

# At Risk for Lead in SOIL & THE ENVIRONMENT



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.

Homes built before 1978 can have lead in the surrounding soil. Children generally ingest lead-contaminated soil and dust at higher rates than adults because of hand-to-mouth behaviors.

## What should you know?

- Lead dust flaking from old paint can most likely be found within 15 feet of the home, fence and garage.
- Because children crawl, they are more likely to breathe lead-contaminated dust and soil close to the ground.
- Traces of lead can be found in some everyday products made outside the United States, like mini-blinds, cosmetics, cookware or candy.



## 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, body, toys, bottles and clothes.
- Always wash fruits and vegetables thoroughly with cold water for 1 minute or until all dirt and dust is removed.
- **See a doctor** if you're worried about lead exposure.



## What should you NOT do?

- **DO NOT** garden close to your home, fence or garage. Keep gardens 15 feet away from these areas.
- **DO NOT** walk through the home with dusty shoes or clothes if you work with lead, are renovating a home or have recently been exposed to bare soil.
- **DO NOT** purchase mini-blinds, cosmetics, cookware or candy made outside the United States that could contain 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](http://GetWellFed.org) for more information.



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

### 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**