

Oral Health Tips

Hop Into a Healthy Smile Enjoy Healthy Spring Baskets

Spring is often celebrated with baskets filled with lots of chocolate and sugary treats. There are also many ways to create healthy spring baskets that are low in sugar yet high on fun!

It is easy to create healthy baskets. Children love healthy baskets that are fun – and good for them too!

Basket Ideas:

- Handheld games, playing cards, coloring books, crayons, magic markers and stickers.
- Plastic dinosaurs, dolls, stuffed animals, puppets and action figures.
- Beach pails and shovels, jump ropes, hula hoops®, sidewalk chalk, frisbees®, bubbles and kites.
- Gift certificates for movies, water parks and sporting events.
- Books, board games and puzzles.
- CDs, DVDs, camera and cell phone accessories.
- Fun new toothbrush or a toothbrush timer.

Treat Ideas:

- *Snacks.* Nutritious, individually wrapped 100-calorie snacks and sugarless gum.
- *Candy.* Children can enjoy candy, just minimize their intake and brush their teeth or at least rinse with water right after they eat sweets. Healthy treats can include items with some nutritional value, such as chocolate-covered almonds or yogurt-covered raisins. Chocolate treats are better than sticky treats since they can be washed away by rinsing with water.

- *Fruit and Nuts.* Most kids enjoy fruit. Fruits should be fun and easy to grab. Great fruits for most children include grapes, bananas, pears, oranges, apples or other fruits in season.
- *Homemade Trail Mix.* Fill a fun new water bottle or large plastic eggs with a homemade trail mix. Mix some low sugar cereal like Chex® or Cheerios® with small pretzels, peanuts, raisins and some sugar-free jellybeans for a spring-inspired trail mix.

Instead of giving your children a spring basket of candy, save money and invest in the long-term investment – your child's smile. Candy can be a contributor to tooth decay, which can result in future expensive dental bills. Consider giving your children only a few treats and more books, crafts and educational toys.

For more oral health information, please visit our Web site at www.decare.com

