

Printable 



Tooth friendly snacks

Crunchy Vegetable Sticks
with a dip

Cheese or cheese on toast

Sugar free teething biscuits
or rusks

Fingers of toast or bagels

Cream cheese with mini-bread
sticks, rice cakes or oatcakes

Home-made soup

Crunchy Fresh Fruit (frozen too!)

Biltong sticks (unsalted)

Mesh Teethers

Chicken

 © bumbles™

