



# Get WELL FED

**Lead is hazardous and can cause serious health concerns.**

Even at low levels, lead is extremely harmful to infant and child development – including lower IQ, hyperactivity, behavior and learning problems and slowed growth.

**These effects are permanent. What you eat can help!**

It is critical to reduce risk and exposure to lead.

**More lead is absorbed on an empty stomach.**

Infants and children absorb 5 to 10 times more lead on an empty stomach than adults.

**What can you do?**

- Eat a healthy, balanced diet that contains good sources of iron, vitamin c and calcium, which can help reduce lead absorption.
- Offer and feed your family regular, healthy meals and snacks.

IRON	VITAMIN C	CALCIUM
Red Meat	Oranges	Milk
Fish	Berries	Yogurt
Beans	Tomatoes	Kale
Lentils	Bell Peppers	Cheese
Iron-fortified Cereals	Dark, Leafy Greens	Turnip Greens
Spinach		Calcium-fortified Juices

- Wash ALL fruits and vegetables thoroughly with cold water for 1 minute or until all dirt and dust is removed.

There are steps you can take today to protect your family from the risks of lead exposure.



- Participate in free federal nutrition programs, such as WIC, Summer Meals, Farmers Market Vouchers, FoodShare (SNAP) and many others.
- Get your family's lead levels tested.
  - Contact your doctor or local WIC Clinic or call your city's Health Department.

Visit [GetWellFed.org](http://GetWellFed.org).

Your nearest lead level testing location is:

**MAKE NUTRITION & LEAD TASK FORCE** | Well Fed Means Less Lead

This institution is an equal opportunity provider and employer. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local office at 1-888-947-6583 or visit <https://access.wisconsin.gov>. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

# At Risk for LEAD?

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

Lead exposure is a serious health concern, especially for children and women of child-bearing age. Look for it and protect your family.

Most common sources are:



Paint

Water

Soil

At Risk for Lead in...

# PAIN



Lead was used in paint until 1978. The older your home, the more likely lead paint is present. Lead paint is a danger to children if the paint is chipping, peeling, cracking or chalking.

Look for lead paint (especially around windows, floors and doors) that is chipping, peeling, flaking and dusty and looks like alligator skin. Knowing how to identify lead paint in your home is crucial.

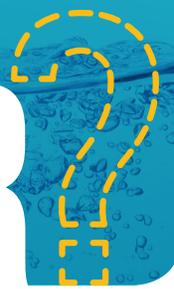
## What can you do?

- Use paper towels, soap and water to wipe surfaces where paint is chipping.
- Wash dust and flakes off of hands, bodies, toys, bottles, clothes, windows, pacifiers and floors with soap and water. Hand sanitizer does not remove lead.



At Risk for Lead in...

# WATER



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

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 tap water. Buy one that is certified to remove lead; look for NSF/ANSI 53.
- If you cannot afford a filter, ALWAYS run water 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.



At Risk for Lead in...

# SOIL & THE ENVIRONMENT



Homes built before 1978 can have lead in the surrounding soil.

Children generally ingest lead-contaminated soil and dust at higher rates because of hand-to-mouth behaviors. Lead dust flaking from old paint can most likely be found within 15 feet of the home, fence and garage.

## What can you do?

- If you live in a home without grass, keep children out of bare soil.
- Outside, check for peeling paint near bare soil and cover those areas with grass or mulch.
- Wash dirt and dust off of hands, bodies, toys, bottles and clothes.



## What should you NOT do?

- DO NOT dry scrape, power sand, burn or use a heat gun to remove lead paint. Consult a professional for help removing lead from your home properly.
- DO NOT dry sweep or vacuum paint chips.



## 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.



## What should you NOT do?

- DO NOT walk through the home with shoes or clothes if you have been exposed to bare soil.
- DO NOT purchase mini-blinds, cosmetics, cookware or candy made outside the U.S. that could contain traces of lead.



SEE A DOCTOR IF YOU ARE CONCERNED ABOUT LEAD EXPOSURE.