

# get ahead of Lead

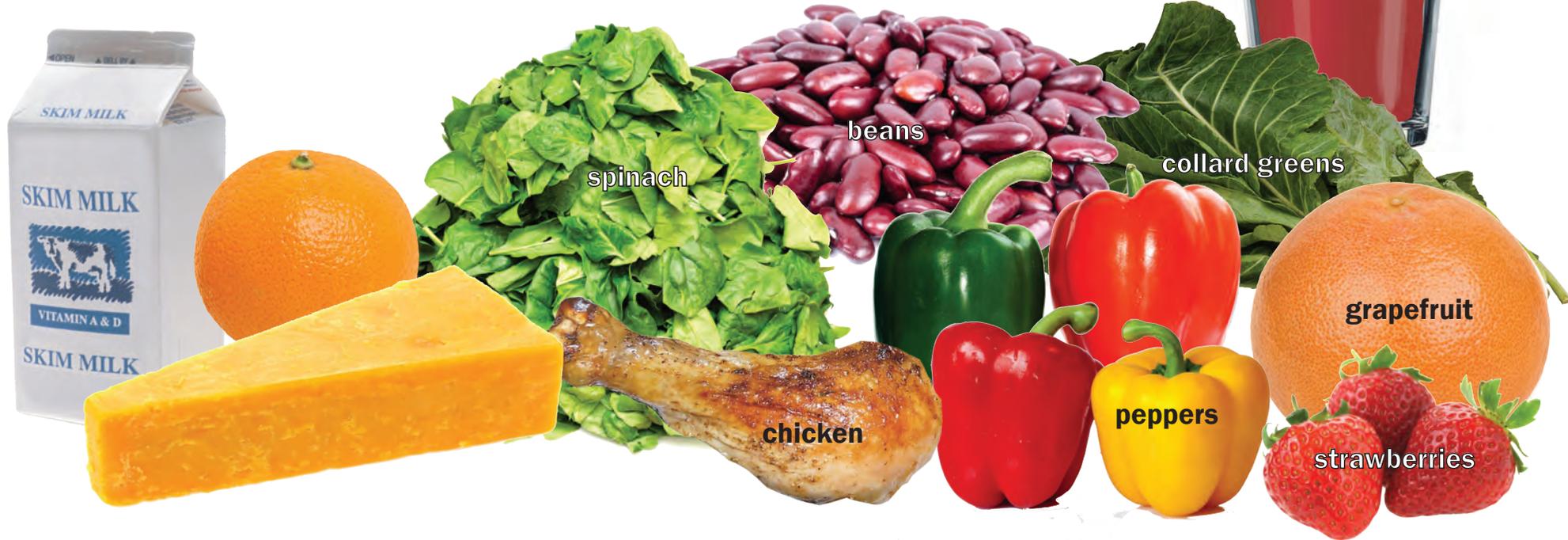
[alleghenycounty.us/lead](http://alleghenycounty.us/lead)



## IRON

Good sources of dietary iron include:

- Lean red meats, fish, chicken, liver and pork
- Iron-fortified cereals
- Lentils, chickpeas, beans



### *Did you know?*

A diet rich in iron, calcium, and vitamin C can help limit the absorption of lead.

## CALCIUM

Good sources of dietary calcium include:

- Milk
- Yogurt
- Cheese
- Green leafy vegetables (spinach, kale, collard greens)

## VITAMIN C

Good sources of vitamin C include:

- Oranges and orange juice
- Grapefruits and grapefruit juice
- Tomatoes and tomato juice
- Green peppers
- Strawberries
- Kiwi

**Eating healthy is possible!  
Many grocery stores and  
farmers markets accept food  
stamps.**

**Check out these resources and  
start eating healthy today!**

Pittsburgh Food Bank  
1 North Linden Street Duquesne, PA 15110  
Tel: 412-460-3663  
<https://www.pittsburghfoodbank.org/>

Urban League of Greater  
Pittsburgh  
610 Wood Street Pittsburgh, PA 15222  
Tel: 886-395-3663  
<http://ulpgh.org/programs/housing/hunger-services/>

Women, Infant, Children (WIC)  
Program  
Tel: 412-350-5801  
[allegHENYcounty.us/wic](http://allegHENYcounty.us/wic)

Live Well Allegheny  
[livewellallegHENY.com/](http://livewellallegHENY.com/)

# Planning Meals

A cost effective way to eat is to plan and make large healthy meals ahead of time. Leftovers can be saved in containers for a quick and easy lunch or dinner tomorrow.

Get started today with these easy recipes, or find others at  
<https://www.pittsburghfoodbank.org/recipecards/>



## Cheese Omelet

**Makes 2–3 servings**

3 eggs  
1 tablespoon of low-fat milk  
Vegetable oil  
3 tablespoons of cheese

Steps: • Mix eggs and milk in a bowl.  
• Lightly coat pan with vegetable oil. Use medium heat. • Add egg mixture and cook.  
• When omelet is cooked on the bottom, add cheese. • When cheese is melted, fold omelet in half. • Top with salsa if you like.  
• Serve with toast, fruit, and low-fat milk.

**Be sure to thoroughly  
wash fruits and vegetables,  
especially root vegetables,  
such as potatoes, carrots  
and turnips.**

## Sloppy Joes

**Makes 4–6 servings**

1 pound of lean ground beef, turkey, or chicken  
1 small onion, chopped  
1/2 green pepper, chopped  
1 cup of tomato sauce  
Your choice of seasonings  
5 hamburger buns or pita pocket breads

Steps: • In a pan, cook lean ground meat, onion, and green pepper until meat is well done. • Drain fat. • Stir in tomato sauce and seasonings. • Cook for 5 to 10 minutes. • Spoon into hamburger bun or pita. • Serve with fruit juice.

