

# Thank you

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Ad Council of Rochester

City of Rochester

Finger Lakes Health Systems Agency

NYS Department of Agriculture and Markets

Roberts Communications

Rochester Regional Children's Environmental Health Center

University of Rochester Environmental Health Sciences Center

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Coalition to Prevent Lead Poisoning  
[www.letsmakeleadhistory.org](http://www.letsmakeleadhistory.org)

Rochester Healthy Homes Partnership  
[www.ehsc.urmc.edu/healthyhomes](http://www.ehsc.urmc.edu/healthyhomes)

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# Healthy Homes, Healthy Families

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A GUIDE TO PROTECTING YOUR FAMILY'S HEALTH  
BY MAKING YOUR HOME A SAFER ENVIRONMENT



THIS BOOKLET INCLUDES PRACTICAL TIPS FOR REDUCING ENVIRONMENTAL HAZARDS IN YOUR HOME AND REGIONAL INFORMATION FROM ORGANIZATIONS THAT OFFER RESOURCES TO IMPROVE HEALTH.

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## ACKNOWLEDGMENTS

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Many agencies in Monroe County offer services and information related to improving home environmental health. These agencies are linked through the Rochester Healthy Homes Partnership. Partnership members who contributed information and assisted in the development of this book include: Coalition to Prevent Lead Poisoning, Finger Lakes Health Systems Agency, Finger Lakes Occupational Health Services, Monroe County Department of Public Health, Rochester Regional Children's Environmental Health Center and the University of Rochester Environmental Health Sciences Center.

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# Americans spend 90 percent of their time indoors.

—EPA, 2011



# Healthy Homes, Healthy Families

## WHAT IS AN ENVIRONMENTAL HEALTH HAZARD?

Environmental health hazards include physical hazards or toxins that may enter our bodies through air, food or water. Some environmental health hazards can make you sick right away; others show no signs for many years, so it is important to understand and avoid them now.

## WHO IS MOST AT RISK?

Environmental hazards usually have the biggest impact on children because it affects their developing bodies while in the womb and after birth, not to mention that their hand-to-mouth behavior, size and activities, such as crawling, subject them to additional hazards. Early life exposures to environmental contaminants can lead to many health problems later in life, including neurological problems, obesity, heart disease and cancer.

Environmental hazards can also be passed from a mother's body to her unborn baby or to the baby through breast milk. This means women who are pregnant or breastfeeding should also avoid exposure to environmental hazards.

## WHY FOCUS ON HOMES?

Americans, especially children, spend most of their time indoors. Environmental health hazards in homes can have major effects on families' health, like asthma, lead poisoning or even cancer.

## WHAT CAN I DO?

This booklet describes some common home environmental health hazards and suggests simple ways to reduce these hazards in your home. Local resources for more information are found throughout the booklet. Refer to page 31 for national and state resources.

## FOLLOW THE NATIONAL CENTER FOR HEALTHY HOUSING'S SEVEN STEPS FOR CREATING A HEALTHIER HOME. KEEP IT:

- 1 DRY**
  - Use vent fans or open a window while showering and cooking.
  - Find and fix water leaks right away.
- 2 CLEAN**

Practice the healthy housekeeping tips mentioned throughout this guide.
- 3 PEST-FREE**

Discourage pests from entering your home by taking away their food, water and shelter (see page 9).
- 4 SAFE**
  - Reduce clutter and clean up spills to reduce falling hazards.
  - Set water temperature at 120°F or lower to prevent scalding.
  - Cover outlets and lock chemicals away to prevent unintentional poisonings.
  - Keep the poison control center number in your cell phone (1-800-222-1222).
- 5 CONTAMINANT-FREE**
  - Use safer chemical alternatives whenever possible.
  - Follow instructions carefully whenever you are handling a chemical.
  - Refer to sections of this booklet for reducing exposure to chemical hazards.
  - Avoid using pesticides to get rid of pests (see page 9).
- 6 VENTILATED**

Tightly sealed homes can trap environmental hazards. Especially in newer homes, make sure your ventilation system allows fresh air to enter the house.
- 7 MAINTAINED**

Have appliances (furnace, water heater, fireplace) inspected annually by a professional. Fix hazards such as broken handrails, electrical hazards and peeling paint right away.

**For more information on these “steps for creating a healthier home,” visit the National Center for Healthy Housing’s Resources page: [www.nchh.org/resources.aspx](http://www.nchh.org/resources.aspx).**

Asthma  
accounts for  
more than  
14 million  
missed school  
days every year.

—American Lung Association



## Asthma Triggers in the Home

Asthma is chronic, meaning it cannot be cured. When you have asthma, the air passages in your lungs are very sensitive and can easily become inflamed and swollen. Different irritants, or “triggers,” cause asthma attacks in different people.

During an asthma attack the bronchial tubes (airways) become inflamed and irritated, fill with mucus and the muscles constrict. Symptoms of an asthma attack include coughing, wheezing, chest tightness and difficulty breathing. Untreated asthma can lead to hospitalization or death.

### **THERE ARE MANY POSSIBLE ASTHMA TRIGGERS IN THE HOME, INCLUDING:**

- Tobacco smoke
- Dust mites
- Mold
- Pets
- Pests
- Strong fragrances

### **WHAT YOU CAN DO IF YOU HAVE ASTHMA:**

- Go to the doctor for asthma follow-up visits at least every six months.
- Make sure your bedroom is asthma safe:
  - Lightly spray area with water before dusting or sweeping to keep dust out of the air.
  - Reduce clutter (this collects dust and attracts pests).
  - Don't let pets in the bedroom.
  - Use allergen dust covers on pillows and mattresses.
  - Wash and dry bedding on the hottest settings and vacuum carpets weekly.

# How to Reduce Triggers

## TOBACCO SMOKE

- Quit smoking and encourage others to quit.
- Keep tobacco smoke out of your home and car.
- Ask smokers to smoke outside with a jacket that can be left outside (clothes trap and carry smoke inside with you).

## DUST MITES

- Reduce the amount of fabrics, pillows, carpeting and stuffed animals in the bedroom.
- Use allergen dust covers on pillows and mattresses.
- Wash bedding and washable stuffed animals weekly.

## HOUSEHOLD CHEMICALS

- Store safely, separate from food and away from children. Store in the original container.
- Never mix chemicals.
- Read and follow directions carefully.
- Use in a well-ventilated room with good airflow.
- Avoid using air fresheners.
- Choose non-toxic cleaning products without fragrances.
- Use safer alternatives to chemicals for cleaning, such as borax, vinegar and baking soda.

## MOLD AND MOISTURE

- Find and safely clean small amounts of mold with warm, soapy water.
- Throw out water-damaged or musty/moldy materials.
- Find and fix water leaks right away.
- Use a vent fan or open a window when cooking or showering to reduce moisture.

## PETS

- Keep pets out of bedrooms.
- Wash hands after touching pets.

## PESTS (RODENTS, COCKROACHES, ETC.)

- Safely address the pest problem.
- Practice integrated pest management (IPM, see page 18) to avoid using dangerous chemicals.
- Remove sources of food, water and shelter.
- Store food in sealed containers.
- Clean up crumbs and spills right away.
- Fix water leaks and insulate cold water pipes.
- Clean up clutter and take the garbage out often.
- Seal cracks and holes using steel wool and caulk to keep pests out. Only leave pet food out while pets are eating.

# Asthma Resources

**Asthma Basics** is a free 50-minute online course that helps people learn about asthma. This course is for anyone with asthma, parents, caregivers, friends and family. It is ideal for school/childcare provider staff and the community at all levels. Participants learn about asthma, how to identify and manage asthma symptoms, how to understand the value of an Asthma Action Plan and how to respond to a breathing emergency. To learn more, visit [www.Lung.org/asthmabasics](http://www.Lung.org/asthmabasics).

Cindy Trubisky, (585) 666-1393

American Lung Association of the Northeast  
Rochester, NY | New York, NY | Waltham, MA  
[ctrubisky@LungNE.org](mailto:ctrubisky@LungNE.org)

**Lungtropolis**<sup>®</sup> is a free, fun-filled website for kids ages 5 to 10 with asthma and a great source of advice for parents. When kids visit Lungtropolis, they become asthma control agents and conquer the mucus mob. While playing they learn how to control their asthma. The website guides parents through steps to help recognize and manage their child's asthma symptoms. Interactive quizzes and questions make it easy to learn how to keep their child healthy and active. To learn more, visit [www.lungtropolis.com](http://www.lungtropolis.com).

**Monroe County Department of Public Health—Indoor Air Quality** provides FREE in-home environmental assessments of potential causes of poor indoor air quality such as furnace combustion, radon, carbon monoxide and mold.

Gerry Rightmyer, (585) 753-5075

[grightmyer@monroecounty.gov](mailto:grightmyer@monroecounty.gov)

111 Westfall Rd., 14620

[www.monroecounty.gov/eh-indoorairquality.php](http://www.monroecounty.gov/eh-indoorairquality.php)

**New York State Smoker's Quitline** has trained specialists to support you and your quit plans. Provides a FREE starter kit for eligible NYS smokers, information about local quit programs and free help from Quit Coaches.

1-866-NY-QUITS (1-866-697-8487)

[www.nysmokefree.com](http://www.nysmokefree.com)

**University of Rochester Environmental Health Sciences Center**

offers a virtual tour of a healthy home with information about how to reduce environmental health hazards in your own home.

[www.ehsc.urmc.edu/healthyhomes](http://www.ehsc.urmc.edu/healthyhomes)

**NYS Integrated Pest Management (IPM) Program** of Cornell University provides information on Integrated Pest Management. See "Household Chemicals" (see page 18).

# General Home Hazards

There are a variety of general home hazards that can cause unintentional injuries such as poisoning, falling and choking.

## WHAT YOU CAN DO

Set your water temperature at or below 120°F.

Reduce clutter and make repairs to prevent falls.

Keep chemicals (cleaners, medicine, etc.) away from children.

Store them:

- Away from food
- High up
- Behind childproof locks

## SAFE DRIVING

Always wear seatbelts in the car. Secure children in an age-appropriate car seat until their 8th birthday in accordance with New York State law.

## HELMET SAFETY

New York State law requires helmets when riding bikes, skateboarding, riding on a scooter, rollerblading and skating up until the age of 14.

## SAFE SLEEP

Always sleep babies on their back in an empty crib without blankets, bumpers or toys; items in the crib can cause your baby to suffocate. A baby that sleeps or naps with a parent or sibling can be crushed or suffocated. Even five minutes in an unsafe sleep environment can cause death. Your baby is safest without a blanket and sleeping on their back. For warmth, dress your baby in sleep clothing such as a one-piece sleeper.



Home accidents kill one person every 16 minutes in the U.S.

—U.S. DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT

# General Home Resources

**R Community Bikes** is a grassroots, not-for-profit organization that collects and repairs used bicycles for distribution, free of charge, to Rochester, NY's children and adults.  
(585) 234-2008  
226 Hudson Ave., Rochester, NY 14605  
[www.rcommunitybikes.net](http://www.rcommunitybikes.net)

**The Injury Free Coalition for Kids of Rochester** is an injury prevention program whose mission is to work with a community coalition to learn more about how, when and where injuries to children occur, set priorities for injury prevention, develop new prevention strategies and study the impact of these strategies on the Rochester community. The ultimate goal of these activities is to reduce childhood death and disability from injury. As part of the Rochester Healthy Homes Partnership, we focus on home safety education, safe sleep and child passenger safety. We also provide bike safety education and helmets through the Kohl's Pedal Patrol. We work with teens on becoming smarter drivers and passengers through our Smart Teen Driving Program.  
Karen Knauf  
(585) 463-2957  
[karen\\_knauf@urmc.rochester.edu](mailto:karen_knauf@urmc.rochester.edu)  
601 Elmwood Ave., Box 655, 14642  
[www.injuryfree.org](http://www.injuryfree.org)

**Monroe County Department of Public Health—Healthy Neighborhood Program.** City of Rochester residents living in zip codes 14609, 14611 and 14621 are eligible for FREE resources to make their homes healthier (giveaways may include cleaning supplies, carbon monoxide and smoke detectors, fire extinguishers and educational materials). Program staff will conduct a home visit and discuss strategies with participants.  
(585) 753-5070  
(Se Habla Español (585) 753-5073)  
[www.monroecounty.gov/eh-hnp.php](http://www.monroecounty.gov/eh-hnp.php)

**University of Rochester Environmental Health Sciences Center** offers a virtual tour of a healthy home with information about how to reduce environmental health hazards in your own home. This site also links to the Rochester Healthy Homes Partnership, which comprises over 30 organizations in Rochester that offer services for general environmental health hazard issues.  
[www.ehsc.urmc.edu/healthyhomes](http://www.ehsc.urmc.edu/healthyhomes)

**Rochester Fire Department** will install FREE smoke detectors and FREE carbon monoxide detectors for eligible City of Rochester residents. Call 3-1-1.

**Monroe County Department of Public Health—Housing and General Sanitation** addresses general housing complaints such as cockroaches, mice, garbage, odors and insects.  
(585) 753-5171  
[mchealth@monroecounty.gov](mailto:mchealth@monroecounty.gov)  
111 Westfall Rd., Room #908, 14620  
[www.monroecounty.gov/eh-generalsanitation.php](http://www.monroecounty.gov/eh-generalsanitation.php)



# Household cleaners are the number one cause of poisoning of children.

—EPA



## Household Chemicals, Pesticides and Poisons

Many cleaning products, pesticides, medicines and other household chemicals are toxic and could be harmful to you and your children. Children are at the highest risk.

### WHAT YOU CAN DO PRACTICE SAFE STORAGE:

- Store medicine and household chemicals, like cleaning products, bleach, pesticides, automotive products and paint out of the reach of children.
- Use a locked cabinet whenever possible.
- Never leave household chemicals out or unattended.
- Store all products in their original container.
- Store chemicals separate from food products. Many chemical containers look like common food containers.

### PRACTICE SAFE USE:

- Read labels on household chemicals very carefully and follow directions.
- Keep the room well-ventilated and have good air flow while you are cleaning.
- Never mix different household chemicals.
- Avoid long-term storage of unused chemicals. Safely dispose of old or leftover chemicals.
- Consider using safer alternatives. Vinegar, baking soda and borax are excellent non-toxic cleaners.
- Use integrated pest management (IPM, see page 18) to deal with pests. If IPM doesn't work and you decide to use chemicals, call a professional.

# Household Chemicals, Pesticides and Poisons Resources

## **NYS Integrated Pest Management (IPM) Program of Cornell**

**University** provides information on integrated pest management (safer methods to address pest problems).

Lynn Braband, (585) 461-1000 x241

249 Highland Ave., 14620

lab45@cornell.edu

[www.nysipm.cornell.edu](http://www.nysipm.cornell.edu)

## **Monroe County Household Hazardous Waste Facility (EcoPark)**

accepts recyclables that cannot be placed curbside. Monroe County also provides information on household chemicals, including mercury and pesticides. Regular collection (no appointment needed) accepts electronics, CFL bulbs, scrap metal, clothing and standard curbside recyclables. Special events allow residents to drop off household hazardous wastes (appointment required) and medications.

The service is free, but there is a small fee for some items such as refrigerant-containing appliances and tires. Call to make an appointment.

(585) 753-7600 (menu option 3)

10 Avion Dr., 14624 (near the airport)

[www.monroecounty.gov/des-hhw.php](http://www.monroecounty.gov/des-hhw.php)

Indoor air  
levels of  
pollutants may  
be 2-5 times  
higher than  
outdoor levels.  
Occasionally  
they can be as  
much as 100  
times worse.

—EPA

# Indoor Air Quality (IAQ)

## ASBESTOS

Asbestos is a naturally occurring mineral fiber that was used in building insulation, floor and ceiling tiles and other materials until it was banned in 1989. When the material is broken or crumbling, fibers can be breathed in through the air. Long-term exposure to these fibers can cause asbestosis, lung cancer or mesothelioma.

## CARBON MONOXIDE

Carbon monoxide (CO) is an odorless, colorless, toxic gas. It comes from burning fuels (gas, oil, etc.). CO can kill you or make you ill before you are even aware it is present. Only a CO detector can detect it.

## FURNACE

If you have a hot air furnace, it greatly impacts your home's air quality. Make sure your furnace is working properly to avoid indoor air problems like dust and carbon monoxide.

## MOLD

Mold is a fungus that grows in moist, warm areas of the home, like the attic, basement, bathroom and kitchen. Certain molds can cause respiratory and sinus problems or asthma attacks. Many molds are harmless, but some can cause significant health problems.

## RADON

Radon is a colorless, odorless, naturally occurring, radioactive gas found in soil. Radon may enter basements of houses through cracks in concrete walls and floors or through dirt floors. It is the second leading cause of lung cancer in the United States.

## TOBACCO SMOKE

Tobacco smoke can cause many serious health problems. See pages 7 and 8 for more information.

## WHAT YOU CAN DO ASBESTOS

**If your home has asbestos that is in good condition—not cracked or crumbling—it does not pose a hazard.** However, contact an asbestos abatement and removal professional if you have asbestos in poor condition, are not sure or are planning to remodel.

Consult the yellow pages to find asbestos abatement contractors or go to the New York State Department of Health website: [www.health.ny.gov/environmental/indoors/asbestos/homeowners.htm](http://www.health.ny.gov/environmental/indoors/asbestos/homeowners.htm)

## CARBON MONOXIDE (CO)

**Install a CO detector near sleeping and living areas.** The Rochester Fire Department offers FREE smoke and carbon monoxide detectors for eligible City of Rochester residents. Call 3-1-1.

## FURNACE

**Have your furnace inspected annually by a professional.** Replace your furnace filter with a new, high-quality filter 3–5 times a year or as specified by your product. For disposable filters, choose one that is accordion-style and has a “MERV” rating of 8–12.


## MOLD

**Reduce moisture to prevent mold growth.** Use vent fans or open a window when showering or cooking. Insulate cold water pipes, fix water leaks and clean up spills immediately. Clean small amounts of mold with soapy water or a 10% bleach solution (about 1.5 tablespoons per cup).

For bigger jobs, contact Monroe County Department of Public Health—Indoor Air Quality at (585) 753-5075.

## RADON

**Test your home.** Inexpensive kits can be purchased online or at any hardware store, or through the New York State Department of Health, Radon Division. This is also a great resource for radon information. 1-800-458-1158 [www.nysradon.org](http://www.nysradon.org)



One in 38  
U.S. children  
has lead  
poisoning.

—CDC

# Lead Hazard

## LEAD POISONING

Lead is a toxin that affects the brain, heart, bones and kidneys. Because of children's growing brains and bodies, lead poisoning has a greater impact on children than adults. Even small amounts of lead in children's bodies can cause permanent learning and behavioral problems, often with no physical symptoms. This includes a lower IQ, hyperactivity and delinquent behavior.

## LEAD HAZARDS IN THE HOME

Lead poisoning occurs when harmful amounts of lead are swallowed or breathed in. Homes built before 1978 are at risk for containing hazardous leaded dust and paint. Lead can also be found in soil, jewelry, toys, home remedies, ceramics, candy or water.

## LEAD IN ROCHESTER

Lead paint in homes was banned in the United States in 1978. Paint in homes built before then may contain lead. Most of the homes in the City of Rochester were built before 1978, which puts them at risk for lead hazards.

In 2005, the City of Rochester passed an ordinance that adds a lead hazard assessment to city inspections of rental properties.

## WHAT YOU CAN DO

- **Have your child tested for exposure to lead.** By NYS law, children must be tested at age 1 and again at 2. If you are pregnant, your doctor should assess your risk for lead exposure.
- **Have your home professionally tested for lead** if it was built before 1978.
- **Wash children's hands and toys with soap and water frequently.**
- **Eat foods rich in iron, calcium and vitamin C.** Keep children away from cracking or peeling paint. Cover bare soil with grass or mulch.
- **Use lead-safe cleaning techniques:**
  - Wash windowsills and floors weekly with soapy water.
  - “Work wet”—lightly dampen the cloth or floor when you dust or sweep.
  - Clean often with soap and water.
  - Contact Monroe County at (585) 753-5087 to borrow a HEPA (High-Efficiency Particulate Air) vacuum cleaner.
- **Renters—talk with your landlord** about safely addressing potential lead hazards. If you are a renter, you cannot be evicted for requesting a lead inspection of your home. Contact your Neighborhood Service Center about a FREE lead inspection (see page 31).
- **Homeowners—apply for a lead hazard reduction grant** from the City of Rochester at [www.cityofrochester.gov/leadpaint/](http://www.cityofrochester.gov/leadpaint/)
- If your home was built before 1978, **use Lead Safe Work Practices when doing any renovation or repair work** that disturbs any painted surface. If hiring, find a contractor certified by the EPA under the Renovation, Repair and Painting rule (RRP) following federal guidelines ([www.epa.gov/lead/rrp-reg.html](http://www.epa.gov/lead/rrp-reg.html)). Pregnant women and children should stay away from the property until work is completed.

# Lead Hazard Resources

**City of Rochester Lead Ordinance** requires that all pre-1978 rental homes be assessed for lead hazards. FREE lead inspections are available by request for owner-occupants in Rochester. Property owners are required by federal law to address lead hazards using EPA Renovation, Repair and Painting (RRP) lead safe certified firms.

(585) 428-LEAD (5323)

30 Church St., City Hall, Room 028B, 14614

[www.cityofrochester.gov/lead/](http://www.cityofrochester.gov/lead/)

**Monroe County Department of Public Health Childhood Lead Poisoning Prevention Program** offers general information on lead hazards and provides FREE Lead Safe Work Practices training courses open to any professionals seeking EPA RRP (Renovation, Repair and Painting) certification as well as homeowners. Register by calling Cornell University, Industrial Labor Relations, toll-free at (866) 850-5280 x109. Classes are free, but seating is limited so you must preregister.

**City of Rochester Lead Hazard Control Grant Program** provides financial assistance for landlords to address lead hazards up to \$32,000 (depending upon the number of units in the structure) in the City of Rochester. The City offers FREE Renovation, Repair and Painting certification courses. Go to [www.cityofrochester.gov/leadpaint/](http://www.cityofrochester.gov/leadpaint/) to learn more about these programs.

The following agencies also offer more information about how to apply to the grant program:

- Action for a Better Community, (585) 230-8502  
[www.abcinfo.org/community/lead-hazard-services](http://www.abcinfo.org/community/lead-hazard-services)
- NeighborWorks Rochester, (585) 325-4170 x318  
[www.nwrochester.org](http://www.nwrochester.org)

**NeighborWorks® Rochester** offers a loan program that provides resources to make repairs to owner-occupied houses, including lead paint remediation. Available to homeowners in Monroe County.

Jeremy Carter

(585) 417-0333

570 South Ave., 14620

[www.nwrochester.org](http://www.nwrochester.org)

**The Housing Council at PathStone** provides lead information, landlord education, foreclosure prevention, pre-purchase counseling and fair housing education in the City of Rochester.

(585) 546-3700

[info@thehousingcouncil.org](mailto:info@thehousingcouncil.org)

75 College Ave., Suite 412, 14607

[www.thehousingcouncil.org](http://www.thehousingcouncil.org)

**Rochester Regional Children's Environmental Health Center** provides information concerning environmental exposures in children, pregnant or lactating women and women planning a pregnancy.

Call Center (585) 275-3638

**Action for a Better Community Lead Resource Center** provides education, conducts lead inspections and offers grants and financial assistance (partially through the City of Rochester) to address lead hazards.

Steven Turner, (585) 230-8502

[sturner@abcinfo.org](mailto:sturner@abcinfo.org)

917 East Main St., 14605

[www.abcinfo.org](http://www.abcinfo.org)

**Coalition to Prevent Lead Poisoning** offers information, resources, educational materials and educational presentations on lead poisoning prevention. Brochures are available in English, Spanish, Burmese, Karen, Nepali, Somali and Swahili. Copies of *Healthy Home: Environmental Health Hazards*—a DVD that combines the Coalition's *Lead Awareness for Parents* and the Rochester Healthy Homes Partnership's *Healthy Home* are available upon request.

All of the DVD chapters are viewable on YouTube at [www.youtube.com/watch?v=C0HnWFrQlo4](http://www.youtube.com/watch?v=C0HnWFrQlo4).

Elizabeth McDade, Program Manager, (585) 224-3125

[admin@leadsafeby2010.org](mailto:admin@leadsafeby2010.org)

[www.letsmakeleadhistory.org](http://www.letsmakeleadhistory.org)

**Western New York Lead Poisoning Resource Center** evaluates and provides medical treatment for children with elevated blood lead levels. The center focuses on educating the public about lead poisoning prevention.

Jennifer Becker, Coordinator, Rochester Office of the Western New York Lead Poisoning Resource Center

Golisano Children's Hospital at Strong (585) 276-3105

**NYS Public Health Duty Officer**, toll-free helpline 1-866-881-2809

# Nutrition

## SUMMER MEALS

With locations all over Rochester serving anyone under the age of 18, there is no reason any child should go hungry once school gets out in June. Go to [www.healthikids.org](http://www.healthikids.org) to learn where to get FREE healthy and delicious meals all summer long.

## REGIONAL FARMERS' MARKETS

Regional Farmers' Markets are a great place to get low-cost fresh fruits and vegetables. There are over 30 markets in our area, including ones open year-round, evenings, workdays or weekends. Many accept WIC and SNAP benefits. For example, the Westside Farmers Market and the South Wedge Farmers Market offer \$5 in free market tokens if a SNAP benefit recipient redeems at least \$10 in market tokens. Many farmers' markets also accept credit and debit cards.

For a list of farmers' markets in our area and throughout New York State, visit [www.agriculture.ny.gov/AP/CommunityFarmersMarkets.asp#Monroe](http://www.agriculture.ny.gov/AP/CommunityFarmersMarkets.asp#Monroe) County. The hours and location for some markets may change seasonally and over time. Be sure to check with the market before visiting.

Nearly 40 percent of calories consumed by children ages 2 to 18 come from junk food.

—NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY

## FIVE REASONS TO SHOP AT A FARMERS' MARKET:

- 1 The fruits and vegetables you buy at the farmers' market are the freshest and tastiest available.
- 2 Locally grown and raised foods are often considered superior when it comes to higher levels of protein, vitamins and minerals. Keep stomachs full and have children eat whole-grain breads, beans and green leafy vegetables like spinach for iron. They should drink low-fat milk and eat yogurt and cheese for calcium.
- 3 Some food found in grocery stores is processed and grown using pesticides or hormones. Most food found at the farmers' market is minimally processed and many farmers go to great lengths to grow the most nutritious produce possible.
- 4 Farmers are passionate about the produce they grow and often have recommendations on ways to prepare produce. Most markets offer free samples and many have cooking demonstrations with delicious recipes for you to taste and take home.
- 5 Farmers' markets are fun for the whole family. Meeting your local community is an excellent way to feel connected to the world around you, increasing health for body, mind and spirit.

**Foodlink** operates 12 Urban Farm Stands in the City of Rochester from July through October, and the Curbside Market visits 25 locations per week during the growing season, bringing fresh, affordable produce to city neighborhoods. For more information go to [www.foodlinkny.org](http://www.foodlinkny.org)



# Legal/Financial Information

Renters, property owners and owner-occupants may face issues such as the withholding of rent and code enforcement. Others may have difficulty obtaining grants/loans or accessing resources to make homes healthier. There are several legal and financial resources in Rochester to help with these issues.

## RESOURCES

**NeighborWorks® Rochester** provides homeownership and financial literacy education, home and energy improvement loans and grants, purchase mortgage lending and lead hazard evaluations, including clearance testing and risk assessments. Most programs available throughout Monroe County. (585) 325-4170  
570 South Ave., 14620  
[www.nwrochester.org](http://www.nwrochester.org)

**The Housing Council at PathStone** provides information on apartment listings, public and subsidized housing listings, grants and foreclosure prevention. (585) 546-3700  
[info@thehousingcouncil.org](mailto:info@thehousingcouncil.org)  
75 College Ave., Suite 412, 14607  
[www.thehousingcouncil.org](http://www.thehousingcouncil.org)

**Legal Aid Society of Rochester, NY, Inc.**, provides direct civil legal services, including lay advocacy and related human services for adults and children. (585) 232-4090  
One West Main St., Suite 800, 14614  
[www.lasroc.org](http://www.lasroc.org)

**Monroe County Legal Assistance Center** provides FREE legal assistance to people with civil legal problems, such as withholding rent as a tenant, a landlord not making repairs and fair housing rights. Voice: (585) 325-2520, TDD: (585) 325-2547  
One West Main St., Suite 400, 14614  
[www.lawny.org](http://www.lawny.org)

**Rochester Housing Authority** provides low-income housing in the City of Rochester and programs to teach life skills and self-sufficiency. Works with local organizations to improve quality of life in Rochester. (585) 697-7180  
675 W. Main St., 14611  
[www.rochesterhousing.org](http://www.rochesterhousing.org)

**City of Rochester Neighborhood Service Centers (NSC)** provide support for tenants and owner-occupants for quality-of-life issues like heating problems, unsanitary conditions, etc. Residents may also contact their NSC for free lead inspections of pre-1978 homes in the City of Rochester.

Northwest Quadrant NSC (585) 428-7620  
1099 Jay St., Bldg. D, Suite 200, 14611

Northeast Quadrant NSC (585) 428-7660  
500 Norton St., 14621

Southwest Quadrant NSC (585) 428-7630  
923 Genesee St., 14611

Southeast Quadrant NSC (585) 428-7640  
846 S. Clinton Ave., 14620

## NATIONAL AND STATE HEALTHY HOMES RESOURCES

Federal Agencies—several government organizations provide resources related to healthy housing:

### Environmental Protection Agency (EPA)

Region 2 Office (serving NJ, NY, Puerto Rico, the US Virgin Islands, and eight tribal nations) 877-251-4575 (toll free)  
[www2.epa.gov/aboutepa/epa-region-2](http://www2.epa.gov/aboutepa/epa-region-2)

### Department of Housing and Urban Development (HUD)

[www.hud.gov](http://www.hud.gov)

### Centers for Disease Control and Prevention (CDC)

[www.cdc.gov](http://www.cdc.gov)

### Department of Agriculture: Research, Education and Economics (REE)

[www.ree.usda.gov](http://www.ree.usda.gov)

Other National Resources—these nongovernmental agencies operate at the national level:

### National Center for Healthy Housing (NCHH)

(877) 312-3046 (toll free), [www.nchh.org](http://www.nchh.org)

### National Environmental Health Association (NEHA)

(866) 956-2258 (toll free), [www.neha.org](http://www.neha.org)

### New York State Department of Health

[www.health.ny.gov](http://www.health.ny.gov)