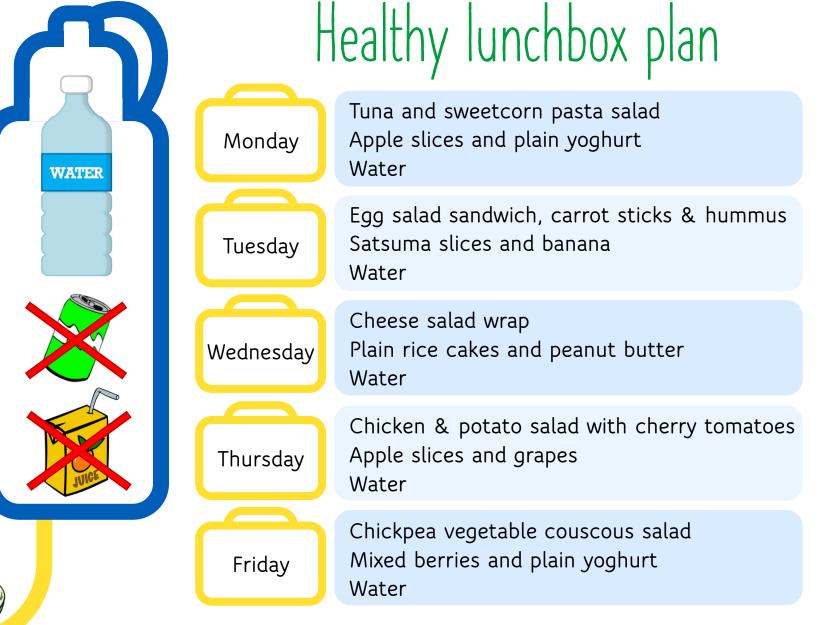
Healthy lunches for healthy smiles

How can you fill your child's lunchbox with healthy, filling foods which will keep your child's teeth strong? Try some of these:



Encourage your child to have any sweet snacks (like fruit and yoghurt) <u>only</u> at mealtimes or at <u>1</u> other time of day.









