



FEBRUARY 2016



February is Children’s Dental Health Month

For healthy teeth and gums, and fewer cavities, the American Academy of Pediatrics (AAP) recommend that children only drink milk or water between meals, instead of other beverages.

Chocolate milk, one of kids’ favorite foods, can actually help protect teeth against cavities. The reason? Because it is liquid, chocolate milk clears from the mouth faster than other sweet foods, and the calcium, phosphorous and cocoa in chocolate milk may actually protect teeth against cavities.

FUN FACTS

- Mr. Potato Head was introduced by Hasbro in 1952.
- The French use to refer the tomato as the “apple of love”.
- It would take over 300 sticks of celery to equal the average human’s ration of calories.

DID YOU KNOW?

Teachers will receive the most Valentines, followed by children, mothers, wives and then sweethearts. Children ages 6-10 exchange more 650 million Valentine’s cards with teachers, classmates and family members.



HEALTHY HABITS ARE IMPORTANT AT HOME

Your children are learning eating habits that will last a lifetime.

- Limit sugary foods and drinks to mealtimes
- Allow no more than 1/2 cup fruit juice a day
- Avoid carbonated beverages and juice drinks
- Encourage meals and snacks from the MyPlate Five Food Groups

This institution is an equal opportunity provider

**ORGANIZATION  
NAME**

Address Line 1  
Address Line 2  
Address Line 3  
Address Line 4

Tel: 555 555 5555  
Mobile: 555-555-5555  
Fax: 555 555 5555  
E-mail: someone@example.com



*Tag line goes here.*

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We're on the Web!  
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Caption describing picture or graphic.

Mailing Address Line 1  
Mailing Address Line 2  
Mailing Address Line 3  
Mailing Address Line 4  
Mailing Address Line 5

**BACK PAGE STORY HEADLINE**

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those

here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.