

W I C *Tribune*

Onondaga County Health Department WIC Program Newsletter

Nutrition Spotlight: Lead Poisoning

What is Lead Poisoning?

Lead poisoning can be prevented. The most common source is lead paint. Lead paint can turn into lead dust that you can't see. Lead dust is created during home repairs or by opening and closing windows and doors. This lead dust can get on your child's hands and then into his or her mouth.

Sometimes it is not the home where the child lives that is the source of lead paint/dust, but a home they visit often such as a caregiver's or a grandparent's. Other sources of lead may include:

- Dirt
- Toys
- Jewelry
- Dishes/pottery
- Fishing sinkers
- Water pipes
- Folk medicines

A blood test is the only way to know if your child has been exposed to lead paint. If lead gets into a child's body it could cause:

- Learning problems
- Behavior problems
- Growth problems
- Hearing Loss
- Kidney Damage
- Anemia

Protecting you and your family:

You can protect best by ensuring that your home is lead free. Call the Lead Program at 435-3271 to ask about FREE home lead inspections for those who:

- Live in a rental house built before 1960 that has chipping or peeling paint, and
- Are pregnant or have children under age 7 who live at or visit their home.

Make sure your children are tested for lead at ages 1 and 2. Kids this age spend a lot of time on the floor and are often trying to put things in their mouths. This natural hand-to-mouth behavior places young children at risk.

Oct-Dec 2014

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*At age one and age two
testing for lead is what to do!*



Ask your WIC Nutritionist for additional tips to keep your home safe! Examples:

- washing your child's hands and toys frequently
- keeping dusty surfaces clean with a damp cloth
- knowing where your kids play

Fight back with good nutrition

Nutrition can play an important role in preventing lead poisoning. It can also lessen the harmful effects if your child is exposed. If you are pregnant, eat foods high in iron, vitamin C, and calcium to protect against lead poisoning. Include these foods in your child's diet on a regular basis.

Eat foods high in vitamin C.

Eat foods high in vitamin C. Vitamin C will help the body absorb iron from plant foods. Foods to include:

- oranges/tangerines/lemons
- grapefruit
- strawberries
- tomatoes
- cantaloupe
- broccoli
- sweet potatoes

Eat foods high in calcium.

Calcium helps reduce lead absorption. Keep lead out by including these high calcium foods:

- milk and milk products
- cheese and yogurt
- greens
- calcium-enriched juice
- broccoli
- kidney beans

Eat regular meals.

An empty stomach absorbs more lead. By feeding your child healthy meals and snacks daily you will help them absorb less lead.

Eat foods rich in iron.

Kids need to have plenty of Iron in their bodies. High blood lead levels reduce the iron in red blood cells. This affects the cells' ability to transport oxygen throughout the body. Foods high in Iron:

- iron-fortified cereals on your WIC food list
- beans (lentils, lima beans, kidney beans)
- spinach
- lean red meats
- peas (black eyed peas, cowpeas)
- pumpkin and squash seeds
- prune juice

What foods to avoid:

- vegetables grown in lead-contaminated soil
- foods that fell on the floor and picked up lead dust
- foods stored in lead-soldered cans (see thicker edges), glazed ceramic dishes, or crystal
- candy containing lead such as imported Mexican candy with tamarind and chili powder. You can check at the CDC website link for "lead in candy."

More healthy tips:

- Eat foods in places that have a low risk for lead exposure; for example, at a table rather than on the floor.
- Always wash your child's hands before eating.
- Be sure to use lead-free cookware.

WIC News

- The WIC office will be closed on Thursday, November 27th and Friday, November 28th for the Thanksgiving holiday and Thursday, December 25th for Christmas.
- Please make sure that you use all of your six Farmer's Market checks by November 30th. Your goal should be to use all six so that your family can enjoy locally grown fruits and vegetables. If you have a difficult time getting to the farmer's market, try to use all of your checks during one visit to the farmer's market or send a friend or relative to the market to cash the checks for your family.
- Join our group appointments at the WIC Program. Interact with your friends and neighbors and **reduce your waiting times at your next clinic appointment**. Please call the WIC Program at 435-3304 to schedule your group appointment.
- The WIC Program values your participation! Please call our office at 435-3304 if your phone number or address changes so that we can contact you for appointment reminders.
- Please call the WIC office if you cannot make your WIC appointment so that this time can be offered to another WIC family.
- If you come to your WIC appointment before your scheduled appointment time we cannot guarantee that you will be seen early. WIC will serve those individuals who come at their scheduled appointment time first. We appreciate your patience and understanding regarding appointment times.



Leo the Lion says, "Eating foods high in iron, vitamin C, and calcium can help protect your body from lead poisoning!"

Upcoming Rabies Shot Clinics

Thursday, November 6, 5:00-7:00 pm

Beaver Lake Nature Center

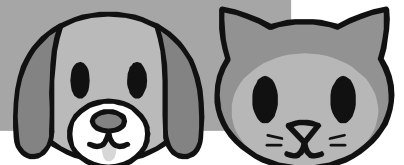
East Mud Lake Road, Baldwinsville

Saturday, December 6, 10:00 am-12 noon

SPCA, 5878 East Molloy Road, Mattydale

For more information call

435-3165



Here's What's Cooking



Apple Salad

2 apples*

1 can (20 oz) crushed pineapple in juice, undrained*

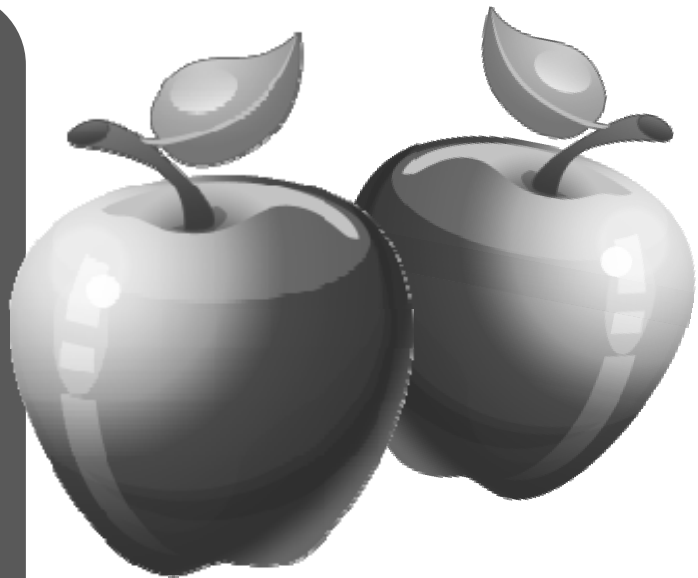
1 package (3.4 oz) coconut cream instant pudding mix

1. Remove seeds from apples. Cut apples into small chunks.
2. Combine apples, pineapple and pudding mix together in bowl.
3. Place in refrigerator for one hour.

Variations

1. Add sunflower seeds or crushed cashews.
2. Try different flavor of pudding mix.
3. Banana cream.
4. Lemon or pistachio.
5. Add a few blueberries* or raspberries.*

*WIC Foods



Onondaga County Health Department WIC Program
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Standards for participation in the WIC Program are the same for everyone regardless of race, color, creed, national origin, political beliefs or sex.

Onondaga County Health Department



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