **Label everything.** If you can read what it is, you will find it when needed.
- + **Reuse containers or boxes** as storage for both large and small supplies.
- + **Remove bulky packaging** used to ship your supplies. This will help streamline your storage space.
- + **Rotate your stock** so you are using older supplies first. Put supplies you receive in your most recent shipment behind any unused supplies. Check expiration dates on a regular basis.
- + Before ordering supplies, **make sure you've used all the supplies you have.** That way you won't have more than you need.
- + **If your supplies are expired,** look for a local medical drop-off program. You can visit [disposemyeds.org](http://disposemyeds.org) to find a location near you. Or, you can contact local veterinary clinics to see if they can use your supplies.



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