

Good things come in 2s!

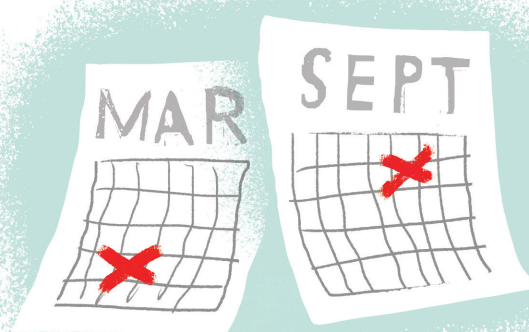
Follow these tips to keep
your smile healthy:



Brush **2** times
a day and
floss, too



Choose snacks
from **2** of the
healthiest food
groups: fruits and
veggies



Ask to see
your dentist **2**
times a year



Drink water or
milk to keep
your **2** front
teeth strong
(and all the rest)

Remember
to think twice
about how you
care for your
teeth!



Treatment + Education for Everyone on Teeth + Health

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