

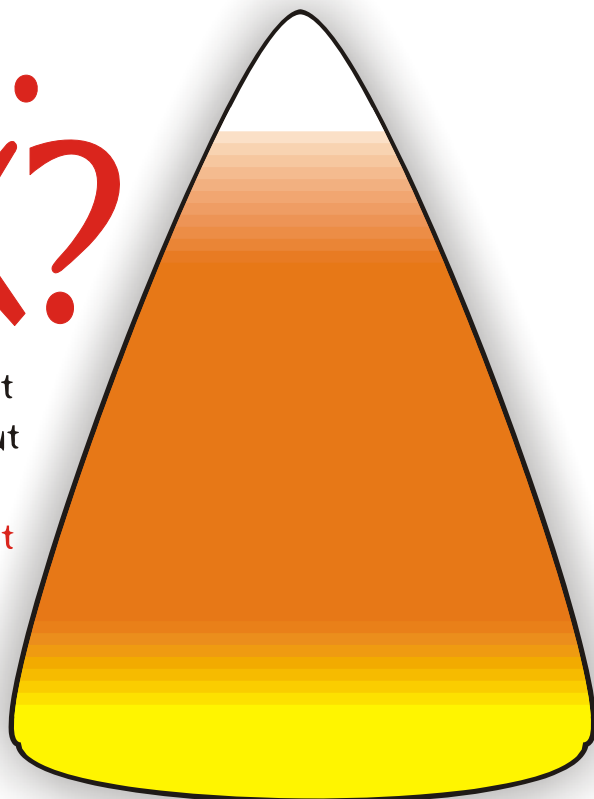
TREAT . . . OR TRICK?

We all know that goblins and ghosts aren't real. But that doesn't mean there's nothing to be scared about when it comes to kids' teeth. Because **the real monster on the loose at Halloween (and throughout the year) is sugar.** Tooth decay is five times more

common among kids than asthma.

By the time they reach school, **four out of ten children have cavities.**

Most of us get way too many calories from sugar, but when it comes to tooth decay, it's not the quantity of sugar that matters so much as **the total amount of time that our teeth are exposed to sugar.** The damage is particularly bad when kids fall asleep with sugar in their mouths, whether the sugar comes from candy, milk, or juice. **So don't let sugar linger.** Brush it away!



the big number

26

An average American eats 26 lbs. of candy a year. Candy sales at Halloween exceed \$2 billion.

**EAT BETTER. PLAY HARDER.
LIVE HEALTHIER. LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!™

West Allegheny School District Food Services