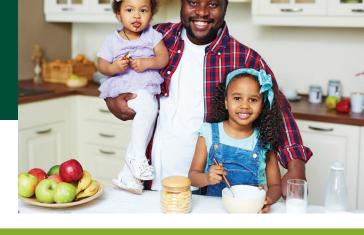
# FIGHT LEAD WITH NUTRITION

The foods we prepare and serve to our families can help limit the effects of our kids' exposure to lead! Three steps you can take in choosing and preparing food can make a difference:



- When preparing food, be sure to wash and cook it with filtered water
- **2.** Serve your kids small, healthy snacks between meals.
- **3.** Serve foods that are high in a few really important nutrients: iron, calcium and vitamin C!

## 

#### **LEAD FACTS**

Lead isn't good for anyone's health and is especially bad for small children. Keep your family lead-safe by avoiding contact with it. If you live in the city of Flint, or get water from the city's water system, be sure to use an NSF-certified filter for drinking, cooking and mixing baby formula. Make sure to change the filter cartridge by the date printed on the package. Remember that you and your children can also be exposed to lead from old paint, dust, dirt, pottery, make-up, toys and some home remedies.

If you have any concerns about lead or your child's diet, talk with your doctor.

### **LEAD-FIGHTING NUTRIENTS**

#### CALCIUM

Calcium keeps your bones strong and the lead out! Calcium-rich foods include:

- Milk and milk products, like cheese and yogurt
- Green leafy vegetables, such as spinach, kale, and collard greens
- Calcium-enriched orange juice
- Tofu
- Canned salmon and sardines (both with the bones in)

#### **IRON**

Iron keeps too much lead from getting into your body. Foods rich in iron include:

- Lean red meats, fish (tuna and salmon) and chicken
- Green leafy vegetables, such as spinach, kale and collard greens
- Iron-fortified: cereal, bread and pasta
- Dried fruit, such as raisins and prunes
- Beans

### **VITAMIN C**

Vitamin *C* works with iron to keep too much lead from getting into your body. Sources of vitamin *C* include:

- Citrus fruits, like oranges and grapefruit and their juices
- Tomatoes and tomato juice
- Peppers
- Other fruits like kiwi, strawberries and melons



### **LEAD RESOURCES**

- Genesee County Health Department Lead Program: <a href="www.gchd.us">www.gchd.us</a>; phone: 810-257-3833
- Michigan Department of Environmental Quality (DEQ): www.mi.gov/FlintWater
- Michigan Department of Health and Human Services (DHHS) Childhood Lead Poisoning Prevention Program: <a href="www.michigan.gov/lead">www.michigan.gov/lead</a>; phone: 888-322-4453
- U.S. Centers for Disease Control and Prevention (CDC): www.cdc.gov/nceh/lead
- U.S. Environmental Protection Agency (EPA): www.epa.gov/lead

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### WHERE TO GET HELP

### Food Assistance in Genesee County

#### **Commodities Food Program**

This supplemental food program is designed to help low-income people aged 60 and up. Food is provided once a month. Call 810-789-3746 or 810-232-2185 for details...

#### **Double Up Food Bucks (DUFB)**

The DUFB program matches your SNAP benefits when you buy Michigan-grown fruits and vegetables. For example, if you buy \$10 worth of Michigan produce, you'll get an extra \$10 to buy more fruits and veggies! You can use this program at:

- Flint Farmer's Market, 300 East 1st Street, Flint, phone 810-232-1399, open year round
- Offered at limited times during the year at Landmark Food Centers (two locations) 206 West Pierson Road, Flint, phone 810-789-7311, OR 4644 Fenton Road, Flint, phone 810-238-2972, call to check dates and hours for both locations.

### The Emergency Food Assistance Program (TEFAP)

TEFAP provides healthy foods to qualified families and individuals once every 3 months. Call GCCARD at 810-789-3746 or 810-232-2185 for details.

### Food Bank of Eastern Michigan

The Food Bank of Eastern Michigan can connect you with food assistance programs. Call 810-239-4441 for details.

### Supplemental Nutrition Assistance Program (SNAP)

The SNAP program (formerly called *food stamps*) provides low-income residents with money to purchase food, including:



Created in collaboration with the Pediatric Public Health Initiative.





- Fruits and vegetables
- Breads and cereals
- Dairy, meat, fish and poultry

You're also allowed to buy seeds and food-producing plants with your SNAP benefits to grow your own food. Apply for SNAP at <a href="https://www.mibridges.michigan.gov">www.mibridges.michigan.gov</a> or call the Genesee County Department of Health and Human Services (DHHS) at 810-760-2200.

### WIC (Women, Infants & Children)

The WIC program supplies extra food for low-income pregnant or breastfeeding mothers, infants and children up to 5 years old who are at nutritional risk. Foods provided through WIC include:

- Infant formula and iron-fortified cereals
- Fruits and vegetables rich in iron, calcium and vitamin C
- Whole grain bread and cereals
- Eggs, milk and cheese

To apply for WIC, call 800-262-4784 (toll-free) or 810-237-4537.

### **WIC-Project Fresh**

If you receive WIC benefits, you're eligible to receive Project Fresh coupons to buy locally grown fruits and veggies! This program runs from June 1 through October 31 each year.

For more information contact Genesee County WIC at 810-237-4537 or MSU Extension at 810-244-8500.

### Additional Genesee County Resources

#### 211

- Service connects Genesee County residents to community resources including food, transportation, education and health care
- Connects residents to sources of water filters and replacement cartridges
- Locally funded by United Way Genesee County.
- Phone 211
- Web: www.211.org

### **Flint Water Department**

- Offers free water testing
- Phone 810-787-6537
- Pick up your test kit at 1101
   S. Saginaw St.

#### Genesee County Community Action Resource Department (GCCARD)

- Offers free water filters
- Phone 810-789-3746 or 810-232-2185

### Michigan State University Extension

- Offers free nutrition education classes
- Soil testing for lead
- Phone 810-244-8500

#### Sources

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