FLINT WATER CRISIS TOOL KIT
The MTA now offers TWO OPTIONS for bus service to Eastside grocery stores:

**GROCERY ROUTE**
Use the Ride to Groceries route accessed through these designated bus stops - Look for the sign

**CALL-IN AREA**
Call the MTA to schedule a ride right from your home.
CALL: (810) 780-8918

Grocery Route $0.85/Ride

Call-In Rides $2.25/Ride

**Grocery Route Stops**
- Kroger to Walmart
  - Richfield and Branch
  - Richfield and Franklin
  - Franklin and Leith
  - Franklin and Deleware
  - Franklin and Bennet
  - Franklin and Davison (Fresh Choice Market Place)
- Walmart
  - R.T. Longway and Dort
  - Court and Center
  - Walmart

**Walmart to Kroger**
- Court and Center
- R.T. Longway and Dort
- Franklin and Ohio
- Franklin and Davison (Fresh Choice Market Place)
- Franklin and Bennet
- Franklin and Deleware
- Franklin and Leith
- Richfield and Franklin
- Richfield and Branch

mtaflint.org or (810)780-8918 for more information
## GENESSEE COUNTY RESOURCES

### ADVOCACY
- Disability Network  M-F: 9-5  742-1800
- Human Relations Commission  M-F: 8-5  766-7430
- Valley Area Agency on Aging  M-F: 8-5  239-7671
- Priority Children  M-F: 9-5  234-5007

### CLOTHING & SOME BABY FURNITURE
- Carriage Town Ministries  M-F: 9-5  233-8787
- Heartbeat  M-F: 10-2:45  232-3101
- Bristol Road Church of Christ  Baby clothing ONLY serves zip codes 48507 & 48529  238-3627
- Greater Flint Outreach Center  F: 9-12  767-4064
- LOVE Inc. (intake & referral)  M-F: 8:30-12:30  235-4990
- Eastside Mission (clothing ONLY)  Th: 10-12:30  767-5312

### COUNSELING
- Catholic Charities  M-Th: 8:30-8; F: 8-4:30  232-9950
- Family Service Agency  M-Tue: 9-9; W-F: 9-5  767-4014
- GHS Mental Health Crisis Line  24/7  257-3740

### EMPLOYMENT
- Michigan Works Career Alliance  M-F: 8:30-5  233-5974
- Job Corps (ages 16-24)  M-F: 8-5  232-9102

### FINANCIAL ASSISTANCE
- Department of Human Services (DHS) By District
  - District 2 – McCree Building  630 S. Saginaw  760-7300
  - District 3 – Children’s Services Only (I.e. guardian, grandparent seeking help for child)  760-2888
  - District 5 – North  125 E. Union  760-2773
- Catholic Outreach  M,W,F: 9-11:30 & 1-3:30  234-4693
- GCCARD (Neighborhood Services)  M-F: 8-5  768-4675
- Salvation Army Social Services  M-F: 9-12 & 1-4 (No Walk Ins) Utility shut off & housing evictions only  232-2196

### FOOD LINES
- GCCARD (food distribution-bring bag)  F: 9 am  789-3746
- Crossover Downtown (free food 4 x’s per year, call for the date, bring your own bag)  234-2479
- Greater Flint Outreach Center (bring own bag)  767-4064
- 1938 S. Dort Highway  Th: 9-12
- G5200 Clo Rd. (old James Lumber Bldg.)  F: 9-12

### FOOD: PANTRIES AND INTAKE CENTERS
- Catholic Outreach  M,W,F: 9-11:30 & 1-3:30  234-4693
- Eastside Mission  T, Th: 9:30-12:30  767-5312
- GCCARD (Neighborhood Services) Intake  M-F: 8-5  766-4675
- Bristol Road Church of Christ  Baby clothing ONLY serves zip codes 48507 & 48529  238-3627
- Greater Flint Outreach Center  767-4064
- LOVE Inc. (intake & referral)  M-F: 8-30-12:30  235-4990
- Outreach East  M,W: 10-3; T, Th: 1-6 (Davison, Otisville, Goodrich ONLY)  653-7711
- St. Mary Catholic Church  T: 1-2:30 (Serving Parishioners & Neighborhood Residents)  232-4012

### FOOD: SANDWICH PROGRAM
- Bread of Life 2608 Maplewood  M-F: 12-1  785-6911
- My Brothers Keepers  M-F: 11-12  234-1163

### WIC (WOMEN, INFANTS, CHILDREN)
- GCHD McCree  257-3612
- GCHD Burton  742-2255

### FOOD: PREPARED MEALS
- Carriage Town Ministries (must attend religious service at 6 pm, dinner at 6:30)  233-8787
- North End Soup Kitchen  M-Sat: 11:30-12; Sun: 1:30-2:30  785-6911
- Eastside Food Center  Sat: 11:30-1; Sun: 9-10  238-2231
- Eastside Mission Hot Meal  M-Th: 11:30-12:30 (neighborhood residents ONLY)  767-5312
- First Presbyterian Church  Sun: 8 am  234-8673
- Salvation Army (Prepared Meals)  M - F Summer Only:  Breakfast: 8:30-9:30; Lunch 11:30-1:30 School Year: T-F Dinner: 4-5 (18 and Under)  789-4003
### HEALTH NEEDS
- American Red Cross (very limited) 232-1401
- Genesee County Free Clinic (NO walk-ins, call for an appointment. 9-11, T & F) T: 1-2:30 & 5-6:30; W: 1-2:30; F: 9-11 235-4211
- Genesee County Health Department See below
- Burton Health Center M,W,Th,F: 8-4; T: 1-4 742-2255
- Hamilton Health Network-Dental M-F: 8-5:30 783-0863
- Hamilton Health Network-Medical M-F: 8:30-5:30 789-9141
- MI Chilc Health Insurance Program M-F: 8-7 888-988-6300
- Mott Children’s Health Center M-F: 8-5 by Appt. 767-5750
- Flint VA Outpatient Clinic (call for appt.) (Services for Veterans Only) M-Th: 8-12 & 1-3:45; F: 8-12 720-2913

www.medicare.gov

### HOUSING: HOME REPAIR
- GCCARD Weatherization 787-0199

### HOUSING: HOMELESS
- GHS Customer Services 257-3705
- One Stop Housing Resource Center 600-4525

### HOUSING LOCATOR (LIMITED)
- Affordable Living Services 238-2970

### HOUSING: RAMPS/HOME MODIFICATIONS
- UAW Labor Rep. at United Way (Genesee County) 762-5831

### HOUSING: RENT/MORTAGE (FUNDS FOR)
- Catholic Outreach M,W,F: 9-11:30 & 1-3:30 234-4693
- Outreach East (Davison, Otisville, Goodrich Only) M: 9-11:30 & 12:30-3; T, Th: 1-6; W: 9-11:30 653-7711
- Salvation Army Social Services M-F: 9-12 & 1-4 (No Walk-ins) Utility shut-offs & housing evictions only 232-2196
- Flint Housing Commission (low income housing) 736-3050
- Flint NIPP (taxes, mortgages, financial classes) 766-7212

### LEGAL SERVICES
- Lawyer Referral Service 232-6000
- Legal Services of Eastern Michigan 234-2621

### PRESCRIPTIONS
- American Red Cross 232-1401
- Prescriptions for Seniors (VAAA) 239-7671
- Salvation Army Social Services 232-2196
- www.needymeds.com

### SHELTERS
- Carriage Town Ministries (Men Only) 233-8787
- Carriage Town Family Center (Women & Children) 238-6827
- My Brothers Keeper of Genesee County 234-1163
- REACH (Age 17 only) – up to 21 days 238-8700
- Shelter of Flint (Women & Children) 239-5433
- Transitional Living Program (Ages 17-20) (Also known as Traverse Place) 341-6328
- YWCA Safehouse Domestic Violence (Women & Children) 238-7621

### SUBSTANCE ABUSE
- GHS (formerly CMH) for screening & referral 257-3740
- Odyssey House (Residential Substance Abuse Treatment Program) 238-7226
- Life Challenge (18 & up) Men Only (Residential Substance Abuse Treatment Program) 424-9039

### TRANSPORTATION
- Jewish Community Services Highway to Health (Out of town: Saginaw, Detroit, Ann Arbor, Lansing) 767-5922
- Local – Genesee County Only 767-5922
- Mass Transportation Authority 767-0100
- Your Ride – call for individual city number (Burton, Clio, Davison, Fenton, Flint East & West, Flushing, Grand Blanc, Mt. Morris, Otisville, Swartz Creek) 767-0100

### UTILITIES
- Department of Human Services (DHS) By District See below
- General Information M-F: 8-5 760-2200
- District 2 – McCree Building 630 S. Saginaw 760-7300
- District 3 – Children’s Services Only 125 E. Union (I.e. guardian, grandparent seeking help for child) 760-2888
- District 5 – North 125 E. Union 760-2773
- Catholic Outreach (water, consumers, evictions) 234-4693
- GCCARD (Neighborhood Services) 768-4675
- Salvation Army (Kearsley St.) 232-2196
Pregnant Mothers

Lead poisoning is caused by swallowing or breathing lead. Lead can pass from a mother to her unborn baby.

Too much lead in your body can:

- Put you at risk of miscarriage
- Cause your baby to be born too early or too small
- Hurt your baby's brain, kidneys, and nervous system
- Cause your child to have learning or behavior problems

1. What you can do:
   Get your water tested for lead.
   - You can't see, smell, or taste lead in water.
   - The only way to know what your home's lead levels are is by having your water tested in a lab.

2. Use bottled water.
   The safest option for pregnant women and children under 6 years old is to use bottled water for drinking, cooking or making formula. Filtered water can be used only if your filter is NSF-certified to remove lead and you follow all instructions on how to use it/when to replace it.
Tip: Bottled water, NSF-approved water filters, and water testing kits are available for free at water resource sites across Flint. Call United Way 2-1-1 for a location near you.

3 Know when to use unfiltered water.
- It's safe to wash dishes, bottles, pacifiers and toys often with unfiltered soapy water as long as you dry fully before use.
- Unfiltered water can still be used to shower and bathe, but be careful to not get water in your child's mouth or let them drink the water in the tub.

4 Eat foods with calcium, iron and vitamin C.
These foods may help protect you and your unborn baby.
- Calcium is in milk, yogurt, cheese, and green leafy vegetables like spinach.
- Iron is in lean red meat, beans, cereals, and spinach.
- Vitamin C is in oranges, green and red peppers, broccoli, tomatoes, and juices.

5 Talk to your doctor.
- Blood lead testing is available. Talk to your doctor or local health department to learn more.

For more information about protecting yourself and your family from lead, visit [www.michigan.gov/flintwater](http://www.michigan.gov/flintwater).

For more information about lead in your home and what you can do, call the Michigan Department of Health and Human Services at 1-888-322-4453 or visit [www.michigan.gov/lead](http://www.michigan.gov/lead).

Flint residents can call the City of Flint Water Department for a free water test, 810-787-6537, or pick one up at a water resource site.
5 Things you can do to help lower your child's lead level.

If your child has a high lead level, there are things you can do at home to help.

1 Make a plan with your doctor.
Work together with your doctor to find the best treatment for your child. Ask questions if you don't understand something.

You may need to:
* Go back for a second lead test.
* Test your child for learning and development problems. This test is called a "developmental assessment."

2 Find the lead in your home.
Most children get lead poisoning from lead paint in homes built before 1978. It is important to find and fix lead in your home as soon as possible. Have your home inspected by a licensed lead inspector.

Don't remodel or renovate until your home has been inspected for lead. Home repairs like sanding or scraping paint can make dangerous lead dust.
3 Clean up lead dust.
When old paint cracks and peels, it makes lead dust. Lead dust is so small you cannot see it. Children get lead poisoning from swallowing dust on their hands and toys.

- Use wet paper towels to clean up lead dust.
- Clean around windows, play areas, and floors.
- Wash hands and toys often with soap and water. Always wash hands before eating and sleeping.
- Use contact paper or duct tape to cover chipping or peeling paint.

4 Give your child healthy foods.
Feed your child healthy foods with calcium, iron, and vitamin C. These foods may help keep lead out of the body.

- Calcium is in milk, yogurt, cheese, and green leafy vegetables like spinach.
- Iron is in lean red meats, beans, peanut butter, and cereals.
- Vitamin C is in oranges, green and red peppers, and juice.

5 Learn more. Get support.
Contact your local health department. Trained staff will answer your questions and connect you to other resources in your community.

Dealing with lead poisoning can be stressful. Be sure to ask for support. You may want to talk to other parents who have children with lead poisoning.

Contact us for more information:
Although children are primarily at risk from lead exposure, it is also dangerous for adults. Signs and symptoms of lead poisoning in adults may include:

- High Blood Pressure
- Abdominal pain
- Constipation
- Joint pain
- Muscle pain
- Declines in mental functioning
- Pain, numbness or tingling of the extremities
- Headache
- Memory loss
- Mood disorders
- Reduced sperm count, abnormal sperm
- Miscarriage or premature birth in pregnant women

If you have concerns about your exposure to lead, you should talk to your doctor.

Nutrition can help minimize the effects of lead exposure.

Lead-fighting Nutrients:

- Calcium—milk and milk products, green leafy vegetables, calcium-enriched orange juice, canned salmon and sardines
- Vitamin C—citrus fruits, tomatoes and tomato juice, peppers, fruits like kiwi, strawberries, and melon
- Iron—lean red meats and fish, green leafy vegetables, dried fruit, and beans

The Flint Water Crisis is a challenge that affects us all. Besides physical symptoms, people are experiencing such emotional symptoms as:

- Sleep problems—either sleeping too little or too much
- Trouble concentrating
- Constant worry
- Overwhelming sadness or anger

Sometimes it helps to talk to someone. Genesee Health System is here for you.

Sources: Lead Poisoning Symptoms in Adults—Mayo Clinic www.mayoclinic.org; Nutrition Information—Michigan State University Extension
Frequently Asked Questions About

Lead & Your Body

Pregnant Woman
If you are exposed to lead when pregnant, the lead can be passed on to your fetus, possibly causing:
- premature birth
- a smaller baby
- learning difficulties
- slower growth in young kids

Healthy Adult
You are at lower risk of health problems from small amounts of lead.
Most health problems that come from lead in adults are because they are exposed to a lot of it at their job - whether they are in painting or construction or work at a factory where lead is used in a product.
If you work with lead, you should have regular blood tests to make sure you're not getting too much into your body.

Kids
Even small amounts of lead can harm kids' health. Your doctor can do a simple blood test to find out if your child has been exposed to lead. Some possible signs of lead poisoning include:
- a bad stomachache
- muscle weakness
- paleness (caused by anemia)
Over time lead can affect a kid's
- brain development
- growth rate

How Does Lead Get Into Your Body?
Eating and breathing lead dust is the most common way lead gets into your body.
- When kids accidentally eat lead, up to 50% can be absorbed into their bodies, compared to 3 to 10% for adults. This is why protecting kids from even small amounts of lead is important.

Lead does not absorb into your skin quickly or at high levels.
- The CDC reviewed a study where a cream with high levels of lead was put on the skin of adults. The cream was left on their skin for 12 hours. The amount of lead that soaked into their skin was very small (less than 0.3 percent).
- Taking a shower or bath in water containing lead at levels found in most tap water in Michigan is unlikely to be a problem for anyone, including kids.

If you think you or your children have been exposed to lead, please talk to your doctor or health department about getting a simple blood test to measure how much lead might be in your body.

For more information on protecting yourself and your family from lead, please visit: www.michigan.gov/lead, or you can call the Michigan Department of Health and Human Services at 1-800-648-6942. We will help direct you to the best department that can answer your questions about lead in your home.

You can also call the Flint Water Department at 810-787-6537 to request a free or low-cost water test. If you use City of Flint water, you can call 211 to find out where you can pick up a free NSF-approved water filter.
Resources for users of Flint Water

**Water Resource Sites**
Water Resource Sites have free bottled water, water filters, filter replacement cartridges, and water testing kits.

**Hours of Operation**
9 AM—9 PM

**Fire Station #1**
310 E. 5th St.
Flint, MI 48502

**Fire Station #3**
1525 MLK Ave.
Flint, MI 48503

**Fire Station #5**
3402 Western Rd.
Flint MI 48506

**Fire Station #6**
716 W. Pierson Rd.
Flint, MI 48505

**Fire Station #8**
202 E. Atherton Rd.
Flint, MI 48507

**Water Filter Sites**
Free water filters and replacement cartridges are available for all Flint residents

**Hours of Operation**
9 AM—4 PM

**MDHHS office**
125 E. Union St.
Flint, MI 48502

**MDHHS office**
4809 Clio Road
Flint, MI 48504

**GCCARD office**
2727 Lippincott
Flint, MI 48507

**GCCARD office**
601 N. Saginaw
Flint, MI 48502

**Flint City Hall**
101 Saginaw St
#310
Flint, MI 48502

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**Use Filtered Tap Water for**
* Drinking, cooking
* Washing fruits and vegetables
* Pet water bowls

**Use Unfiltered Tap Water for**
* Cleaning
  * Bathing

**Blood Lead Level Testing**
All Flint children less than six years of age should have their blood lead level tested. Contact your primary care doctor or call 211.

**Nutrition**
Some foods will help keep lead from being stored in a child's body. Foods with a lot of calcium, vitamin C and iron. Download at bitly/food4lead

**Free Water Testing**
Flint residents who are concerned about their water can obtain free water testing kits at the water resource sites.

**Use Water Filters and Cartridges**
Using the correct water filter can reduce lead and other contaminants by 99% when installed correctly. Free water filters are available at the water resource sites.

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**Other Resources:**
To talk to someone about stress and coping methods:

- Call 810-257-3705, Monday—Friday 8AM-5PM.
- Go to either location
  - Flint Public Library 1026 E. Kearsley St.—Tuesdays 11-3
  - Christ Enrichment Center 643 W. Austin Blvd.—Fridays 9-2

Call 2-1-1 for community resources
Go to http://www.mi.gov/flintwater for continued updates.
Has our Flint Water Crisis Caused You Stress?

Sometimes when there is a challenge that faces us all, talking may help ease some of our stress.

Have you experienced any of the following:
- Lack of Sleep
- Trouble Concentrating
- Constant Worry

We are here for you.

To talk to a Mental Health Professional (at no charge)

- Call us at 810-257-3705 Monday—Friday 8-5
- Come see us at
  - Flint Public Library
    1026 E. Kearsley St., Flint, 48502
    Tuesdays 11-3
  - Christ Enrichment Center
    322 E. Hamilton Ave. Flint, 48505
    Fridays 8-2

Genesee HEALTH SYSTEM
Helping and Healing the Community
Frequently Asked Questions About Obtaining Services

*Genesee Health System primarily serves*
- Adults with serious mental illness,
- Adolescents and adults with substance use disorder,
- Children with serious emotional disturbances,
- Children and adults with developmental disabilities, and
- Adults and adolescents with co-occurring substance use and mental health disorders

1. **Does someone need insurance?**  No, Genesee Health System's network of mental health and substance abuse treatment providers may provide services and supports following a coverage determination by the GHS Access Center. A coverage determination will identify a person's eligibility for publicly funded services and supports. If it is determined that a person is eligible to receive services, GHS will work with the individual to see what could be based on the individual's income and number of dependents. For a coverage determination, please call the Access Center.

2. **Is an appointment required?**  No, we provide walk-in services for adults, Monday—Friday, 8AM—5PM. It is best to call ahead; many services can be assisted by phone and may not require a face-to-face meeting. Children may be scheduled for mental health intake appointment by calling our Access Center; those wishing screenings for substance abuse can do so over the phone. For all emergencies, call Crisis Services.

3. **How long does it take to receive services?**  If treatment is recommended during the screening appointments for non-emergent treatment services are available within 14 days. If there is an emergency or crisis, an assessment and treatment are available immediately.

4. **Where do we go for the screening? What is the process?**  Most non-emergency mental health and substance abuse screenings are completed by GHS's Access Center staff at our main building. Children may be scheduled by calling our Access Center for a telephone appointment. Callers will be asked the nature of the problem, type of insurance and other basic information. Have your medical insurance card (if you have one), social security number, list of medications or medicine bottles and guardianship or Court papers handy when calling or coming in. A screening for mental health or substance abuse services can take approximately an hour to determine what services are required and to make the necessary referrals.

5. **What happens in an emergency?**  If there is a emergency and an individual needs to be evaluated for hospitalization, call Genesee County CMH Crisis Services.

Call 911 immediately if someone is in danger of hurting him or herself or another person.

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**Access Center for Mental Health and Substance Abuse Services:**
- Monday-Friday 8-5  (810) 257-3740
  - Toll Free  (877) 346-3648
  - TTY  (810) 232-6310

**Crisis Services:**
- 24 hours/day/7 days  (810) 257-3740
  - Toll Free  (877) 346-3648
  - TTY  (810) 232-6310

**Customer Services:**
- Monday-Friday 8-5  (810) 257-3705
  - Toll Free  (866) 211-5455
  - TTY  (810) 257-1346
Help Fight Lead Poisoning with a Healthy Diet

Regularly Eat Healthy Foods

Children with empty stomachs absorb more lead than children with full stomachs.
Provide your child with four to six small meals during the day. The following nutrients can help protect your child from lead poisoning:

Iron-Rich Foods
Normal levels of iron work to protect the body from the harmful effects of lead. Good sources of dietary iron include:
- Lean red meats, fish, and chicken
- Iron-fortified cereals
- Dried fruits (raisins, prunes)

Calcium-Rich Foods
Calcium reduces lead absorption and also helps make teeth and bones strong. Good sources of dietary calcium include:
- Milk
- Yogurt
- Cheese
- Green leafy vegetables (spinach, kale, collard greens)

Vitamin C-Rich Foods
Vitamin C and iron-rich foods work together to reduce lead absorption. Good sources of vitamin C include:
- Oranges, orange juice
- Grapefruits, grapefruit juice
- Tomatoes, tomato juice
- Green peppers
Simple Steps You Can Take
to Protect Your Family from Lead Hazards

If you think your home has high levels of lead:

- Make sure your children eat healthy, low-fat foods high in iron, calcium, and vitamin C.
- Get your children tested for lead, even if they seem healthy.
- Get your home tested for lead if it was built before 1978. Call 1-800-424-LEAD for more information.
- Always wash your hands before eating.
- Wash children's hands, bottles, pacifiers, and toys.
- Do not use imported pottery to store or serve food.
- Let tap water run for one minute before using.
- Use only cold water for making your baby's formula, drinking, and cooking.
- Regularly clean floors, windowsills, and other surfaces using wet methods that control dust.
- Wipe or remove shoes before entering your house.
- If you rent, it is your landlord's job to keep paint in good shape. Report peeling or chipping paint to your landlord and call your health department if the paint is not repaired safely.
- Take precautions to avoid exposure to lead dust when remodeling or renovating.
- Don't try to remove paint yourself!

For more information on childhood lead poisoning prevention:

Call

- 2-1-1
- Genesee County Health Department Lead Program (810) 257-3833
- WIC (810) 237-4537
- Michigan Childhood Lead Poisoning Prevention (888) 322-4453
- Michigan Department of Health & Human Services (517) 373-3740

Visit

- Michigan Department of Health & Human Services http://www.michigan.gov/mdhhs
- Michigan Childhood Lead Poisoning Prevention www.michigan.gov/lead
- Flint Water Information http://www.michigan.gov/flintwater

Childhood Lead Poisoning prevention program
What can you do to keep your home lead-safe?

- Homes built before 1987 are more likely to have lead service lines and pipes. Some faucets and certain kinds of solder could also have lead in them, even those installed recently.
- The lead found in tap water in homes around Michigan is likely from these older pipes, solder, and faucets. You can have your water tested to see if it has lead in it.
- Replacing old pipes, service lines, and faucets is the best way to limit the lead in your tap water. New pipes, solder, and faucets should meet EPA lead-free standards.
- If you can’t replace your pipes and faucets, please use an NSF-approved filter for all water that you drink or cook with. You can get a filter that attaches to your sink faucet or you can use a pitcher with a filter inside it. If you live in Flint, call 211 to find out where you can get a free faucet filter, replacement filter cartridges, or a water filter pitcher.

For bathrooms or other places where you don’t have a filter:

When pipes are old, they break apart more easily. Sometimes pipes break completely; sometimes they just get new cracks. This can cause bits of lead pipe to end up in our home’s water. There are screens - called aerators - on our faucets that sometimes stop the larger pieces from coming out. Aerators do help us save water - so it’s good to have them - but cleaning them once in awhile is a way to limit the lead that could end up in your water.

Follow the steps below to learn how to clean your aerators:

1. The little round thing on the bottom of your faucet is the aerator (pronounced: air-ray-tor).
   - Unscrew the aerator from the bottom of the faucet.
   - You should be able to unscrew it with your fingers, but you might need a wrench if it’s really stuck.

2. Your aerator might not look exactly the same as this, but it’s OK.
   - Now that you have it off, let’s get started!

3. While you really only need to use water to rinse off your aerator parts, if you have these things around, they might make it easier:
   - An old toothbrush
   - A glass of vinegar
4. Soaking the aerator in vinegar will help loosen up some of the grime. You can leave it in as long as you want, but even just 5 minutes will help. The toothbrush makes it easy to scrub out the inside. Just don’t use that toothbrush for brushing your teeth again!

5. If your aerator looks like Photo A, it has a flow control piece in it. You’ll have to take it apart:
   - Pull out the pieces carefully.
   - Note the order that the pieces come out. Take a picture or write down some notes. You’ll have to put them back in at the end in the same way!
   - If it looks like Photo B, then you’re good to go to Step 6.

6. You might not have all of these pieces. They might not be this color. Every aerator is a little different. Just clean what you have.
   - Scrub all of the pieces. Make sure you really get down inside the metal piece, removing any bits of grime or metal flakes you can see.

7. Rinse everything very well.
   - Run the water through the aerator screen - holding it right side up and upside down.

8. Once it’s clean,
   - If your aerator looks like Photo A up above, put it back together.
   - If it looks like Photo B, you’re all set.

9. Put your aerator back on your faucet.
   - Repeat these steps every couple of weeks. This will make sure pieces of lead and other metal from any pipes aren’t getting stuck in your faucet and possibly putting lead into your water.
LEAD IN FLINT WATER

GENERAL INFORMATION
• The amount of lead found in some Flint homes’ drinking water could affect kids’ health.
  - Even small amounts of lead can harm kids’ health because they are still growing.
  - Adults are less likely to be harmed by the levels found in the water.
• Filter your drinking water using a National Sanitation Foundation (NSF)-approved filter.
  - You can receive a free NSF-approved filter if you use City of Flint water.
  - Call 2-1-1 to find out where you can pick up a free water filter.
• Some filters can remove up to 99 percent of the lead in water when used properly. To be sure your filter is removing as much lead as it can, carefully follow the instructions that came with it.
  - Run only cold water through the filter.
  - Change the filter cartridge as often as the instructions say.
• Even after changes to the water system, it may take a while before lead levels in your home’s water drop.
• Lead is hard to avoid completely. It can be found in water pipes and brass water faucets, old paint, in dirt, at some job sites, and in metal used for some hobbies.

There are a number of steps you can take to keep yourself and your family healthy. Use the tips below to learn more about how to stay healthy:

LEAD IN WATER
Although your water may be a different color sometimes, it is not caused by lead. It’s important to remember:
• You can’t see, smell, or taste lead in water.
• Lead won’t change the color of your water.
• The only way to know what your home’s lead levels are is by having your water tested.

LEAD IN BLOOD
• If your children live in Flint or go to school or childcare in the City of Flint, their blood-lead level should be tested.
• You should contact your doctor about testing.
• Testing is available for free at the Genesee County Health Department. Call 2-1-1 if you need help getting there.
• If you are pregnant or nursing, and you have tested negative for high blood-lead levels, it is safe to breastfeed.
• If you are pregnant or nursing and have tested positive for high blood-lead levels, talk to your doctor about the safety of breastfeeding.

TIPS TO KEEP YOUR HOME SAFE FROM LEAD

WATER FILTERS
• Get your water tested. It’s free. Call 2-1-1.
• Use a water filter. Call 2-1-1 for a free filter.
• If you do not have a water filter, use bottled water for drinking and mixing formula.
• Use cold, filtered water for cooking.
• Wash fruits and vegetables with filtered water.
• If you must use unfiltered water, run the water for at least five minutes before you use it. To save time and water in the future, it’s a good idea to fill up as many containers as you can once you’ve run your water for five minutes.
• Drain and flush your water heater tanks regularly to remove any lead that has accumulated. Follow manufacturers instructions for maintenance or contact a licensed professional for assistance.

CLEANING
• Wash dishes, bottles and toys with unfiltered soapy water and dry before use.
• It is safe to use unfiltered tap water to mop floors and wipe down countertops.
• It is safe to wash clothes in your washer and dryer.
• Use door mats. Take your shoes off when indoors.
• Vacuuming carpets may pull more lead dust to the surface. Use a non-motorized sweeper to clean carpets.
• Clean windowsills and play areas often with paper towels and soapy water.
TIPS TO KEEP YOUR HOME SAFE FROM LEAD

IN THE BATHROOM
• Use filtered tap water to brush your kids’ teeth.
• Adults can use unfiltered tap water to brush their teeth.
• You can use unfiltered tap water to shower or bathe, but don’t let kids drink the water when they play in the tub.
• Studies done by the Centers for Disease Control and Prevention show that parents can continue bathing their children in the tub but bath time should be used for bathing only, rather than allowing children to play in the water for a long time.
• Lead will not cause rashes or other skin problems. However, if levels of chlorine or other cleaners are high in the water, it may cause itchy or dry skin (similar to what can happen when you swim in a pool).

CARING FOR PETS
• Use filtered tap water for your family pets’ water bowls.
• You can use unfiltered tap water to bathe your pets.
• If you notice your pet acting differently than normal, contact your vet.

HEALTHY DIET
• Eat foods high in iron, calcium and vitamin C.
• Wash hands with soap and warm water before eating.
• If you need fresh and healthy food, call the WIC office at 810-237-4537, or for SNAP food assistance apply at www.michigan.gov/mibridges or visit your local Michigan Department of Health and Human Services office.

GOOD SOURCES OF IRON INCLUDE:
• Lean red meats, fish, and chicken
• Cereals with added iron
• Dried fruits (raisins, prunes)

GOOD SOURCES OF CALCIUM INCLUDE:
• Milk
• Yogurt
• Cheese
• Green leafy vegetables (spinach, kale, collard greens)

GOOD SOURCES OF VITAMIN C INCLUDE:
• Oranges, orange juice
• Grapefruit, grapefruit juice
• Tomatoes, tomato juice
• Green peppers

LEAD INFO
The Flint water response team is focused on the lead in water crisis. In addition to water, scientists have long been concerned about all sources of lead including lead paint, dust, soil, etc.

LEAD PAINT
• Homes built before 1978 likely have lead paint, both inside and outside.
• Old paint is the most common way that kids are exposed to lead.

DIRT
• If you live in the city, there may be lead in the dirt outside your home.
• Before 1996, gas and the exhaust from cars contained lead. More lead will be found in dirt in busy traffic areas.

DUST
• The dust in your home can have tiny amounts of lead from paint and dirt.

HOBBIES AND JOBS
• Solder, fishing sinkers, bullets, and stained glass framing materials are some items that may contain lead. You could also track home lead dust from your job site.

HAVE QUESTIONS?
• For more information about protecting yourself and your family from lead, visit www.michigan.gov/flintwater.
• To find out where you can get a free water filter, call 2-1-1.
• For a free water test, call 2-1-1.
• For more information about lead in your home and what you can do, call the Michigan Department of Health and Human Services at 1-800-648-6942.
• For information on how to help, visit www.helpforflint.com.
Until further notice:

The Environmental Protection Agency (EPA) and the Centers for Disease Control and Prevention (CDC) agree that there is no known safe blood lead level in children. Lead is harmful to health, especially for children. Until sufficient information is gained to determine when the water is safe to drink, EPA and CDC recommend that people only consume bottled or filtered water.

Important Steps in Protecting Your Health

- Use only bottled water for water, food and formula given to babies under 1 year old.
- Bottled water is the safest choice for pregnant or breastfeeding women and kids under 6 years of age.

Filtered water is a safe option only if your filter is certified to remove lead and you follow all the instructions on how to use it/when to replace it.

Bottled water, filters and test kits are available for free at the locations listed on the back of this sheet. The filters that have been provided to residents by local agencies meet certification to remove lead.

**DO NOT** drink unfiltered water. It's not safe!

**DO NOT** cook or brush teeth with unfiltered water

**DO NOT** allow babies and children to drink bathwater

**DO USE** an NSF-certified water filter rated to remove lead

**DO RUN** cold water throughout the house for 2 minutes every morning to flush pipes

**EVERYONE CAN** wash hands, bathe, or shower with unfiltered water

Clean Faucets Weekly

1. Unscrew the end-piece of your faucet where the water comes out. This is the aerator. (Make note of how the pieces come off, to put back together.)

2. Remove the screen and rinse out any dirt that has collected.

3. Screw it back on.

4. Put your filter back on if you removed it.

Your Water Filter

*see manual to install

A. You can run unfiltered and filtered water with the filter attached.

B. For filtered water, switch lever so water will flow under the new cartridge.

C. Your water filter also has a screen that should be cleaned weekly.

see backside of this sheet for important resources and facts on lead
**Facts on Lead in Drinking Water**

Lead can also enter drinking water when service pipes that contain lead corrode. Water utilities use corrosion control strategies (like adding orthophosphates) to provide a protective coating in pipes to help prevent corrosion.

Due to Flint’s recent return to using water from the Great Lakes Water Authority, the protective coating within service lines is being built up to appropriate levels. EPA is currently collecting samples to determine the effectiveness of the corrosion control measures being taken.

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**Facts on Lining Pipes with Orthophosphates**

- Some water treatment systems add it in small amounts to the public water supply.
- It bonds to lead in pipes and acts as a barrier, preventing further corrosion throughout the system.

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**Important Resources for Flint Residents**

**To get your water tested for free**

Email flintwater@cityofflint.com or call the Flint Water Plant: 810-787-6537

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**Questions about safe water**

- Email flintwater@epa.gov
- visit www.epa.gov/Flint
- or call EPA’s hotline: 810-434-5122

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**Health Questions**

*(including blood tests or skin rashes)*

Contact your primary care provider, or Call: 2-1-1

**Appearance or odor of your water**

Call Flint Water Plant: 810-787-6537

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**Free Bottled Water, Filters, and Home Water Testing Kits**

**Every day from 9am - 9pm**

| Fire Station #1 | 310 East 5th St. in Flint, MI |
| Fire Station #3 | 1525 Martin Luther King Ave. in Flint, MI |
| Fire Station #5 | 3402 Western Rd. in Flint, MI |
| Fire Station #6 | 716 West Pierson Rd. in Flint, MI |
| Fire Station #8 | 202 East Atherton Rd. in Flint, MI |

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**Free Filters**

**Every day from 9am - 4pm**

| Michigan Department of Health & Human Services |
| 125 E. Union St. in Flint, MI |
| Michigan Department of Health and Human Services |
| 4809 Clio Road in Flint, MI |
| Genesee County Community Action Resource Department |
| 2727 Lippincott in Flint, MI |
| Genesee County Community Action Resource Department |
| 601 N. Saginaw in Flint, MI |
| Flint City Hall |
| 101 Saginaw St #310 in Flint, MI |
NUTRITION & LEAD

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

MICHIGAN STATE UNIVERSITY Extension
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 affected 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

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Bean and Rice Botana ............................... 11
Roasted Butternut Squash ......................... 12
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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
⅛ 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, 15g protein

Percent of recommended intake for an adult eating a 2,000 calorie diet:
- Calcium 30% • Iron 20% • Vitamin C 40%
PEANUT BUTTER AND BANANA POCKETS
Makes 4 servings

3 ripe bananas
3 Tablespoons peanut butter
1 1/2 teaspoons honey
1/4 teaspoon ground cinnamon
4 (8-inch) whole wheat flour tortillas
Non-stick cooking spray

Steps:
- Peel and slice bananas about 1/4-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%

VEGETABLE LASAGNA
Makes 8 servings

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
1/2 teaspoon salt
1 teaspoon dried basil
1 teaspoon dried oregano
1/2 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 1/4-inch pieces. Mince garlic.
- Grate mozzarella cheese. Set aside 1/4 cup for topping.
- Mix spinach, mushrooms, and zucchini. Stir in 1/4 teaspoon of salt. Pat dry veggies if still wet.
- Stir garlic, basil, oregano, 1/4 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 1/4 cup tomato sauce on bottom of dish.
- Layer 3 noodles over sauce. Then, layer 1 cup cheese mixture, 1 1/2 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%
**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%

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**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
⅛ 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, vegetables, and cheese.  Roll up and enjoy!

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: 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%

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

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 ¼-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

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 ¼ 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 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

REFERENCES:
What do the copper and lead numbers on my lab report mean?

The “Result” numbers tell you how much copper and lead was found in the water sample you sent in for testing. These numbers are reported in parts per billion (ppb), a measurement used by labs to test water.

How do I know if my lead and copper levels are high, and what should I do if they are?

If your **lead** number is **above 150 ppb** – OR – your **copper** number is **above 1,300 ppb**, your levels are considered high, and you should use ONLY bottled water for drinking, cooking and washing fruits and vegetables. Contact Genesee County Health Department at 810-257-3603 (if you have not already been contacted). There are teams visiting homes with high lead and/or copper test results to assist residents in reducing these levels and to ensure residents are taking steps to stay safe.

My test result says, “Not Detected.” What does that mean?

If the test result for lead or copper is “Not Detected,” it means the level – or amount – of lead or copper in your water sample was lower than the smallest amount that the lab measures.
I submitted water samples for more than one faucet in my home, how do I know which faucet these test results are for?

The “Sample Point” listed on your report indicates the specific faucet the water sample was taken from. The sample point is located toward the top portion of your report, just above the test results section. Your test results apply only to the faucet tested. Other faucets in your home may have higher levels of lead, even if this sample was low or not detected. Do not drink or cook with water from other faucets unless they have a filter and have been tested.

Do I need to continue to filter my water if my test results are low or “not detected”?

Yes, no matter what the lead or copper result is in your home, you should continue to use an NSF-certified filter until the Emergency Declaration has been lifted.

Do I need to test all the faucets in my house?

Yes, you should have all faucets in your home tested. Your test results apply only to the faucet tested. Other faucets in your home may have higher levels of lead, even if this sample was low or not detected. Do not drink or cook with water from other faucets unless they have a filter and have been tested.
How can copper affect my health?

Copper is a metal that occurs naturally throughout the environment, in rocks, soil, water, and air. Copper is an essential element in plants and animals (including humans), which means it is necessary for us to live. People need small amounts of copper every day to stay healthy. Most people's bodies, including pregnant and breastfeeding women, are very good at controlling the amount of copper it processes and keeps. High levels of copper can be harmful, though. Having high levels of copper in your body can make you feel sick, throw up or have diarrhea. In very rare cases when people have very-high doses of copper, it may damage their liver and kidneys.

Where can I get more information?

[Website](www.michigan.gov/flintwater)

Genesee County Health Department
630 South Saginaw
Flint, MI 48502
810-257-3603

For other questions about water resources available in your community, call 211.
# FLINT DRINKING WATER LEAD AND COPPER LAB REPORT FREQUENTLY ASKED QUESTIONS

<table>
<thead>
<tr>
<th>Copper Result</th>
<th>Drinking, cooking, washing fruits and vegetables</th>
<th>Children under 6 years old and pregnant</th>
<th>Washing dishes, clothes, and cleaning your house</th>
<th>Bathing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Above 1,300 ppb</td>
<td>Use ONLY Bottled Water</td>
<td>Use ONLY bottled water for formula, drinking, or making any other food product regardless of the result of your water test</td>
<td>OK to use Unfiltered Water</td>
<td>OK to bathe Unfiltered Water</td>
</tr>
<tr>
<td>Below 1,300 ppb</td>
<td>OK to use Filtered Water</td>
<td></td>
<td>OK to use Unfiltered Water</td>
<td>Keep children from getting bath water their mother</td>
</tr>
<tr>
<td>Not Detected</td>
<td>Use ONLY Bottled Water</td>
<td></td>
<td>OK to use Unfiltered Water</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lead Result</th>
<th>Drinking, cooking, washing fruits and vegetables</th>
<th>Children under 6 years old and pregnant</th>
<th>Washing dishes, clothes, and cleaning your house</th>
<th>Bathing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Above 150 ppb</td>
<td>Use ONLY Bottled Water</td>
<td>Use ONLY bottled water for formula, drinking, or making any other food product regardless of the result of your water test</td>
<td>OK to use Unfiltered Water</td>
<td>OK to bathe Unfiltered Water</td>
</tr>
<tr>
<td>Below 150 ppb</td>
<td>OK to use Filtered Water</td>
<td></td>
<td>OK to use Unfiltered Water</td>
<td>Keep children from getting bath water their mother</td>
</tr>
<tr>
<td>Not Detected</td>
<td>Use ONLY Bottled Water</td>
<td></td>
<td>OK to use Unfiltered Water</td>
<td></td>
</tr>
</tbody>
</table>
Sample Number
LG10007

Official Laboratory Report

Report To: JOHN SMITH
555 MAIN ST, FLINT 48503
FLINT, MI 48503

System Name/Owner: CITY OF FLINT
Collection Address: 555 MAIN ST, FLINT 48503
Collected By: JOHN SMITH
County: Genesee
Sample Point: BF-P2 BATHROOM

Date Collected: 02/04/2016
Date Received: 02/05/2016

<table>
<thead>
<tr>
<th>Metal</th>
<th>Result In Parts Per Billion (ppb)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Copper</td>
<td>490</td>
</tr>
<tr>
<td>Lead</td>
<td>162</td>
</tr>
</tbody>
</table>

What the Results Mean: The result tells you how much lead and copper is in the water
- If the result for Copper is "Not Detected", that means the amount of copper in the water was less than 50 ppb.
- If the result for Lead is "Not Detected", that means the amount of lead in the water was less than 1 ppb.

- No matter what your lead result is, you should continue to use an NSF certified filter until the Public Health Emergency Declaration has been lifted.

- Filtered or bottled water should be used for all drinking, cooking and washing of fruits and vegetables.
- Filtered or bottled water should also be used for children brushing their teeth and for watering pets.

If your lead result is greater than 150 ppb:
- Contact the Genesee County Health Department at (810) 257-3603 (if you have not already been contacted)
- Use only bottled water for drinking if you are pregnant
- Use only bottled water for infants for drinking water and for making baby formula

Please note, other faucets in your home may have higher levels of lead, even if this sample was low. Do not drink or cook with water from other faucets unless they have been tested and have a filter.

For more information go to: www.mi.gov/flintwater

Call your County Health Department at the number below if you have questions
Genesee County Health Dept.
630 South Saginaw
Flint, MI 48502-1540
810 257-3603
For a video of how this form is filled out go to:
http://www.michigan.gov/flintwater/0,6092,7-345-75251_75414---00,00.html

REQUEST FOR WATER ANALYSIS

Billing Information
Name
MDEQ - RRD Div #900040-00
Mailing Address
Flint Residential Lab Services
City
Lansing
State
MI
Zip
48910

WSSN (Type I-II Public Water)
2310

Does sample contain chlorine?
☑ Yes ☐ No

For questions call:
810-787-6537 ext. 3501

SAMPLE SOURCE
☑ 6 - Single Family Dwelling
☑ 8 - Other

SAMPLING PURPOSE
9 - Other

SAMPLING POINT
9 - Other

REPORT RESULTS TO: (PLEASE PRINT) NOTE: RESULTS WILL BE EMAILED TO YOUR LOCAL COUNTY HEALTH DEPARTMENT

Name
Mike Glasgow
E-mail address
mglasgow@cityofflint.com
Mailing Address
4500 N. Dort Hwy
Area Code & Phone number
810-787-6537
City
Flint
State
MI
ZIP Code
48505

SAMPLE COLLECTION INFORMATION (PLEASE PRINT)
Sample Collector Name
Put your name here.

Collector Code
0 - County Personnel
1 - Water Supply Operator
3 - Private Citizen
4 - DEQ Staff other than DW
9 - Other

Date Collected

Time Collected
AM PM

System/Owner Name

Collection Site (Street Address)
Street address here.

City
City here (probably Flint).
County
Genesee

ZIP Code

Section (If known)

Well Number (If more than one,

Site Code or Permit Number (If known)

Return sample and form to either Flint City Hall or the Flint Water Plant.
Samples must be received in the laboratory within 14 days of collection.
DRINKING WATER LEAD AND COPPER SAMPLING INSTRUCTIONS

Thank you for helping to monitor for lead and copper in your drinking water.

It is important that you follow these instructions so we obtain an accurate measurement of the lead and copper in your drinking water.

Do not open the bottle until instructed in step 3. Do not touch the inside of cap or bottle.

1. The water in the house must not have been used for a minimum of six (6) hours prior to sampling. The best times to sample are early morning or after returning from work. Do not flush the sample tap before sample collection.

2. Select a cold water faucet in the KITCHEN or BATHROOM that is commonly used for drinking and has been used within the last 24 hours. No other faucets are acceptable for collection. If the faucet is connected to a faucet mount filter, water softener, iron filter or reverse osmosis system, etc. the treatment device must be removed or bypassed.

When was the faucet last used before sampling? Date __________ Time __________ AM/PM __________

Is there a faucet-mount filter? ☐ YES ☐ NO If YES, was it bypassed? ☐ YES ☐ NO

Is this faucet connected to a home treatment device such as a water softener, a reverse osmosis unit, an iron removal device OR is any kind of additive used in the home? ☐ YES ☐ NO

If YES, please describe: __________________________

If YES, was it bypassed? ☐ YES ☐ NO

3. Open sample bottle and place below the faucet and gently open the COLD water tap. If you have a single handle faucet, turn it fully to the COLD side. Fill the sample bottle to within an inch of the top with the “first draw” of cold water.

4. Tightly cap the sample bottle

If any plumbing repairs or replacement has been done in the home since the previous sampling event, please note this information here:

If YES, please describe: __________________________

5. Fill out the collection information on the front, answer the questions below and sign the form.

6. Attach this form to the bottle and return it to either Flint City Hall or the Flint Water Plant.

7. Thank you again for your help. We will send you your individual results within 30 days of receiving them from the laboratory. A summary of information on this year’s lead and copper monitoring will be printed in the annual water quality report that will be made available by July 1 of this year. Contact your water supply if you have questions.

If you have any questions contact:

City of Flint Water Plant: 4500 N. Dort Hwy. Phone: 810-787-6537 ext. 3501

I have read the Drinking Water Lead and Copper Sampling Instructions and have taken a tap sample in accordance with these directions.

Sample Collector’s Signature __________________________ Date __________

Please include the following: Sign here. Please include a phone number where you can be reached if we need to follow up on your test results.