



Kelowna Community
Food Bank



Kids Snack Pack



Brush up on Dental Health

It is never too early to start looking after your child's oral health. Even before your child has their first tooth, it is important to begin good oral hygiene habits. Plaque grows in a child's mouth even before they have teeth. The bacteria found in plaque can lead to the development of Early Childhood Tooth Decay or ECTD (also known as Early Childhood Caries), so it is important to remove plaque from your child's mouth daily.

Dentists advise parents to begin an oral care routine

for their child even before the first tooth erupts (wiping the gums with a clean cloth or swab after every feeding) and to start brushing their children's teeth as soon as the first tooth appears. Parents should continue these cleanings until children can do a thorough job of brushing on their own, usually around eight years of age. It is recommended that the first annual visit to the dentist begin at age one.

Nutrition plays a huge role in the oral health of children. Reducing the frequency of snacks reduces the risk of cavities. Wherever possible, don't let children eat sugary snacks – instead choose dairy products; breads

and cereals; fruits and vegetables containing Vitamin C and lean meat, fish, poultry and beans. The fact is that good nutrition and oral health habits are instilled between the ages of one and six and so starting early will go along way in preventing cavities for your child.



Toothy Tips

- Limit foods that cling to teeth. Eat sticky foods at mealtime
- Pair sugary/starchy foods with fresh fruits, vegetable or cheese
- To cut down on acid attacks on teeth, avoid nibbling all day
- Drink water instead of fruit drinks, pop or juice between meals
- After eating a sticky snack, brush your teeth, eat cheese, or chew sugarless gum with xylitol
- Brush your teeth twice a day with fluoridated toothpaste
- Floss every day
- Visit your dental office at least once a year
- Eat a well balanced diet
- Check your mouth regularly for warning signs of oral cancer
- Don't smoke

Recipe of the Month

Tooth and Bone Building Smoothie. Milk and other dairy products are rich in calcium, the mineral responsible for strong teeth and bones. Use powdered dry milk for smoothies when you want to boost the calcium content without adding more liquid.

Ingredients:

1 cup raspberry yogurt
 $\frac{3}{4}$ cup milk
1 cup frozen strawberries
 $\frac{1}{2}$ cup frozen raspberries
 $\frac{1}{3}$ cup powdered milk

Directions:

Combine the yogurt and milk in a blender. Add all the remaining ingredients. Blend until smooth.

BRUSHING LOG

_____ 's Brushing Log



For the next month cross off the sun for a morning brush and the moon for an evening brush. If you forget leave it blank. Remember, parents should help with the brushing!

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1							
Week 2							
Week 3							
Week 4							

Funding for this project has been provided by



Helping all children succeed for life.

a United Way Initiative

The Healthy Kids Dental Program

Provides basic dental care to children 18 and under in families receiving medical services plan premium subsidies. Call 1-866-866-0800 for more information.

Hey Kids!...

Each flyer will contain an activity section just for you.

Every activity chosen will be centered around the theme of healthy eating and/or active living, so that you will grow up to become a healthy adult. Parents – you are encouraged to help with this month's "mind" challenge.

Once you have completed the exercise, fill in this form and return it to the Food bank and you will be entered to win a great prize.

Please fill in this FORM :

Child's Name: _____

Parent's Name(s): _____

Child's Age: _____

Telephone # : _____

Time to be contacted: _____