



## Water Bottle Classroom Initiative

### 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 hydrates children and keeps children healthy.
- Drinking water with fluoride (called “nature’s cavity fighter”).



### Sip, Swish, Swallow Water.

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.

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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 brushing 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 breads **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.

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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