HEALTH

Protect Children Against Lead

ROCKLAND COUNTY LEAD FREE KIDS

Eating foods high in **calcium**, **iron**, and **vitamin C** can help reduce the absorption of lead into the body.

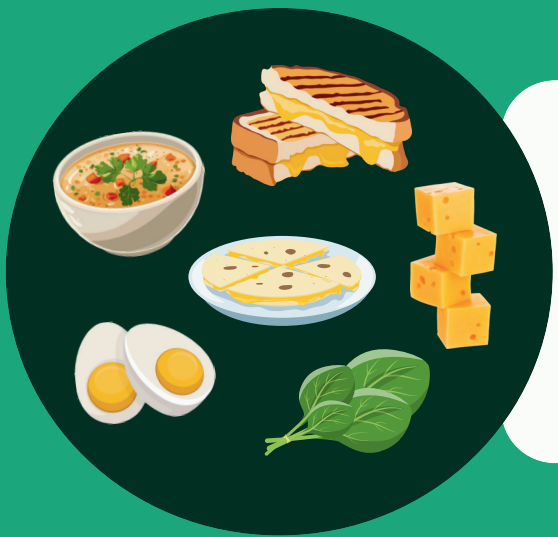
Consult with your pediatrician if you have concerns regarding your child's nutrition, including questions about the amount or types of foods and drinks your child should eat or drink.

Breakfast

- Scrambled eggs with spinach
- Scrambled egg burrito with cheese and black beans
- Huevos rancheros on whole grain tortillas with salsa and cheese
- Oatmeal with blueberries

Snack

- Whole wheat toast with peanut butter
- Mandarin slices
- Greek yogurt with fruit
- Cheese and whole grain crackers



Lunch

- Chicken and lentil soup
- Hard-boiled eggs with cheese cubes
- Spinach and cheese sandwich, quesadilla, or wrap with whole grain bread or tortilla

Snack

- Milk, spinach, and fruit smoothie
- Orange slices
- Carrots and hummus

Dinner

- Baked chicken with sweet potatoes and spinach
- Grilled fish with steamed broccoli
- Meat and vegetable tacos (for vegetarian alternative, use tofu instead of meat)

Wash your food with clean water sources before eating it to remove any lead dust or dirt from its surface.

https://www.epa.gov/lead/actions-reduce-potential-lead-exposure

Wash your hands with soap and water before, during, and after preparing any food. Wash your hands before and after eating.

https://www.cdc.gov/clean-hands/about/index.html

For More Information:

Rockland County Lead Poisoning Prevention Program
rcklnd.us/Lead-Prevention-Program
(845) 364–3305
LeadFreeKids@co.rockland.ny.us

References:

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