



Healthy Smile Tips



Brush your teeth 2x/day with fluoride toothpaste.



Clean between your teeth daily.



Eat healthy foods and limit sugary beverages.



See your dentist at least twice a year.

ADA American Dental Association®

2023 NCDHM Postcard

This year a new item has been added... Postcards! They are 4"x6" and available in English and Spanish! One pack contains 100 postcards, orders are limited to 40 packs (4,000 postcards).

[Order English Postcards](#)

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Informational Resources: Project SMILE | SaRita Dean, R.D.H.