

SUGAR OUT DAY

Wednesday, February 7, 2018

**An event to help celebrate
National Children's Dental Health Month**



**STUDENTS ARE ASKED TO AVOID FOOD AND
DRINKS WITH ADDED SUGAR ON THIS DATE**

**PARTICIPANTS WHO RETURN THEIR FORM WILL BE
ADDED TO A DRAWING TO WIN A HEALTHY PARTY
FOR THEIR CLASS**

MY STUDENT _____

IN GRADE _____

**DID NOT CONSUME FOOD AND DRINKS WITH
ADDED SUGAR ON THIS DAY**

**PARENT
SIGNATURE _____**