

Sugar-Out Day 2020

Monday, February 28, 2022

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



“Defeat Monster Mouth”

Create an awareness of the role sugar plays in dental decay and overall health.

Encourage students and staff to refrain from eating foods with added sugar.

Assist students in choosing snacks low in sugar and high in nutrition.



**Co-Sponsored by:
Oral Health Program
Maine Center for Disease Control & Prevention
Department of Health and Human Services**