

SUGAR OUT DAY 2023

Friday, February 3, 2023

**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**