



The Lessons in a Lunch Box Program

Details and Descriptions

Lessons in a Lunch Box: Healthy Teeth Essentials & Facts About Snacks® is an oral health literacy program designed for 2nd and 3rd grades. The goal of this program is to empower these children and their families with the proper knowledge about routine dental care, oral health maintenance, good dietary choices and more using a “dentally designed” lunch box.

The uniquely crafted lunch container illustrates flossing and brushing in the **inside top**. The United States Department of Agriculture (USDA) nutritional, *My Plate* diagram is displayed on the **inside bottom**. The lunch boxes are each packaged with “Dental Care in a Carrot” cases from Brushtime Enterprises. This nifty dental hygiene travel kit includes a toothbrush, toothpaste, dental floss, a rinse cup and now a Mylar® mirror!

The **outside** of the lunch box is decorated on all five sides. The **front** includes a brushing illustration, and a variety of fruit images including Grodan the tomatoe. *Lessons in a Lunch Box: Healthy Teeth Essentials & Facts About Snacks®* is proudly underscored featuring the logos of organized dentistry, including the Society of American Indian Dentists (SAID), American Association of Women Dentists (AAWD), American Dental Association (ADA), National Dental Association (NDA), Hispanic Dental Association (HDA) and the Academy of General Dentistry (AGD).

The **back** highlights the logos of the many generous sponsors. The **left side** provides the link to the Explore Health Careers and American Dental Education Association (ADEA) websites and subsequently to all 66 US dental schools. A name identification label is located on the **right side**, flanked by the American Dental Hygienists' Association logo. Finally, and quite possibly of the most far-reaching benefit, a reflective, metallic sticker, designed to resemble a smile, that reads, “See Yourself Becoming A Dentist,” is located at **the opening**.

The lunch boxes are American Disabilities Act compliant and are therefore available in braille and the program is taught via American Sign Language (ASL). The *Lessons in a Lunch Box Adapted video* is located on The Children's Oral Health Institute website at www.mycohi.org.

Lessons in a Lunch Box program presenters (dentists, dental students, dental hygienists, dental assistants or teachers) are encouraged to begin this approximately 60-minute session with a song. “Good morning to you. We’re all in all in our places with sun shiny faces and this is the way to start a good day.” The presenters are introduced to their attentively awaiting audiences. They explain how all children (1) can have beautiful smiles on their faces, but (2) that they must brush their teeth after meals, and (3) eat healthy foods, and avoid icky, sticky snacks and harmful oral habits. Finally, the oral health professionals demonstrate proper brushing and flossing before awarding every child the treasure-filled lunch box.

Teachers are encouraged to download support material from, (1) The Children’s Oral Health Institute (COHI) K -12 Educators Repository, (2) A Five-day Lesson Guide for Teachers©, and or (3) Code Red: The Oral Health Crisis in Your Classroom®. These lessons include follow-up information about good nutritional habits, proper dental health and other important reminders including:

- ✓ Smoking is not a healthy thing to do.
- ✓ Brushing after every meal is important for you.
- ✓ Too many sweet candies can fill your teeth with icky, sticky goo.
- ✓ Never use anyone else’s toothbrush. You will get their mouth germs too.
- ✓ Piercing your lip or tongue with jewelry is a very dangerous thing to do.
- ✓ Grills, golds and fronts can be difficult to view. These dental decorations can destroy your teeth too.
- ✓ Limit soda pop, fruit juices, sports drinks and sweetened iced teas. Instead drink more water to reduce your risk of tooth disease.

“Presenting the Lessons in a Lunch Box Program: A Play-by-Play Outline,” and the Crest Oral B course, “Improving Oral Health Literacy: Teaching Primary School Students through the Lessons in a Lunch Box Program,” at www.dentalcare.com and typing 456 into the search engine, are both available instructional guides located and linked respectively, on The Children’s Oral Health Institute website.

The *Lessons in a Lunch Box* program serves to remind children, parents and educators to include this delightfully, educational and deliberately orange lunch box as a part of their child’s daily routine. This now learned and self-empowered behavior becomes an enjoyed life-style that is regularly practiced by families.