



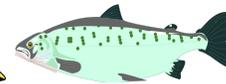
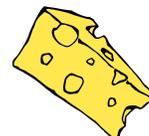
NJ SNAP - Ed
 NJ Supplemental Nutrition Assistance Program-Education
 USDA, Food and Nutrition Service



To Apply for SNAP visit www.njsnap.org



Food Wise



Reduce Lead Poisoning Risk

Kim and John grew up in the same apartment complex. They were a lot alike. They began walking and talking at the same age. They even played the same games.

When they started pre-school, things changed. Kim was hyperactive. It was hard for her to pay attention. She had trouble with skills that John learned quickly. She could not color or hop as well as John or the other kids. Kim's parents were worried and took her to the doctor.

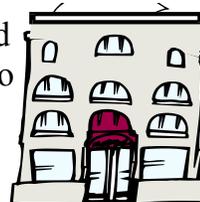
The doctor said Kim might have lead poisoning. He gave Kim a blood test to check for lead. The doctor also said that blood lead levels should be under 10 µg/dl. Kim's lead level was much higher than that. Lead poisoning was causing some of her problems.

Lead can be in lots of places. Lead

can be found in dust, dirt, and in paint from older homes. Many kids get lead in their bodies by putting dirty fingers or toys in their mouths. Kids who are teething may bite pieces of painted wood from cribs or windowsills that contain lead. Lead can even be in drinking water that comes out of lead pipes. Kim could have gotten lead poisoning any of these ways.

John's parents knew about lead poisoning. They tested John each year after he was one. They learned ways to stop most of the lead from getting into his body. They also learned some tips to keep the lead that did get in from hurting him.

Look inside to learn what John's family did and what you can do to reduce lead risk.



Food Wise



Lead Poisoning

Created by:

Christy L. Frantz,
 Andrea S. Smith,
 Amy S. Markey &
 Dr. D. Palmer Keenan
www.fsnepr.rutgers.edu

Did You Know



Calcium fights lead poisoning in the body. Buy juices, cereals, waffles, and canned pastas that say they are a **good** or **excellent** source of calcium.

Lead Fighting Foods

- ☆ Milk, Cheese & Yogurt = **↑Calcium**
- ☆ Orange, Tomato & Kiwi = **↑Vitamin C**
- ☆ Beef & Fortified Cereals = **↑Iron**

Fight Lead Poisoning with a Good Diet

Researchers believe that foods rich in calcium, iron, and vitamin C can help control lead poisoning. Give children plenty of foods high in these nutrients.

Choose foods with packages, labels or boxes that say:

a good or excellent source of calcium, iron, or vitamin C



NJ SNAP - Ed
 NJ Supplemental Nutrition Assistance Program-Education
 USDA, Food and Nutrition Service



To Apply for SNAP visit www.njsnap.org

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: www.NJHelps.org; or to learn more go to www.fns.usda.gov/fsp. USDA is an equal opportunity provider and employer.

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.



Where Does Lead Hide?

Lead is often found in dust and dirt in old buildings and homes. Do this activity to find out where lead hides. First, read the tips that the doctor gave to John's family. Then, think of

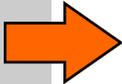
the places where dust or dirt is within your child's reach. Also, think of areas where dust may fall on food, dishes and toys that children put in their mouths.

After you read the tips on this page, do a *Lead Check* in your home. Use the *Hints* below to help you. Look in each room of your home and where your children play.

Tips for Lowering Lead Poisoning Risk

- ☆ Have your children tested for lead poisoning every 6 months until they are 2. After that have them tested each year until they are six.
- ☆ If you think you may have lead pipes, run cool water 2-3 minutes before using it. Never use hot water right from the tap for cooking or drinking 
- ☆ Use a damp mop or rag to remove dust from floors and windowsills. Rinse the mop or rag often in clean water.
- ☆ If your home was built before 1978, cover peeling paint with tape or plastic. Do not try to remove the paint by scraping or sanding.
- ☆ Do not let children chew on windowsills or painted furniture. Wash toys that children chew on often.
- ☆ If dishes in your cabinet look chalky or dusty, wash them before using.
- ☆ Have everyone take off their shoes when they enter the house. This helps keep lead dust out.
- ☆ Serve foods your kids like that are high in calcium, iron and vitamin C. These foods help keep the lead out. Check out the recipe on the back page. 
- ☆ Keep children over age 2 on diets low in fat to help keep lead out of their bodies.
- ☆ Feed children meals and snacks during the day. Empty stomachs help lead get into the body.
- ☆ Wash your hands often and have your children do it too! Be sure to use soap and warm water. Don't forget to wash hands before eating, and after playing outside and being near dirt, paint, or dust. 

Lead Check Hints

Go room to room through your home. For each room write down where lead might be hiding. 

Start in the kitchen. Where do you think lead may be hiding? Do you see old paint? Is there a lot of dust? Do you have lead pipes?

Move to the next room. Ask questions like: Do my children play in this room? What dusty areas do my children touch? What dusty or dirty things do they put in their mouths?

Continue to move on until you finish all of the rooms in your home. Don't forget to check the bathroom, laundry room pantry and all closets!

Now go outside. Outside does not have to be a lawn. It can just be the patio or roof. Look around and ask some of the same questions you asked yourself in the house. Be sure to think about where your children play most often.

Lead Check

Kitchen:

Room 1:

Room 2:

Room 3:

Room 4:

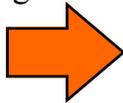
Room 5:

Outside:



How Will I Lower the Risk of Lead Poisoning in My Home?

You made a list of where lead might be hiding inside and outside of your home. You read the tips for how to lower the risk for lead poisoning. Now what?



Make a list of ways you plan to work on lowering your children's risk level. Be sure to keep your children's diets in mind!

What I can do around my home to protect my children from lead:

What I can feed my children to protect them from lead:

© 2006; previous edition copyrighted 2000 by Rutgers Cooperative Extension, New Jersey Agricultural Experiment Station, Rutgers, The State University of New Jersey. These materials may be reproduced for teaching purposes, provided that Rutgers Cooperative

This material was funded by USDA's Food Stamp Program.

Flesch Kincaid = 4.2



NJ SNAP - Ed
NJ Supplemental Nutrition Assistance Program-Education
USDA, Food and Nutrition Service



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: www.NJHelps.org; or to learn more go to www.fns.usda.gov/fsp. USDA is an equal opportunity provider and employer.

To Apply for SNAP visit www.njsnap.org

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

RUTGERS
New Jersey Agricultural
Experiment Station



Get the Lead Out With This Kids Can Help Recipe

Easy Make Pizza

This recipe is divided into 2 parts. If you choose, you can have a child help you make it.

Makes 8 pizzas

- ☆ 2 cups mozzarella cheese
- ☆ 1 pound lean or extra lean ground beef
- ☆ 2 cups canned tomato sauce
- ☆ 8 pita breads or English muffins
- ☆ Chopped veggies like broccoli, onions and peppers, if your children like them.

Adult and Child: Wash hands well with soap and warm water.

Adult:

1. Preheat oven to 350°F.
2. Shred mozzarella cheese.
3. Brown beef in a skillet.
4. Wash and chop vegetables into small pieces.

Child:

1. Spread tomato sauce on each pita or English muffin.
2. Add meat and veggies on top of the sauce.
3. Top each pizza with cheese.

Adult: Place pizza in oven until cheese melts.

Enjoy!

Pizza is high in calcium (cheese), Vitamin C (tomato sauce) and iron (beef).

