

# **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**