

# Fall Family Wellness Kit Builder

## Immune Support Essentials

- ☐ Lemon Balm + Elderberry Glycerite
- ☐ Honey Lemon Ginger Syrup
- ☐ Immuni-Tea Blend
- ☐ Herbal Immune Gummies

## Supplies to Stock

- ☐ Glycerite bottle
- ☐ Silicone gummy molds
- ☐ Mini roller bottles
- ☐ Amber jars or tins
- ☐ Chalk reusable labels
- ☐ Painter's tape + Sharpie
- ☐ Linen closet basket or box

## Herbs to Have on Hand

- ☐ Chamomile (calm + tummies)
- ☐ Lemon Balm (antiviral + relaxing)
- ☐ Ginger Root (warming + digestive)
- ☐ Elderberries or Elderflower
- ☐ Calendula (skin + soothing)

## Storage & Shelf Life Tips

- Glycerites + syrups: fridge; use in 4-6 weeks
- Dried herbs: dark jar, 6-12 months
- Salves/oils: cool spot, 6-9 months
- Label *everything*

*Don't forget to rotate, restock, and remake your favorites each fall. Herbal wellness works best when it's ready before you need it.*

## Skin + Sinus Support

- ☐ Salve for Dry Hands & Cheeks
- ☐ Comfrey or Arnica Cream
- ☐ Lavender or Lemon Balm Mist

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