

# Water Bottle Classroom Initiative for Cambridge Public Schools

## 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 Snacks 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. It is the next best thing to brush your teeth.

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.

Crackers, chips, and bread stick to teeth once introduced in the mouth and stay longer on teeth, which feeds the cavity promoting plaque. Eating a crunchy fruit or vegetable, and then drinking water after, will help clean teeth from sticky foods.

Your rate of dental decay depends on the amount of time the sugar is in your mouth, not just the amount of sugar in the treat. Eat your snack in one sitting or after a meal, not little by little throughout the day. The first 20 minutes of food in your mouth is the most severe acid attack.

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