



# FIGHT LEAD WITH NUTRITION

Feeding your family healthy food rich in Iron, Vitamin C and Calcium can help limit the absorption of lead.



*Iron - lean red meats, beans, peanut butter, and cereals*



*Vitamin C - oranges, green and red peppers, and juices*



*Calcium - milk, yogurt, cheese, and green leafy vegetables like spinach*

**NJ SNAP can help you buy nutritious foods that can help fight lead**

## **New Jersey Supplemental Nutrition Assistance Program (NJ SNAP)**

Provides individuals and families with low incomes money to purchase nutritious foods that can help fight lead. To apply for NJSNAP online visit [njhelps.org](http://njhelps.org). or call 1-800-687-9512 and visit [www.NJSNAP-Ed.gov](http://www.NJSNAP-Ed.gov) for information about healthy food.



## **NJ Department of Human Services**

Phil Murphy, Governor | Sheila Oliver, Lt. Governor | Carole Johnson, Commissioner



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