

## Over the Counter (OTC) Medications

Feeding America has clarified its guidance on accepting OTC medications for distribution. These new guidelines may affect your food program's distribution of medications like pain relievers; cold, flu, and allergy medications; antacids; and topical treatments.

This guidance clarifies the distribution of toothpaste with fluoride, skin care, sun protection, hand sanitizer, and antiperspirant containing aluminum.

You are not required to accept or distribute any of the items listed here, and you may have a policy for your food program that is more strict. This guideline should be viewed as the minimum standard for distribution.

### **This policy applies to:**

- An over the counter (OTC) medication
- Pain reliever
- Cold, flu, or allergy medication
- Antacid
- Topical treatment like hydrocortisone, antibiotic ointment (Neosporin), antifungal ointment (Lotrimin), or Benzoyl Peroxide
- Toothpaste with fluoride
- Skin care or sun protection, like sunscreen or aloe vera gel
- Hand sanitizer
- Antiperspirant that contains aluminum

### **In order to distribute any of the above products, they must:**

- Have a supplement facts panel or drug facts panel
- Be within the expiration date on the package

Similar products that **do not** fall under the Feeding America guidelines on OTC medications include:

- Oral Care: toothpaste without fluoride, dental floss, breath mints
- First aid supplies: bandages, antiseptic wipes, gauze pads
- Personal Hygiene: deodorant, soaps, shampoos, lip balms
- Home Health Products: heating pads, thermometers, nasal strips,
- Homeopathic Products: homeopathic cold remedies, sleep aids, allergy relief products
- Medical devices: blood pressure monitors, Breathe Right nasal strips, thermometers

These products **do not** require a supplemental facts or drug facts panel.

Category	Regulation	Labeling	Examples	Intended Use
<b>OTC Drugs/Medicines</b>	FDA-regulated as drugs	Drug Facts panel required	Ibuprofen, antacids, allergy medications, cough drops	Treat, cure, or prevent specific conditions
<b>Vitamins/Supplements</b>	Regulated as food	Supplement Facts panel	Multivitamins, herbal supplements	Support overall health and wellness
<b>Other OTC Products</b>	Varies by product type	Drug Facts panel not required	Toothpaste without fluoride, mouthwash without fluoride,	General health maintenance or hygiene