

Eby Family Dental

WHAT'S IN THIS MONTH'S ISSUE:

- New year
- Kids dental health month
- Website Blog Post
- Featured Recipe

STARTING OUT A NEW YEAR

Make sure to call and schedule your regular cleanings and check ups! It's a new year and most benefits renew in January! We will always check your plan and ensure, some are odd and can follow different renewal dates than January. Call us today to get your appointment scheduled! Fort Atkinson 920-563-2928 and Jefferson 920-897-6080.



NEXT MONTH IS CHILDREN'S DENTAL HEALTH MONTH!

If you would like us to come visit your classroom this year please ensure to reach out and we would be happy to get you on our schedule! We love spreading the work about good oral hygiene with kids!

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HOW TO KEEP YOUR TEETH SAFE DURING WINTER

One common condition during wintertime is tooth sensitivity. The combination of cold air and hot drinks can be a recipe for discomfort, especially if you already struggle with sensitive teeth. To combat this, consider using a toothpaste specially designed for sensitive teeth. These toothpaste formulas often contain ingredients that help desensitize the nerves in your teeth, providing relief from the sharp pain that cold air or hot beverages can trigger. For more info visit our website to read the rest of this article!

FEATURED RECIPE

Hummus Stuffed Peppers

Prep Time: 15 Minutes
Total Time: 15 Min

Equipment: Serving Dish
www.peasandcraons.com

Ingredients:

1/4 Cup Hummus
5 Sweet mini peppers
1 Tbsp Minced Red Onion
1-2 Tbsp Chopped Grape Tomatoes
1 Tbsp Crumbled Feta Cheese

Directions:

1. Slice the top off of each pepper and discard, or leave the top on for a handy dandy pepper handle.
2. Next slice each pepper lengthwise
3. Top with hummus and sprinkle on all your favorite toppings
4. Dig in!

