

# healthy ROAD TRIP

# SNACKS & HACKS

## prep for your HEALTH

Save after-hours emergency numbers—like your dentist and doctor—in your phone before you leave. Anything can happen on the road!



Pack extra toothbrushes in case one gets dropped or squished in a dirty car crevice.

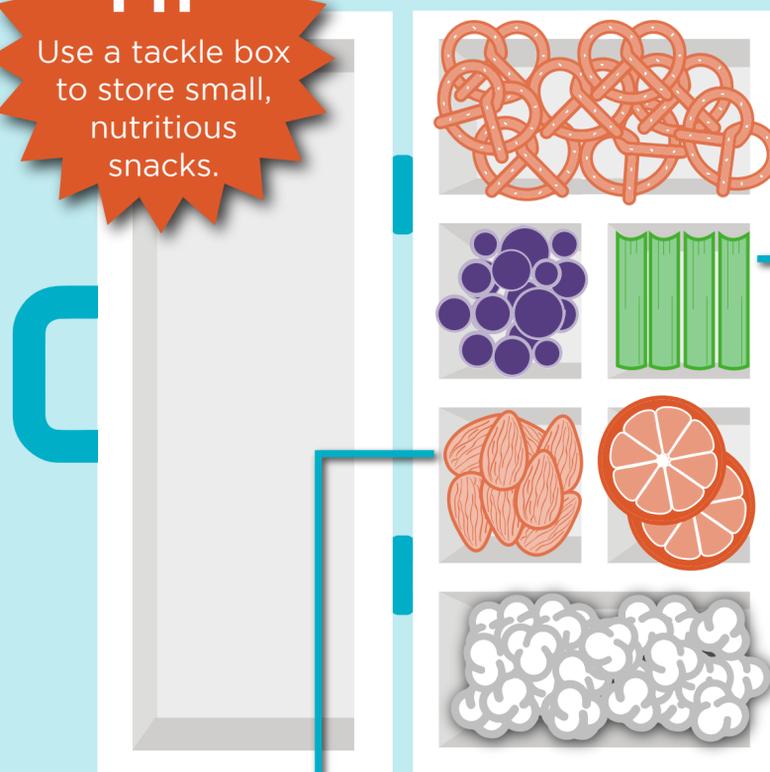
Close quarters equals germ headquarters. Keep it clean with travel-sized wipes.

## pack your SNACKS

Known as “nature’s toothbrush,” celery is filled with fiber and stimulates saliva flow.<sup>1</sup>

### TIP

Use a tackle box to store small, nutritious snacks.



Many nuts, such as almonds, provide high levels of tooth-healthy calcium.<sup>2</sup>

## hit the road HACKS



Fill a reusable water bottle until it’s 1/3 of the way full. Lay it on its side and freeze overnight. Fill with water to enjoy ice cold hydration on-the-go!



Put silicone cupcake liners in car cup holders. Fill with dental necessities and other tiny items. No more melted knick-knacks!



Combine 2 dabs toothpaste and a pinch of baking soda. Place dots on a sheet of tin foil. Let dry for 24 hours. Peel off and store in a plastic baggie. To use, toss a tab in your mouth, add water and brush.



Long road trips often mean spotty cell service. Before you leave take screenshots of your mapped directions. Now you can navigate with a smile!

### SOURCES

1 <http://oralhealth.deltadental.com/22,21457>  
2 <http://oralhealth.deltadental.com/22,21396>