

# Healthy Teeth Tip Cards

These tip cards were developed by the Canterbury DHB (CDHB) Community Dental Service and the Canterbury PHO-based Oral Health Promotion Project. Both are double-sided DLE cards designed for use by Health Professionals.

**Snacks and Drinks for Healthy Teeth** looks at snack foods and beverages. Examples of those that are beneficial for teeth and those that promote tooth decay are shown.

**Brushing for Healthy Teeth** gives clear information on how to brush teeth. A scratch-off tooth brushing chart for children is on the reverse.



**Maximum quantity per item is 1000 per order.  
 Price does not include postage and packaging.  
 Postage charge depends on the size of the order -  
 contact the Resource Coordinator prior to ordering.**

*To place an order, send this order form to:*  
 Sue Burgess, Resource Co-ordinator  
 Community and Public Health  
 PO Box 1475, CHRISTCHURCH  
 Phone (03) 378 6721 Fax (03) 379 6125  
[sue.burgess@cdhb.govt.nz](mailto:sue.burgess@cdhb.govt.nz)

Item	Quantity	Price (excl. GST)	Total
Snacks and Drinks for Healthy Teeth (CDS 329)		\$0.10	
Brushing for Healthy Teeth (CDS 330)		\$0.15	
		Postage & Packaging	
		<b>ORDER TOTAL</b>	

**Payment Method**

Cheque enclosed made out to Community and Public Health

**Send to:** Name: .....  
 Address:.....  
 .....