



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. or call 1-800-687-9512 and visit 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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