

At Risk for Lead in WATER?

Lead is a potent toxin and can be found in paint, water and soil.

Lead is a serious health concern. Even small amounts of lead are harmful, especially to younger children and women of child-bearing age.

Lead pipes were used in water service lines of homes built before 1962. In 1986, the use of lead pipes was banned in the United States.

What should you know?

- Homes built before 1962 have lead pipes and water service lines.
- Lead in your home's tap water typically comes from older fixtures, in which lead solder was used, or when water sits in lead pipes for several hours between uses.



What can you do?

- Filter your water and replace cartridges regularly. Buy a water filter that is certified to remove lead; look for NSF/ANSI 53.
- If you cannot afford a filter, always run your cold water tap for 3 minutes between uses.
- Women of child-bearing age and children under 6 should ALWAYS drink and cook with filtered or bottled water.
- Always use cold tap water for cooking and drinking.
- Clean water screens on your faucet weekly.
- See a doctor if you're worried about lead exposure.



What should you NOT do?

- DO NOT cook with hot tap water.
- DO NOT make infant formula with hot tap water.
- Boiling water DOES NOT remove lead.



Additional resources:

- **Get tested for lead exposure:** Contact your doctor, local WIC Clinic or your city's Health Department.

Well Fed Means Less Lead! See the reverse side for tips on protecting your family through the use of healthy foods.

Visit GetWellFed.org for more information.

To find a NSF/ANSI 53 water filter certified to remove lead, visit GetWellFed.org.



Get WELL FED



Exposure to lead can cause serious health concerns.

Even at low levels, lead is extremely harmful to infants, children and women of child-bearing age.

What you eat can help protect your family against lead!

Feed your family a healthy, balanced diet that contains good sources of iron, vitamin C and calcium.

| IRON | VITAMIN C | CALCIUM |
|---|--|--|
|  |  |  |
| <ul style="list-style-type: none">• Red Meat • Fish • Beans• Lentil • Iron-fortified Cereals• Spinach | <ul style="list-style-type: none">• Oranges • Berries • Tomatoes• Bell Peppers• Dark, Leafy Greens | <ul style="list-style-type: none">• Milk • Yogurt • Cheese• Kale • Turnip Greens• Calcium-fortified Juices |

What should you know?

- More lead is absorbed on an empty stomach. Infants and children absorb 5 to 10 times more lead on an empty stomach than adults.
- Exposure to lead is harmful to childhood development and can cause permanent behavioral and learning problems, a lower IQ, slowed growth and hyperactivity.
- Good sources of iron, vitamin C and calcium may lessen the absorption of lead into your body.

What can you do?

- Offer and feed your family regular, healthy meals and snacks to reduce lead absorption.
- Participate in free federal nutrition programs, such as WIC, Summer Meals, Farmers Market Vouchers, FoodShare (SNAP) and many others.
- Wash ALL fruits and vegetables thoroughly with cold water for 1 minute or until all dirt and dust is removed.
- When preparing food, always wash and cook with safe water.

Visit [GetWellFed.org](https://www.getwellfed.org) for more information.

Well Fed Means Less Lead | [GetWellFed.org](https://www.getwellfed.org) | **THE NUTRITION & LEAD TASK FORCE**