



Hope Mills Police Department

5776 Rockfish Road
Hope Mills, North Carolina 28348
(910) 425-4103

Police Community Action Team

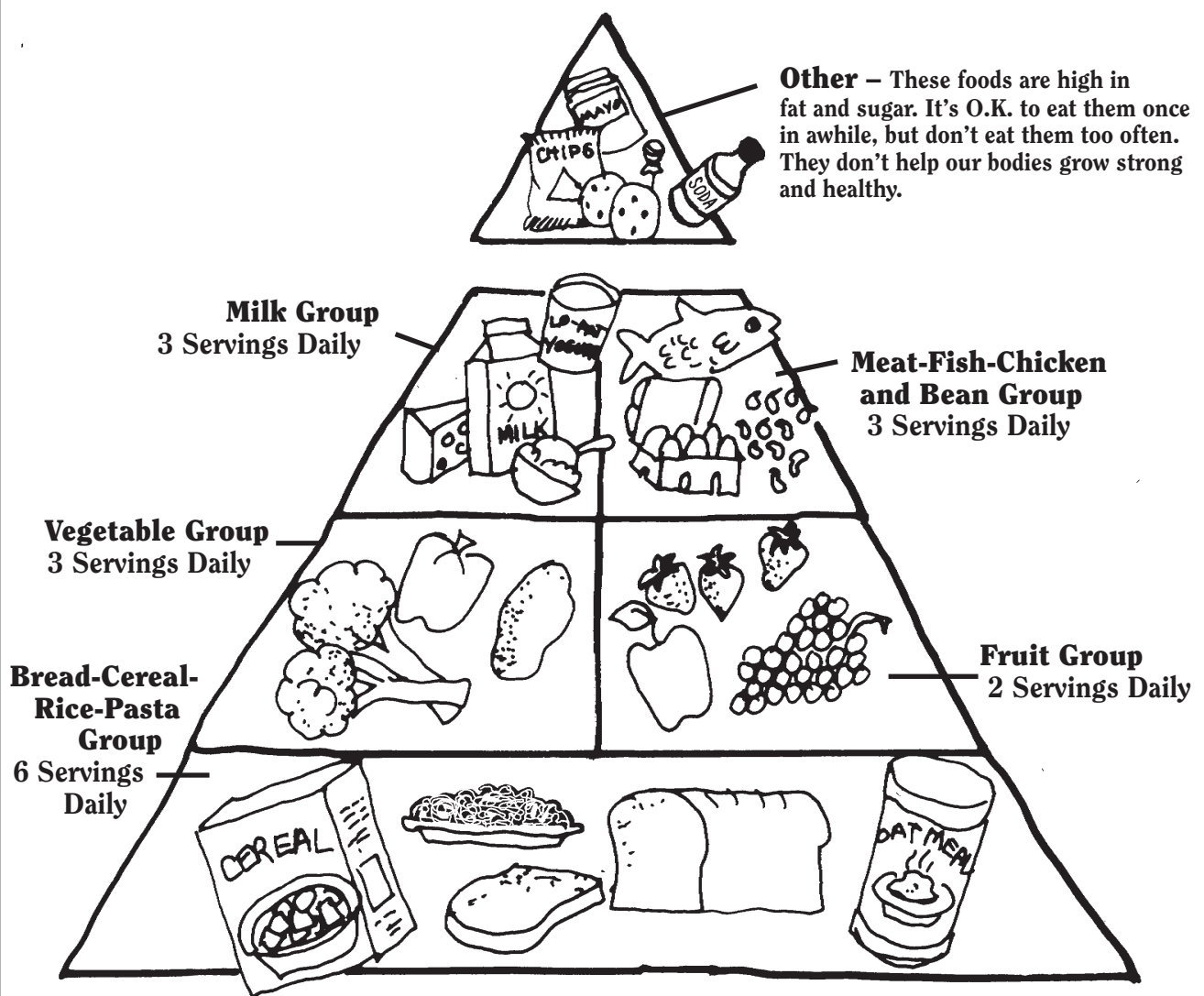
"Proudly Serving Hope Mills"

**Brush your teeth and
visit your dentist!**



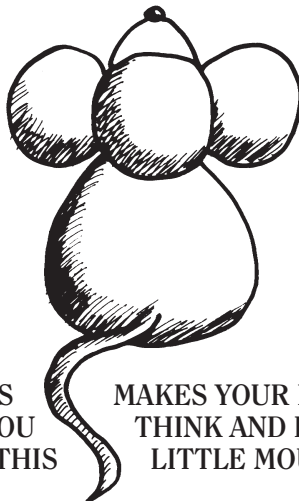
**Rub-a-dub dubbie
what fun it is in the tubbie!**





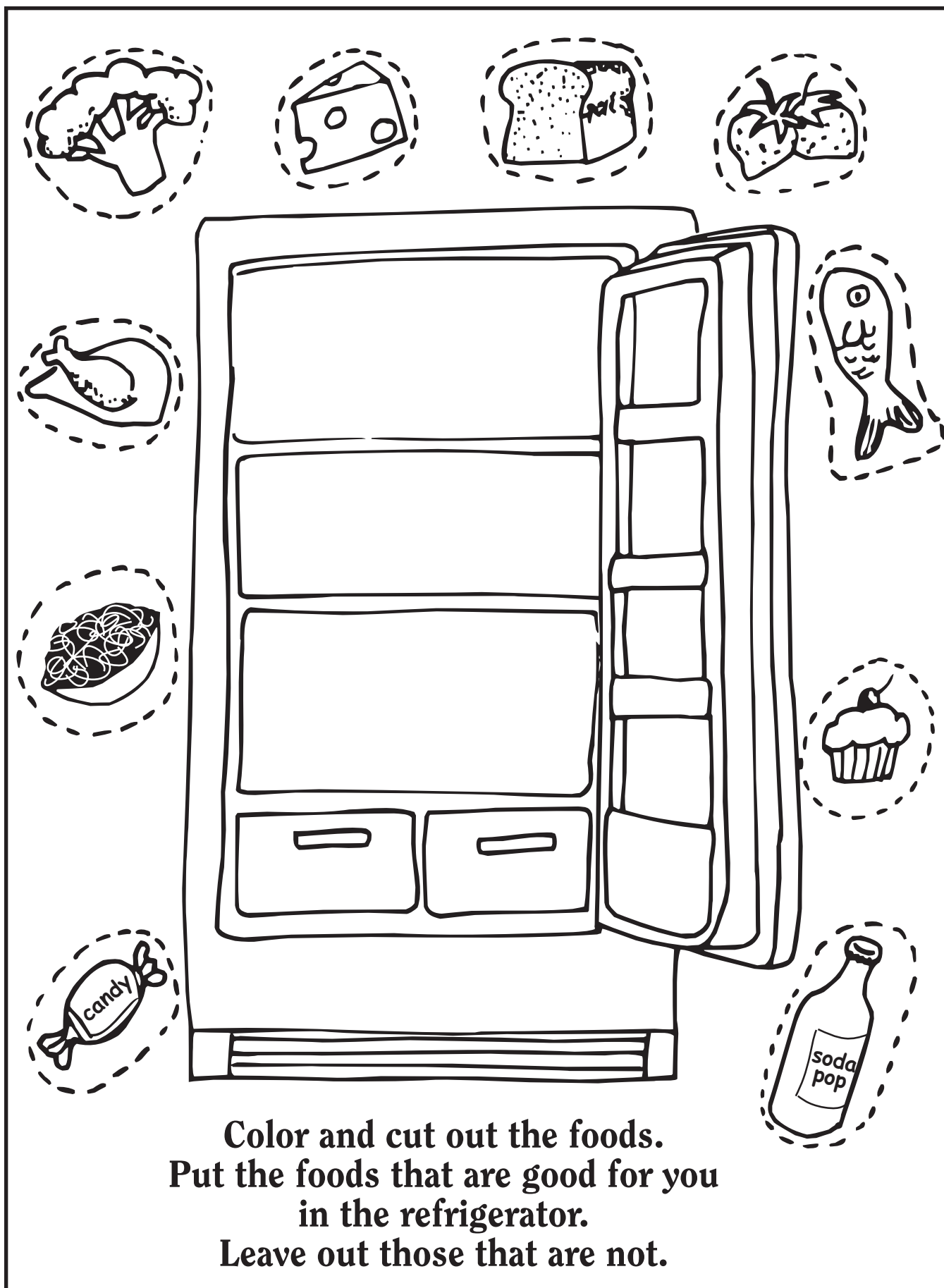
Here is a picture of the basic food groups. They are placed in a pyramid or triangle to show we need to eat more foods from the bottom and fewer from the top.

Food for Thought



EATING HEALTHY FOODS
IT ALSO MAKES YOU
WHAT DO YOU THINK THIS

MAKES YOUR BODY STRONG.
THINK AND FEEL BETTER.
LITTLE MOUSE WANTS TO EAT?



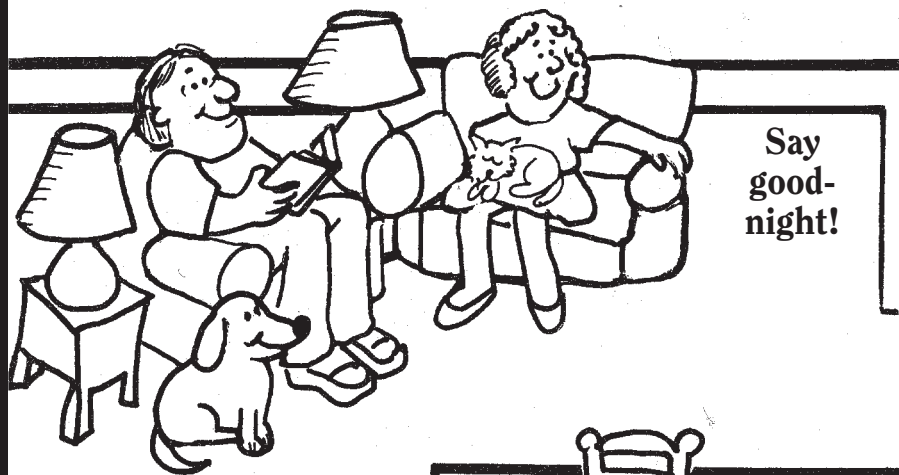
**Color and cut out the foods.
Put the foods that are good for you
in the refrigerator.
Leave out those that are not.**

What's For Dinner?
Draw your favorite dinner.
Make sure it's good for you!



Get a Good Night's Sleep!

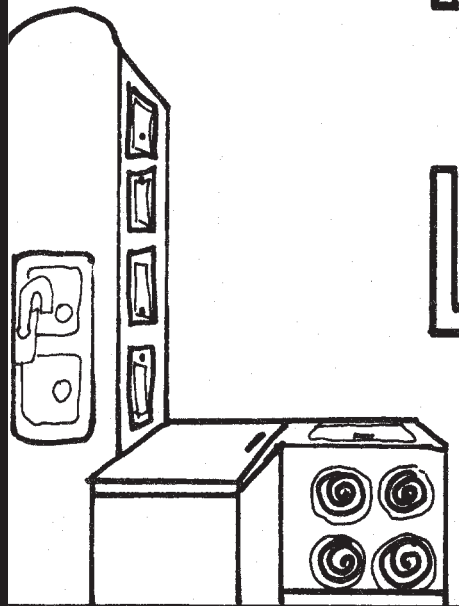
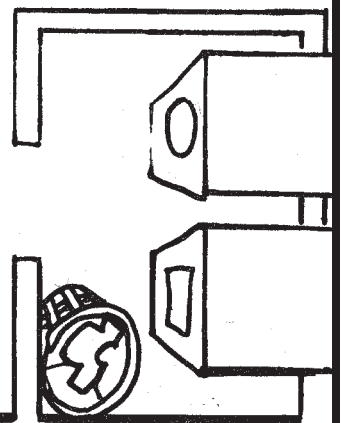
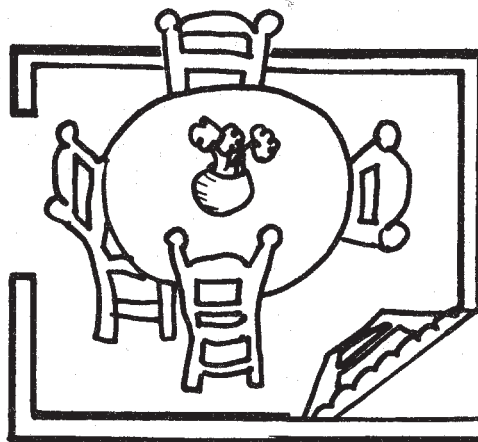
Find your way to your bedroom.



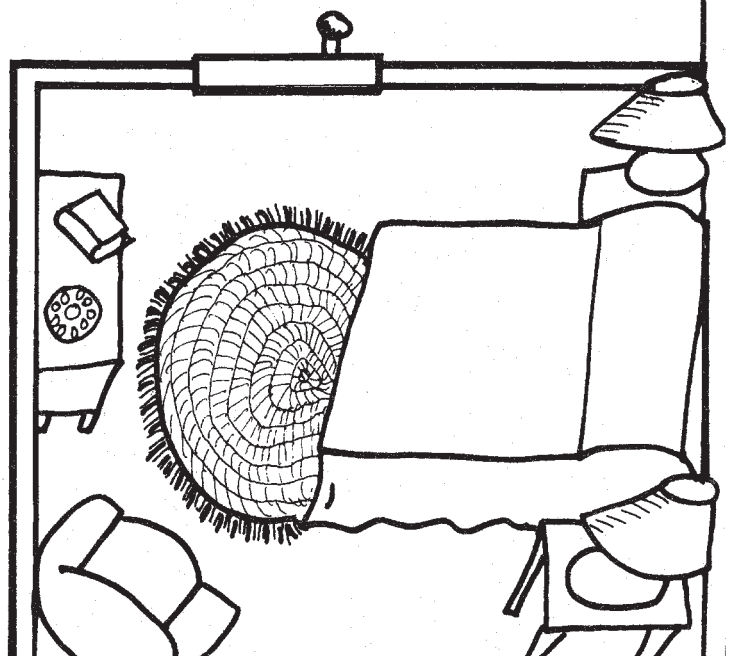
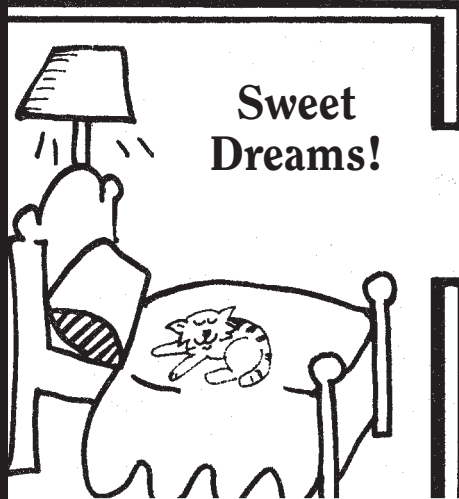
Say
good-
night!



Start Here



Sweet
Dreams!



I AM A V.I.P

I AM A **V**ERY **I**MPORTANT **P**ERSON.

MY NAME IS _____

TO KEEP MYSELF SPECIAL AND HEALTHY

I PROMISE TO:

1. BRUSH MY TEETH.
2. BATHE EVERY DAY.
3. WASH MY HANDS OFTEN.
4. GET LOTS OF EXERCISE.
5. EAT HEALTHY FOOD.
6. GET A GOOD NIGHT'S SLEEP

