

healthy holidays

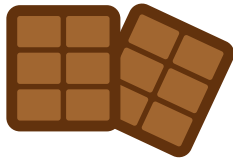
Trade your candy for cash!

You probably receive a lot of sweets at home or at school on special occasions like Valentine's Day and Halloween. What if you could trade that candy for cash instead? Draw a piece of candy on one side of the scale for every piece you give up. **When you get to 10 candies, draw a dollar sign on the other side of the scale. You can use the *Sweets Scale* to decide which candies to keep and which ones to swap!**



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It's OK to enjoy candy on special occasions like Valentine's Day or Halloween. But it's important not to overdo it. Here's how you can enjoy your holiday candy and keep your smile sparkling!



Choose chocolate.

Yes, we're telling you to eat chocolate! It's a better choice than other sweets because it's not sticky, which means it's easier to rinse from teeth. Dark chocolate is better - it's lower in sugar than milk or white chocolate. Be sure to stay away from candy with caramel, nougat and other sticky fillings.



Pass on sticky and chewy candies.

Sweets like caramel, gummies and taffy stick to your teeth longer than chocolate does, which means the sugar has more time to damage your teeth.



Skip the suckers.

When you suck on candies like lollipops or jawbreakers, your teeth are washed in a sugar bath the entire time you're eating the candy.



Enjoy with a meal.

Instead of eating candy as a snack, have a small piece or two for dessert. Eating other foods means you'll create more saliva, which helps rinse candy stickiness and bacteria away.



Brush afterward.

Brush your teeth or drink a glass of water after eating sweets to help rinse away sugar and acid.



Try something new.

Instead of bringing candy to school for a classroom party, try something else you know your friends will like. Stickers, pencils, bouncy balls, bubbles, temporary tattoos and erasers are just a few of the fun things you can bring!

Not sure if a candy is smile-friendly?

Here's a helpful guide:

the sweets scale

