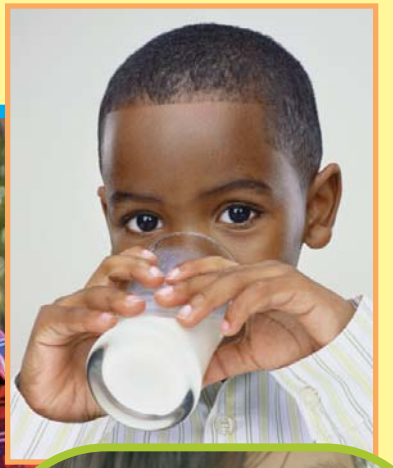

# Prevent Lead Poisoning with Good Food

Advice, easy recipes and snack ideas for caregivers of young children.

Read this booklet to find out how you can keep your food safe from lead and prevent lead poisoning with healthy food.

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# How can lead harm your child?

Lead is a metal that our bodies cannot use. Poisoning occurs when the body holds too much lead. Even a little lead can cause your children to have problems with growth and learning. Larger amounts of lead can cause damage to the brain, nervous system, kidneys and bone marrow. Lead in the body **stops** good vitamins and minerals such as iron, zinc and calcium from working right. Some of these effects may be permanent.

**Lead poisoning can be prevented.**

# Where is lead found in your home?

✔ **Check where lead might be found in your home.**

**Main sources of lead:**

- ☐ Dirt and dust inside and outside of homes
- ☐ Children's dusty hands and toys
- ☐ Chipping and peeling old paint
- ☐ Water that runs through old pipes
- ☐ Soil

**Other sources of lead:**

- ☐ Dust and pesticides on food
- ☐ Hand-made pottery that is not lead-free
- ☐ Lead crystal
- ☐ Jewelry made from pewter
- ☐ Fishing weights

For more information, call
**The Philadelphia Childhood Lead Poisoning Prevention Program** at **215-685-2788** or

**The National Lead Information Center**
**1-800-424-LEAD (424-5323)**

# Keep food safe from lead.

**Lead can get into your food from:**

- Dusty hands and toys
- Water running through old pipes
- Opened food cans
- Pottery and ceramic pitchers that contain lead
- Soil in which food is grown

**These tips will help keep lead away from the food your child eats.**

✔ **Check at least 5 tips you will begin NOW.**

## Tips to keep lead dust away from food:

- ☐ Wash hands before touching any food.
- ☐ Wash all counters and table tops before fixing food.
- ☐ Rinse all fresh fruit and vegetables under cool running water before eating or cooking.
- ☐ Try to eat at a table, not on the floor or ground where there may be lead dust. If you want to use the floor, cover it with a clean cloth.

*Begin today to keep lead dust away. Start with at least 5 tips. Each tip helps prevent lead poisoning.*

## Water safety tips:

- ☐ If you have not used your water for six hours, let it run until it feels cold.
- ☐ **Never use hot water** from the faucet to prepare food.

## Tips to store food:

- ☐ Store leftovers in plastic or glass containers, not in opened metal cans.
- ☐ Store juice in a plastic pitcher, instead of pottery or ceramic.

## Cleaning tips for families:

- ☐ Keep a floor mat outside your home to wipe your feet.
- ☐ Take off your shoes when you get home. This limits the amount of dust in your home.
- ☐ Wash floors once a week.
- ☐ With a damp cloth, wipe down furniture and toys. Use any household detergent.
- ☐ Wash your children's bedding. Buy washable stuffed animals.

# Eat foods that are lower in fat.

Fatty foods can cause your child's body to hold on to high amounts of lead.

**Offer your child foods that are lower in fat. Try to limit fried and greasy foods.**

*Try vegetable oil or cooking spray instead of butter, margarine or other fats.*

**Eat MORE:**

- Baked, broiled or steamed food
- Low fat milk
- Lean meats
- Fresh fruits and vegetables
- Low fat snacks such as pretzels, plain popcorn and frozen fruit juice pops

**Eat LESS:**

- Fried foods
- High fat meats such as sausage and bacon
- Foods cooked with fatty meats, butter and lard
- High fat snacks such as chips and cakes

# Eat foods higher in iron, zinc, calcium and vitamin C.

**Foods with iron, zinc, calcium and vitamin C will help keep your children's bodies from holding on to lead.**

**Use these tips to help plan meals and snacks.**

**See pages 7 to 13 for more meal and snack ideas and easy recipes.**

## Tips for iron

- Make stews and soups with beans and lean meat.
- Buy cereal and bread with extra iron, such as Cream of Wheat® or Raisin Bran®.
- Offer dried fruits such as prunes, raisins and apricots as a snack.
- Spread peanut butter on bread, crackers or bananas.
- Serve chicken with greens for extra iron.

## Tips for zinc

- Bake or broil meat, fish and chicken. Serve with rice and vegetables.
- Make a cheese omelet or scrambled eggs with cheese.
- Use lean meat, beans and cheese to make tacos and burritos.

## Tips for calcium

- Drink low fat milk.
- Use low fat milk over cereal and to make pudding, pancakes and creamed soup.
- Try cheese in sandwiches, on crackers and melted on vegetables.
- Try fruited yogurt.
- Cook green leafy vegetables such as kale, collard greens and broccoli.

If milk makes your child sick,

- Try low lactose milk or add drops such as Lact-Aid® to your milk.
- Talk with you doctor or WIC nutritionist.

**Give children under age two vitamin D whole milk.**

## Tips for vitamin C

- Serve fresh fruit whole or cut into a fruit salad. Try oranges, strawberries, watermelon and kiwi.
- Drink 100% fruit juice instead of soda or fruit punch.
- Bake potatoes instead of frying them.
- Try greens cooked with chicken or turkey.

*Many of the foods listed in this booklet can be bought with food vouchers from the WIC program. To find out about WIC, call (215) 978-6100.*

# Meals and snacks for your children.

## How much food should I give my child each day?

Offer your child three small meals plus two or three snacks a day. Young children's stomachs will hold on to less lead when full.

**With your children, choose from these meal and snack ideas to create your own daily menus on the next page.**

| Breakfast | Lunch | Dinner |
|---|---|---|
| Cheerios® | Grilled cheese and tomato sandwich | Spaghetti with meat sauce |
| Low fat milk | Low fat milk | Coleslaw |
| Orange juice | Apple | Grape juice |
| Sliced banana | OR | Watermelon |
| OR | Tuna salad sandwich | OR |
| French toast | Cranberry juice | Macaroni and cheese |
| Low fat milk | Pear slices | Stewed tomatoes |
| Applesauce | OR | Low fat milk |
| OR | Pizza bagel | Melon slice |
| Peanut butter on toast | 100% fruit juice | OR |
| Low fat milk | Fresh or canned peaches | Chicken stew |
| Orange sections | | Rice |
| | | Strawberries |
| | | Low fat milk |

## Offer small snacks between meals, such as:

- Cereal with low fat milk
- Pretzel sticks
- Peanut butter on crackers
- Apple or pear slices
- Strawberries or bananas
- Pudding
- Low fat milk and cookies
- Frozen fruit juice pop

# Our favorite meals.

Involve children in planning meals.
Below, write down meals you will try.

## DAY ONE

| Breakfast | Lunch | Dinner |
|---|---|---|
| | | |
| | | |
| | | |
| | | |
| | | |

## DAY TWO

| Breakfast | Lunch | Dinner |
|---|---|---|
| | | |
| | | |
| | | |
| | | |
| | | |

## DAY THREE

| Breakfast | Lunch | Dinner |
|---|---|---|
| | | |
| | | |
| | | |
| | | |
| | | |

Children enjoy cooking too:
they can wash fruits and vegetables,
crack eggs, add spices and stir.

For recipes, read pages 9 to 13.

# Recipes

## Oatmeal Swirlers

1 1/2 cups of quick cooking oats

1/3 cup of peanut butter

1/3 cup of fruit jelly or jam

**Steps:**

- *Follow the package directions to cook oats.*
- *Spoon peanut butter and jelly on top of cooked oatmeal.*
- *Stir and spoon into bowls.*
- *Serve with low fat milk.*

Makes 4-6 servings.

Wash your hands before cooking.

## Cheese Omelet

3 eggs

1 tablespoon of low fat milk

Vegetable oil

3 tablespoons of cheese

**Steps:**

- *Mix eggs and milk in a bowl.*
- *Lightly coat pan with vegetable oil. Use medium heat.*
- *Add egg mixture and cook.*
- *When omelet is cooked on the bottom, add cheese.*
- *When cheese has melted, fold omelet in half.*
- *Top with salsa if you like.*
- *Serve with toast, fruit and low fat milk.*

Makes 2-3 servings.

## Cook with less fat. Here is how:

- Use vegetable oil or cooking spray instead of butter, margarine or other fats.
- Bake, broil or steam your vegetables and meats.
- Use low fat milk.
- Try low fat cheese.

## French Toast

3 eggs, beaten

1/2 cup of low fat milk

Vegetable oil

6 slices of bread

Cinnamon

**Steps:**

- *Mix eggs and milk.*
- *Lightly coat pan with vegetable oil. Use medium heat.*
- *Dip bread into egg mixture, so that bread is covered.*
- *Brown one side of bread in pan.*
- *Sprinkle top with cinnamon.*
- *Turn over bread and brown the other side. Top with sliced banana.*
- *Serve with low fat milk.*

Makes 4-6 servings.

## Pizza Bagels

1 bagel

2 tablespoons of tomato sauce

Garlic, basil or oregano

2 tablespoons of cheddar cheese or part skim mozzarella

**Steps:**

- *Slice open a bagel and place on a flat pan.*
- *Add tomato sauce, seasonings and cheese.*
- *Bake in oven at 400 degrees for 3 minutes or until cheese melts.*
- *Serve with fruit juice.*

Makes 1-2 servings.

## Sloppy Joes

1 pound of lean ground beef, turkey or chicken

1 small onion, chopped

1/2 green pepper, chopped

1 cup of tomato sauce

Your choice of seasonings

5 hamburger buns or pita pocket breads

**Steps:**

- *In a pan, cook lean ground meat, onion and green pepper until meat is well done.*
- *Drain fat.*
- *Stir in tomato sauce and seasonings.*
- *Cook for 5 to 10 minutes.*
- *Spoon into hamburger bun or pita.*
- *Serve with fruit juice.*

Makes 4-6 servings.

## Potato Salad

3 large potatoes, washed well

1 stalk of celery, chopped

1 small onion, chopped

3 hard cooked eggs, peeled and chopped

1 tablespoon of mustard

1/2 cup of low fat mayonnaise

**Steps:**

- *Boil whole potatoes until tender, about 45 minutes.*
- *Cool, peel and chop potatoes into small pieces.*
- *Combine potatoes, celery, onion and eggs.*
- *For a new taste, try dill or celery seed.*
- *To make a dressing, mix mustard and low fat mayonnaise.*
- *Toss dressing with potatoes.*
- *Chill in refrigerator for at least 1 hour before serving.*

**Makes 3-4 servings.**

## Grilled Cheese and Tomato Sandwich

2 slices of bread

2 slices of American cheese

1 slice of tomato

Vegetable oil

**Steps:**

- Make sandwich using bread, cheese and tomato.
- Lightly coat pan with vegetable oil.
- Brown sandwich on both sides over low heat to melt cheese.
- Serve with low fat milk or fruit juice.

**Makes 1 serving.**

## Chicken Stew

3 pounds of frying chicken, cut up into small pieces

Vegetable oil

1 medium onion, chopped

1 stalk of celery, chopped

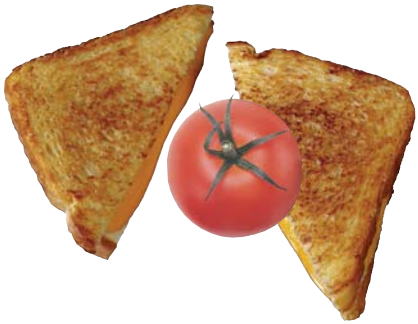
28 ounce can of stewed tomatoes

Poultry seasoning

**Steps:**

- *Lightly coat pot with vegetable oil. Use medium heat.*
- *Cook chicken until it is well done.*
- *Add can of stewed tomatoes.*
- *Add vegetables and seasoning.*
- *Cover and cook over low heat for 30 minutes.*
- *Serve with rice or noodles.*

**Makes 6-8 servings.**



## Garden Stir-Fry with fresh or frozen vegetables

4 tablespoons of vegetable oil

2 cloves of garlic or 1/2 teaspoon of garlic powder

2 cups of broccoli, chopped

2 cups of cauliflower, chopped

2 small carrots, chopped

1/2 cup of cold water or chicken broth

1 small green pepper cut into strips

1 cup of cooked lean beef, chicken or turkey cut into chunks

Pepper to taste

**Steps:**

- *Place pan over medium heat. Add oil.*
- *When oil is hot, add garlic. Cook until brown.*
- *Add broccoli, cauliflower, carrots and green pepper.*
- *Add cold water or broth. Cover and cook until tender.*
- *Add **cooked** meat. Cook until meat is hot.*
- *Season to taste.*
- *Serve with rice or noodles.*

**Makes 4-6 servings.**

## Tuna Salad Sandwich

4 slices of bread

1 can of water-packed tuna

4 teaspoons of low fat mayonnaise

Chopped onion and celery

**Steps:**

- *Mix tuna with low fat mayonnaise, onion and celery.*
- *Try your sandwich with cheese and tomato.*
- *Serve with low fat milk.*

**Makes 2 servings.**

## Baked Macaroni and Cheese

4 cups of cooked macaroni
(2 cups uncooked)

3 cups of grated cheddar cheese

Vegetable oil

2 tablespoons of margarine

2 tablespoons of flour

2 cups of low fat milk

Salt and pepper

**Steps:**

- *Preheat oven to 375 degrees.*
- *Lightly coat casserole dish with vegetable oil.*
- *Mix cooked macaroni with grated cheese and pour into casserole.*
- *Melt margarine in a pan. Remove from heat, stir in flour.*
- *Return to heat.*
- *Add milk slowly, stirring until smooth.*
- *Season with salt and pepper to taste.*
- *Pour over macaroni. Stir.*
- *Cover. Bake for 30 minutes..*
- *Uncover and bake 15 more minutes.*

**Makes 3-5 servings.**

## Banana Strawberry Smoothie

1 cup of low fat milk

1 cup of fresh or frozen strawberries, mashed

1 ripe banana, mashed

**Steps:**

- *Mix all together in a blender or use a wire whisk.*
- *Eat as a snack or for dessert.*

**Makes 2-3 servings.**

Advice, easy recipes and snack ideas for caregivers of young children.

# Prevent Lead Poisoning with Good Food

FOR MORE COPIES, CONTACT:

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