

Feed Your Smile



From 12 May to 12 June 2025, National Smile Month will run under the theme of 'Feed Your Smile'.

This campaign links diet and oral health, focusing on reducing sugar intake and making healthier choices. By adopting these habits, patients can improve their oral health and overall well-being.

The campaign also advises on regular brushing, interdental cleaning, using fluoride mouthwash, and visiting the dentist. These efforts will help maintain a healthier smile and prevent dental issues.

Why your support is needed

Achieving a healthy smile isn't easy for everyone. Despite progress in oral health, inequalities remain. By backing National Smile Month, you can help bridge this gap.

National Smile Month offers an opportunity to share oral health messages within your community. Your dedication to patient education ensures everyone has the chance for a healthy smile. With your support, we can advocate for better oral health and create positive change in people's lives.

How to take part

Help people lower their sugar consumption, adopt healthier habits, and ultimately improve their oral health. You can run events in such places as:

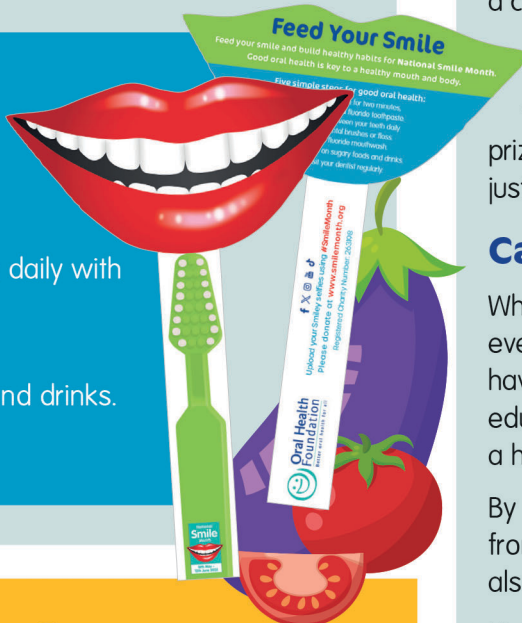
- The dental practice
- Schools
- Workplaces
- Care homes
- Sports clubs
- Baby and toddler groups
- Online



Learn more about organising events and activities by visiting www.smilemonth.org

Key Messages

1. Brush your teeth for two minutes, twice a day, with a fluoride toothpaste.
2. Clean in between your teeth daily with interdental brushes or floss.
3. Use a fluoride mouthwash.
4. Cut down on sugary foods and drinks.
5. Visit your dentist regularly.



Smileys

Our Smileys are a great tool for starting a conversation about oral health. Post your pictures on social media using **#mysmileyselfie** and we'll enter you into a draw to win some fantastic prizes. You can pick up a pack of ten for just **£2.50**.

Campaign Products

Whether you are running a community event, or an activity in the practice, we have a oral health resources that help educate and motivate patients towards a healthier mouth.

By purchasing your oral health resources from the Oral Health Foundation, you'll also help fund our charitable work.

Visit www.dentalhealthshop.org or call **01788 539793**.

Visit www.smilemonth.org for more information

Follow us & upload your Smiley Selfies using **#MySmileySelfie**

f NationalSmileMonth

X @smilemonth

YouTube oralhealthfoundation



NSM Campaign Products

Using Smile Month campaign products can be a highly effective way to engage audiences, raise awareness, and drive behaviour change. Sharing key oral health messages are much more likely to hit home when you give away a low cost and practical item. Encourage participation and make your event memorable by having a selection of Smile Month items to help leave a lasting impression.



Campaign Pack

Our campaign pack below* has everything you need to create a memorable display for your audience and if you need to top up, all these items can be purchased individually at www.dentalhealthshop.org



Smiley Sticks

PACK	CODE	PRICE
10	SMSM	£2.50
50	SMSM-M	£11.88
100	SMSM-MM	£22.50

Appointment

Cards (85x55mm)

PACK	CODE	PRICE
50	SMAPP	£4.40
250	SMAPP-M	£19.80



Selfie Frame

CODE **SMSELF**
PRICE **£26.50**

Drawstring Bag

CODE **SMDRAW**
PRICE **£3.50**



T-shirt (unisex)

SIZE	CODE	PRICE
34-36"	SMTSM	£10.95
38-40"	SMTMD	
42-44"	SMTLG	
46-48"	SMTXL	



Poster Pack

PACK **1xA3, 3xA4**
CODE **SMPP**
PRICE **£2.75**



Campaign Pack includes:

Poster pack (1 x A3, 3 x A4), 10 Smileys, 1 set of Bunting, 10 Balloons, 5 Toothpaste squeezers, 5 Fridge magnets, 1 Lip balm, 5 Activity place mats, 10 Bookmarks, 5 Pens, 5 Button badges, 1 Enamel badge, 15 Stickers, Reusable water cup, Lunch box all in a Campaign zipper bag

CODE: **SMPACK** **£40.00**

To order, please call **01788 539793** email order@dentalhealthshop.org or shop online at www.dentalhealthshop.org