



NUTRITION & LEAD

A guide and recipe set to help your family prevent lead poisoning!



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FIGHT LEAD WITH NUTRITION!

Nutrition is one of the first lines of defense against the harmful effects of lead. People who eat a healthy diet are less effected by lead in the body than someone with poor diet habits. Foods high in **iron, calcium, and vitamin C** protect the body from lead. The body absorbs lead easier on an empty stomach, so make sure not to skip meals!

Keep your family safe by eating foods high in these nutrients:

- Iron-rich foods can help protect you & your child from the harmful effects of lead and decrease the amount that enters the body. Foods high in iron include:
 - Lean red meats, fish (tuna & salmon), and chicken
 - Green leafy vegetables, such as spinach, kale, & collard greens
 - Iron-fortified cereal, bread, & pasta
 - Dried fruit, such as raisins and prunes
 - Beans
- Calcium-rich foods help your body absorb less lead. Calcium-rich foods include:
 - Milk & milk products, like cheese & yogurt
 - Green leafy vegetables, such as spinach, kale, & collard greens
 - Calcium-enriched orange juice
 - Tofu
 - Canned salmon & sardines- with bones
- Vitamin C-rich foods help iron to decrease the amount of lead that enters the body and the effects that it has. Eat these foods at the same time as foods rich in iron. Good sources of vitamin C include:
 - Citrus fruits & their juices, like oranges & grapefruit
 - Tomatoes & tomato juice
 - Peppers
 - Other fruit- kiwi, strawberries, & melons



RECIPES

(All recipes adapted from Share Our Strength's Cooking Matters curricula)



BLACK BEAN AND VEGETABLE QUESADILLAS

Makes 6 servings

- ½ can of black beans, no salt added
- 2 medium zucchini
- 1 bunch fresh spinach (about 4 cups)
- 1 cup corn
- 4 ounces low-fat cheddar cheese
- 1 Tablespoon canola oil
- pinch of ground cayenne pepper
- ½ teaspoons water
- ½ teaspoon ground black pepper
- 6 (8 inch) whole wheat flour tortillas
- Non-stick cooking spray

Steps:

- Drain and rinse black beans. Rinse zucchini and cut into thin slices or shred. Rinse and chop spinach. Drain corn. Grate cheese.
- In large skillet over medium-high heat, heat oil. Add zucchini and cayenne pepper. Cook until zucchini is semi-soft, about 5 minutes.
- Add corn and spinach. Cover and cook until tender, stirring a few times., about 5 minutes more. Remove from heat.
- Add black beans to the veggie mix and stir. Smash beans lightly with a fork and add 1-2 teaspoons water to make a bean veggie paste.
- Season mixture with black pepper and transfer to bowl.
- Spread mixture evenly on half of each tortilla. Top with cheese. Fold tortilla over. Press lightly to flatten.
- Spray skillet lightly with cooking spray. Heat over medium-high heat. Add one folded tortilla. Cook about 4 minutes per side, or until both side are golden brown. Repeat with all quesadillas are cooked.

Nutrition facts per serving: 250 calories, 6g fat, 1g saturated fat, 500mg sodium, 37g carbohydrate, 7g fiber, 13g protein

Percent of recommended intake for an adult eating a 2,000 calorie diet:
• Calcium 30% • Iron 20% • Vitamin C 40%

CHOCOLATE STRAWBERRY FRENCH TOAST

Makes 4 servings

- 8 medium strawberries
- 3 Tablespoons unsweetened cocoa powder
- 2 Tablespoons sugar
- 1 large egg
- ½ cup low-fat milk
- 1 teaspoon ground cinnamon
- Non-stick cooking spray
- 4 slices whole wheat bread

Steps:

- Rinse strawberries. Cut off leafy tops and slice.
- Whisk cocoa powder and sugar together and set aside.
- Beat egg. Add milk and cinnamon to egg. Beat 1 minute more.
- Coat skillet with non-stick cooking spray. Heat over medium heat.
- Dip one piece of bread in egg mixture. Flip to coat both sides. Shake off any excess egg coating and place in hot skillet. Cook until golden brown, about 2-3 minutes per side. Remove from pan. Repeat with each piece of bread.
- Top each piece of bread with 3 Tablespoons sliced strawberries. Dust with cocoa mixture.

Nutrition facts per serving: 150 calories, 3g fat, 1g saturated fat, 45mg cholesterol, 170mg sodium, 25g carbohydrate, 6g fiber, 8g protein

Percent of recommended intake for an adult eating a 2,000 calorie diet:
• Calcium 20% • Iron 10% • Vitamin C 25%



PEANUT BUTTER AND BANANA POCKETS

Makes 4 servings

- 3 ripe bananas
- 3 Tablespoons peanut butter
- 1 ½ teaspoons honey
- ¼ teaspoon ground cinnamon
- 4 (8-inch) whole wheat flour tortillas
- Non-stick cooking spray

Steps:

- Peel and slice bananas about ¼-inch thick.
- In small bowl, mix peanut butter, honey, and cinnamon.
- Lay tortillas flat. Spread 1 Tablespoon peanut butter mix on one half of each tortilla.
- Arrange a single layer of bananas on top of peanut butter on each tortilla. Fold in half.
- Coat large skillet with non-stick cooking spray. Heat over medium heat.
- Place folded tortillas in skillet. Cook for 1-2 minutes on each side, or until golden brown.

Nutrition facts per serving: 290 calories, 8g fat, 1.5g saturated fat, 340mg sodium, 50g carbohydrate, 6g fiber, 8g protein

Percent of recommended intake for an adult eating a 2,000 calorie diet:

- Calcium 15% • Iron 10% • Vitamin C 15%



Photo is shown with optional fruit added.

VEGETABLE LASAGNA

1 (8-ounce) package whole wheat lasagna noodles

- 3 cups spinach
- 8 ounces button mushrooms
- 1 large zucchini
- 3 cloves garlic
- 1 (6-ounce) block mozzarella cheese
- ½ teaspoon salt
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- ¼ teaspoon ground black pepper
- 1 (28-ounce) can tomato sauce or crushed tomatoes, no salt added
- 1 large egg
- 1 cup low-fat cottage cheese or part-skim ricotta cheese
- Non-stick cooking spray

Steps:

- Preheat oven to 350 F.
- Cook lasagna noodles following package directions. Drain and rinse under cold water until cool to touch.
- While noodles cook, rinse spinach, mushrooms, and zucchini. Peel garlic.
- Chop spinach. Thinly slice mushrooms. Dice zucchini into ½-inch pieces. Mince garlic.
- Grate mozzarella cheese. Set aside ¼ cup for topping.
- Mix spinach, mushrooms, and zucchini. Stir in ¼ teaspoon of salt. Pat dry veggies if still wet.
- Stir garlic, basil, oregano, ¼ teaspoon salt, and black pepper into canned tomatoes to make a sauce. Do this right in the can.
- Crack egg and beat with fork. Add both cheeses and mix.
- Lightly coat backing dish with non-stick cooking spray. Spread ½ cup tomato sauce on bottom of dish.
- Layer 3 noodles over sauce. Then, layer 1 cup cheese mixture, 1 ½ cups veggies, and 2/3 cup tomato sauce. Repeat layers 2 more times, ending with 3 noodles. Cover with remaining tomato sauce. Sprinkle with left over mozzarella cheese.
- Bake until cheese is melted and lightly browned on top and lasagna is bubbly, about 45 minutes. Remove from oven and let cool 10 minutes before cutting.

Nutrition facts per serving: 180 calories, 6g fat, 3g saturated fat, 35g cholesterol, 460mg sodium, 33g carbohydrate, 7g fiber, 17g protein

Percent of recommended intake for an adult eating a 2,000 calorie diet:

- Calcium 20% • Iron 15% • Vitamin C 35%



Makes 8 servings

TUNA MELT

Makes 4 servings

- 4 slices of whole wheat bread
- 1 can of water packed tuna
- ¼ cup of low-fat mayonnaise
- 1 large stalk celery, chopped
- 1 large tomato, sliced
- ½ lemon
- 2 ounces low-fat cheddar cheese

Steps:

- Rinse and cut celery and tomato.
- Rinse lemon & squeeze juice into small bowl.
- Mix tuna with low-fat mayonnaise, lemon juice, and celery until combined.
- In large skillet over medium heat, add 2 slices of bread. Cook until toasted on bottom, about 5 minutes. Remove from pan and repeat with other 2 slices. (Only toast one side of each piece)
- On toasted side of each bread slice, add ½ cup tuna mixture. Top with tomato slice and cheese. Cover and cook until cheese is melted and bread is browned, about 3-5 minutes. Repeat with other 2 pieces.

Nutrition facts per serving: 270 calories, 8g fat, 1.5g saturated fat, 390mg sodium, 18g carbohydrate, 5g fiber, 30g protein

Percent of recommended intake for an adult eating a 2,000 calorie diet:

- Calcium 25% • Iron 15% • Vitamin C 20%

CHEESY HAMBURGER SKILLET

Makes 4 servings

- 2 cups whole wheat macaroni
- 1 small bell pepper
- 1 small onion
- 3 cloves garlic
- 3 ounces reduced fat cheddar cheese
- 1 pound lean ground beef or turkey
- 1 (14 ounce) can diced tomatoes, no salt added, do not drain
- 1 Tablespoon dried thyme leaves
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

Steps:

- Cook macaroni according to package directions. Drain, rinse with cool water, and set aside.
- While pasta cooks, rinse and dice bell pepper. Peel and finely chop onion. Peel and mince garlic.
- Grate cheese.
- In large skillet over medium heat, add beef or turkey, bell pepper, onion, and garlic. Cook, crumbling beef with spoon, until meat is no longer pink, about 15 minutes. Drain fat.
- In skillet, add remaining ingredients to meat mixture. Sprinkle with cheese. Cover and cook over medium heat until cheese is melted, 5-7 minutes.
- * Add your favorite veggies in step 4 to add variety and make even more healthy!

Nutrition facts per serving: 300 calories, 8g fat, 3g saturated fat, 360mg sodium, 34g carbohydrate, 4g fiber, 25g protein

Percent of recommended intake for an adult eating a 2,000 calorie diet:

- Calcium 15% • Iron 20% • Vitamin C 45%





HEARTY EGG BURRITOS

Makes 4 servings

- 3 green onions
- 1 medium red or green bell pepper
- 1 medium clove garlic
- 2 ounces low-fat cheddar cheese
- 1 (15.5 ounce) can black beans, no salt added
- 1 teaspoon canola oil
- 4 large eggs
- ¾ teaspoon ground cumin
- ¼ teaspoon ground black pepper
- non-stick cooking spray
- 4 (8 inch) whole wheat flour tortillas

Steps:

- Rinse green onions and bell pepper, Peel garlic.
- Slice onions, remove core and dice bell pepper, and mince garlic.
- Grate cheese. Drain and rinse beans.
- In a medium skillet over medium heat oil. Add beans, green onions, bell pepper, and garlic. Cook until peppers are soft, about 3 minutes. Add ½ teaspoon ground cumin and black pepper. Transfer mixture to plate.
- In a small bowl, crack eggs. Add remaining ¼ teaspoon cumin. Beat lightly with a fork.
- Wipe out skillet. Coat with non-stick cooking spray. Heat at medium-low. Add eggs. Cook, stirring occasionally, until eggs are as firm as you like them, about 3-5 minutes.
- Add cooked eggs to center of each tortilla and top with beans, veggies, and cheese. Roll up and enjoy!

Nutrition facts per serving: 340 calories, 8g fat, 2g saturated fat, 185mg cholesterol, 510mg sodium, 45g carbohydrate, 9g fiber, 20g protein

Percent of recommended intake for an adult eating a 2,000 calorie diet:

- Calcium 30% • Iron 25% • Vitamin C 45%

BEAN AND RICE BOTANA

Makes 8 servings

- 2 cups brown rice
- 3 small onions
- 1 medium green bell pepper
- 1 small garlic clove
- 4 ounces low-fat Monterey Jack cheese
- 3 (15 1/2- ounce) cans pinto beans
- 2 Tablespoons canola oil
- 1 Tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- ½ teaspoon ground cayenne pepper
- 1 (28-ounce) can diced or crushed tomatoes, no salt added
- Non-stick cooking spray

Steps:

- Preheat oven to 350 F.
- Cook rice following package directions. Set aside.
- While rice is cooking, peel, rinse, and dice onions. Rinse and dice bell pepper. Peel and finely chop garlic.
- Grate cheese
- Rinse and drain canned beans.
- In a medium pot over medium-high heat, heat oil. Add onions, garlic, and bell pepper. Cook, stirring often, until veggies are soft and just starting to brown.
- Add spices. Stir, about 30 seconds.
- Add drained beans and canned tomatoes with their juices. Simmer mixture on low until thicker, about 15 minutes.
- Coat baking dish with non-stick cooking spray.
- Spread cooked rice on bottom of baking dish. Cover with bean mix and sprinkle cheese on top.
- Bake for 20-25 minutes, or until cheese is melted and botana is heated through.

Nutrition facts per serving: 430 calories, 11g fat, 3g saturated fat, 15g cholesterol, 460mg sodium, 67g carbohydrate, 13g fiber, 17g protein

Percent of recommended intake for an adult eating a 2,000 calorie diet:

- Calcium 20% • Iron 15% • Vitamin C 35%



ROASTED BUTTERNUT SQUASH

Makes 6 servings

- 2 pounds butternut squash
- ¼ cup walnuts
- 2 Tablespoons canola oil
- 1 teaspoon dried sage
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 Tablespoon butter or canola oil
- ¼ cup dried cranberries
- 1 ½ Tablespoons maple syrup

Steps:

- Preheat oven to 375 F.
- Rinse and peel squash. Cut off ends and throw away. Cut squash in half, so you have a round part and a narrow part. Cut each half in half again. Scoop out seeds and cut into ¾-inch cubes.
- Coarsely chop walnuts. Set aside.
- Toss squash with oil, sage, salt, and pepper.
- Spread squash evenly on a baking sheet. Roast, stirring once, until tender, about 35 minutes.
- In small skillet over medium heat, melt butter or heat oil. Add walnuts and cook until fragrant, about 2 minutes. Remove from heat. Stir in cranberries and maple syrup.
- Gently toss cooked squash with cranberry and walnut mix. Enjoy!

Nutrition facts per serving: 200 calories, 10g fat, 2g saturated fat, 5g cholesterol, 105mg sodium, 27g carbohydrate, 4g fiber, 3g protein

Percent of recommended intake for an adult eating a 2,000 calorie diet:

- Calcium 10% • Iron 8% • Vitamin C 50%



ASIAN NOODLES WITH PEANUT BUTTER SAUCE

Makes 8 servings

- 1 (16 ounce) package whole wheat pasta
- ¼ cup peanut butter
- 1/3 cup warm water
- ¼ cup low-sodium soy sauce
- 2 Tablespoons cider vinegar
- 4 teaspoons sugar
- 1 bag frozen veggies, such as broccoli, thawed

Steps:

- Cook pasta using package directions. Make sauce and veggies while pasta is cooking.
- Combine peanut butter and warm water. Stir into a smooth, thin sauce.
- Add soy sauce, vinegar, and sugar. Mix until sugar dissolves.
- In microwave-safe bowl, add thawed frozen veggies and ½ cup water. Steam in microwave for 3-5 minutes. Drain excess water.
- Pour peanut sauce and steamed vegetables over cooked, drained pasta. Toss to combine. Serve warm or cold.

Nutrition facts per serving: 430 calories, 11g fat, 3g saturated fat, 15g cholesterol, 460mg sodium, 67g carbohydrate, 13g fiber, 17g protein

Percent of recommended intake for an adult eating a 2,000 calorie diet:

- Calcium 20% • Iron 15% • Vitamin C 35%



FOOD ASSISTANCE IN GENESEE COUNTY

Women, Infants, & Children (WIC)

WIC is a program that supplies extra food for low-income pregnant and/or breastfeeding mothers, infants, and children up to 5 years old, who are at nutritional risk. Foods provided through WIC include:

- Infant formula and iron-fortified cereals
- Fruits & vegetables rich in iron, calcium, & vitamin C
- Whole grain bread & cereals
- Eggs, milk, cheese, & yogurt

To apply for WIC, call 1-800-262-4784 or 810-237-4537

WIC-Project Fresh

If you receive WIC benefits, you are eligible to receive Project Fresh coupons for purchase of locally grown fruits & veggies! This program runs from June 1st through October 31st each year. For more information contact Genesee County WIC at 810-237-4537 or MSU Extension at 810-244-8500.

Supplemental Nutrition Assistance Program (SNAP)-formerly food stamps

SNAP provides low-income residents with money to purchase food, including:

- Fruits & vegetables
- Breads & cereals
- Dairy, meat, fish, & poultry

You are also allowed to purchase seeds & food-producing plants with your SNAP benefits to grow your own food. Apply for SNAP at www.mibridges.michigan.gov or call Genesee County DHHS @ 810-760-2200.

Double Up Food Bucks (DUFB)

DUFB is a program that matches your SNAP benefits when you buy Michigan grown fruits and vegetables. For example, if you buy \$10 worth of Michigan produce, you will get an extra \$10 to buy more fruits & veggies! You can use this program at:

- Flint Farmer's Market- offered all year round
 - Located at 300 E. 1st St., Flint; 810-232-1399
- Landmark Food Center- offered at limited times
 - Located at 206 W. Pierson Rd; 810-789-7311 or 4644 Fenton Rd; 810-238-2972

The Emergency Food Assistance Program (TEFAP)

TEFAP provides healthy foods to qualified families and individuals once every 4 months. For more information contact GCCARD at 810-789-3746 or 810-789-4409.

Commodities Food Program

A supplemental food program to help low-income pregnant and breastfeeding women, new mothers up to one year after birth, infants, children up to age 6, and people 60 years of age and older. Food is provided once a month. For more information call 810-789-3746 or 810-789-4409

LEAD FACTS

Lead is a serious health hazard, especially for small children. The best way to prevent exposure to lead is to avoid contact. Elevated levels of lead have been found in Flint's drinking water. Make sure you are using lead-clearing filters for drinking, cooking and/or baking, and especially for infant formula preparation. Kids can also be exposed to lead from old lead paint, dust, soil, pottery, cosmetics, toys and some home remedies.

If you have any concerns about lead or your child's diet, be sure to talk with your doctor.

Lead Resources:

- Genesee County Health Department Lead Program (810) 257-3833 www.gchd.us
- Michigan Department of Health and Human Services Childhood Lead Poisoning Prevention Program (888) 322-4453 www.michigan.gov/lead
- United States Environmental Protection Agency www.epa.gov/lead
- U.S. Centers for Disease Control and Prevention (CDC) Web site www.cdc.gov/nceh/lead

Additional Genesee County Resources:

211

- A service that connects you to community resources including food, transportation, education, health care, and many more!
- FREE water filters
- Phone number- 211
- www.211.org

Flint Water Department

- Free or low-cost water testing
- Phone number- 810-787-6537

Genesee County Community Action Resource Department (GCCARD)

- Free water filters
- Phone number - 810-789-3746 or 810-789-4409

Michigan State University Extension

- Free nutrition education classes
- Low to no cost soil testing
- Phone number- 810-244-8500

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These materials were partially funded by the United States Department of Agriculture (USDA) Supplemental Nutrition Assistance Program Education (SNAP-Ed) by way of the Michigan Department of Health and Human Services through Michigan State University Extension.

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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