

# Water Bottle Classroom Initiative for Ninth Graders

## Choose Water as your Drink, it will help you Think!

### Why Water?

Cambridge Public fluoridated water is the best beverage for maintaining your oral health. Students cannot brush their teeth at school so drinking water is the next best alternative.

- Water helps rinse away plaque and cavity causing acid.
- Water helps to rinse away food source for plaque to eat.
- Water with fluoride strengthens teeth.
- Water hydrates children and keeps children healthy.



**Sip, Swish, Swallow.** Encouraging water bottles for classroom use, teaches a student that drinking water is good for your mouth and body, keeping you healthy. Healthy students learn better.

The water bottles given out in classrooms for the Healthy Smiles Initiative are provided by the Charles Bullock Trust Fund which supports the oral health needs of school aged children in Cambridge

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### Dental Healthy Foods and Habits at School

Choose fruits and vegetables for lunches or snacks that are crunchy and help clean teeth as you eat and are low in sugar. Crackers, chips, and breads **stick** to teeth once introduced in the mouth and stay longer on teeth, which feeds the cavity promoting plaque. Milk, and other dairy products such as cheese and yogurt, are low in sugar, which is a good thing for your dental health. Plus, they contain protein and are full of calcium, which can help to strengthen your teeth.

Keep your body's immune system strong with good personal oral hygiene, brush and floss your teeth twice a day. Avoid risk factors such as tobacco, vaping, alcohol, and illicit drugs that can damage your dental and overall health.

Remember to wear a mouth guard for protection and wash and store it properly between sporting events. Avoid high sugar Sports drinks, instead choose **water** to hydrate while playing your sport.

Please visit the Cambridge Healthy Smiles Website for additional information:

[http://www.cambridgepublichealth.org/services/childrens-health/childrens\\_dental\\_health.php](http://www.cambridgepublichealth.org/services/childrens-health/childrens_dental_health.php)

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