Building a Healthy Smile

Brushing, flossing, and regular visits to the dentist offer far more than just protection from cavities. Poor oral health can make you sick. Stay well with these teeth-keeping tips for the entire family.

Start Early

Before your child's baby teeth come in, use a soft cloth or finger toothbrush to wipe baby's gums. Make the first dentist appointment once their first tooth appears or by the age of 1.

2 x 2 Rule

Once teeth come in, they should be brushed twice a day, for two minutes. Use a soft brush to clean all surfaces, including the tongue. Don't forget to floss. Replace toothbrushes every three months and after being sick.

Need help finding a dentist? Ask WIC staff for a list of local dental providers.

What You Eat Matters Too!

Keep teeth and gums healthy by eating fruits and vegetables every day. Limit 100% fruit juice to 4oz per day, or choose water instead. Avoid sugary snacks and drinks.

Dates with the Dentist

Schedule regular dental checkups and cleanings for everyone in the family.

This institution is an equal opportunity provider.

Cauliflower Mac & Cheese

Ingredients

- 6-8 cups cauliflower, chopped *
- 8 oz. block cheese, shredded *
- 1 cup 1% milk *
- 1 cup light cream or whole milk *
- 3 Tbsp. flour
- 2 Tbsp. butter
- 1/2 tsp. garlic powder
- Salt & pepper

WIC approved ingredients

Instructions

1. Preheat oven to 375 degrees.
2. Rinse and chop cauliflower, set aside. Shred cheese and set aside.
3. In a large sauce pan, melt butter over medium heat.
4. Add flour and stir for 3 minutes.
5. Slowly whisk in milk and cream until fully incorporated and mixture is thick and smooth.
6. Remove from heat. Stir in garlic powder, salt and pepper to taste. Stir in cheese and cauliflower.
7. Transfer to a baking dish and bake for 25 minutes.
8. Once bubbly, broil for 2-3 minutes. Serve warm.