



Smart Snacks for Healthy Teeth



Some bacteria that live in your mouth produce a sticky substance called plaque. When you put sugar in your mouth, the bacteria in the plaque gobble up the sweet stuff and turn it into acids. These acids are so strong they can dissolve the hard enamel that covers your teeth. That's how cavities get started!

Here are tips for snacking that will protect your teeth:

Avoid:

- ➔ Sugary and acidic beverages such as pop, juice, and sports and energy drinks.
- ➔ Sugary foods like candy and pastries.
- ➔ White flour foods (They quickly break down into sugar too. All these things increase damaging acid.)
- ➔ Frequent snacking. Time between eating lets your saliva wash away bits of food.

Instead:

- ➔ Snack on veggies and yogurt dip, fresh fruit, nuts, or whole grain items.
- ➔ Finish meals or snacks with a glass of milk or piece of cheese, or rinse with water.

Taking care of ourselves can take a lot of support. We're here to help! Ask a nurse or provider if you'd like to talk.

Oral Health

Healthy Smiles for Good Health

The Oral Health Task Force is a community effort organized by the North Shore Health Care Foundation to address



oral health care for children
• oral health task force •

gaps in preventative dental health care for our children.

cover children and young adults from 18 months to 26 years of age, if they're not covered by other programs. The

Task Force educates the community on the importance

of early preventative care and makes that care more affordable.

Why is Dental Care so important?

Studies show links between cavities and ear and sinus infections, as well as weakened immune systems, diabetes, and other serious illnesses. Lack of dental care can affect children's speech, nutrition, growth and development. Over 51 million school hours are lost each year due to dental-related illnesses. Tooth decay is the most common disease of childhood.

Who's part of this task force?

Sponsored by the Sawtooth Mountain Clinic, the task force includes school nurses, Grand Marais Family Dentistry, Cook County Public Health and Human Services, and the Grand Portage Reservation Health Service. Working together, they're educating families about the importance of early preventative care and helping families get the on-going dental care that they need.

What's the good news?

Tooth decay is almost COMPLETELY preventable! Early preventative care such as screenings and sealants can keep teeth healthy and reduce the need for expensive restorative care later. The Oral Health Task Force works to provide this early care to the children of Cook County and the Grand Portage Reservation. They offer a generous sliding fee scale program to

For more information, call 218-387-2334 or oralhealth@boreal.org.

Flip over
for recipes!



Monster Mouths

Snack time doesn't have to be unhealthy or boring! Try this recipe to create a nutritious masterpiece you can munch on.



Ingredients:

- Almond slices
- 1 apple, cut into quarters, lengthwise
- Dark chocolate chips
- Peanut butter

Directions:

Get help from an adult to carve a long "v" shape out of each apple slice to create your monster's mouth.

Poke almond slices into the hollow mouth area

Use small dabs of peanut butter to stick two dark chocolate chips onto two almond slices. Then use more peanut butter to place the "eyes" on the skin of the apple above the mouth.

Banana "Ice Cream"

This recipe provides the cool, creamy sweetness of ice cream – without any added sugar.



Ingredients:

- 2-3 ripe bananas (yep, that's it!)

Directions:

Peel bananas and cut them into small slices.

Freeze them for 1-2 hours, then place them in a blender and blend until creamy. Scoop and serve!

Once you've tried the "original" flavor, experiment with healthy add-ins like peanut butter, strawberries or dark chocolate.

(Consider if your add-ins contain sugar, and remember to brush after eating.)

More recipes at: https://www.deltadentalins.com/oral_health/recipes.html