

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 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">• 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**