



# Spring 2012 Home & Garden Events

## Saturday, May 5

### Home and Garden Days

Home Hardware Building Centre  
1319 Bay Avenue, Trail  
9:00 am – 1:00 pm

## Saturday, May 12

### Community Program Office Open House

1319 Bay Avenue, Trail  
10:00 am – 2:00 pm

## Saturday, May 19

### Home and Garden Days

Maglio Building Centre and  
Columbia Valley Greenhouses  
9:00 am – 1:00 pm



The Home & Garden Program invites you to come and meet our staff and learn how to do “lead-safe” home renovations.

If you can't make it to one of our events, please drop by the **Community Program Office** at 1319 Bay Avenue, Trail, weekdays from 8:30 am - 4:30 pm or call us at 250 368-3256.



# Family Health Program

## How can parents keep their children lead-safe?

Every year parents ask us what they can do to help keep their children lead-safe. In fact, families play a very important role in reducing lead exposure at home. We've put together a list of family health tips; they are all common sense and they're especially important in Trail. Hand washing is an example. We all know washing your hands is important. In Trail, it is even more important because of lead and other metals in the environment. We need to do it every single time and make hand washing a habit. *Here are a few more family health tips. For more information, check out the Fact Sheets on our website, [www.thep.ca](http://www.thep.ca).*

## Keeping the Home Environment Clean

It is especially important to have a clean house and yard at those times of year when children and pets are playing outdoors and running in and out of the house. Leave outdoor shoes at the door, and do extra vacuuming, damp mopping and damp dusting. Try to avoid sweeping as it stirs up dust. Make sure children's (and your) hands are washed before eating and when coming in from outside. Brush and wash pets often and don't let them sleep on kids' beds.



## Tips for a Lead-Safe Yard

It is important to keep children's outdoor play areas clean. This means covering up areas of bare soil and keeping your lawn healthy. Make sure children have a clean place to dig - like a sandbox with clean sand that gets covered when not in use. Wash garden veggies and fruit before eating them. Peel root vegetables and wash leafy greens really well.

## What about food? Does what children eat make a difference with lead absorption?

Yes! Eating healthy, balanced meals with lots of vitamin C, calcium and iron from high quality protein sources can help reduce lead absorption. It's important that children eat regular meals and snacks as lead is more easily absorbed on an empty stomach. Here are some food ideas and links for more information.



**Iron-Rich Foods:** Lean red meats, fish & chicken, iron-fortified cereals, spinach, raisins, dried apricots

**Calcium-Rich Foods:** Milk, yogurt, cheese, green leafy vegetables, broccoli, baked beans, hummus

**Vitamin C-Rich Foods:** Oranges, strawberries, red & green peppers, raspberries, mango, tomatoes

- Check out <http://www.healthlinkbc.ca/healthfiles/hfile69e.stm> for tasty meal and snack ideas for families with toddlers.
- For more information on healthy eating and nutrition, contact our Family Health Program Coordinator, Jeannine Stefani at 250-364-6223 or visit <http://www.interiorhealth.ca/YourHealth/InfantsChildren/Pages/Nutrition.aspx>



# Home and Garden Program

## It's Home Renovation Time

Spring is the start of home renovation season. Dust stirred up by renovation projects can expose people to lead and other metals. We have free safety supplies and information for home owners and tenants doing home renos in Trail and Rivervale. This offer applies to owners and tenants in older pre-1976 homes in other parts of Greater Trail. Drop by the Community Program Office, 1319 Bay Avenue or call 250 368-3256 on weekdays to pick up your supplies. This includes the use of HEPA and shop vacuums for “lead-safe” clean up.



## Home Renovation Tips

**Before you start:** Seal off and remove household items from the work area

**While you work:** Always wear personal protective gear, keep family and pets out of the work area, keep everything clean & tidy, wash your hands and face before taking breaks

**Cleaning Up:** Remove waste, transport and dispose of waste without raising dust; HEPA vacuum the work area, wash all surfaces, and HEPA vacuum again; wash work clothes separately from regular laundry

**CLEANING UP CAN BE THE MOST IMPORTANT PART!**



## Volunteers Wanted for Grass Study

Many people ask us if it is safe to use composted grass clippings on vegetable gardens. We're confident that there isn't significant metal content in the grass itself but we don't know about lead in dust that falls on the lawn. So, we're conducting a study to find out. We need at least 10 volunteers who have lawns that they mow regularly. We will be collecting some of your grass clippings and analyzing them for metal content. If you have a grass only compost bin, we would like to take samples from that, too. If you're interested in participating in this study, please contact Cindy Hall our new Community Programs Representative at 250 368-3256.

## Common Community Question: Is it safe to eat vegetables grown in my garden?

Studies have been done in Trail comparing the levels of metals in homegrown and store-bought produce. Overall, the levels of metals are higher in some types of homegrown produce but the health risks they pose are low. Trail area statistics have been reviewed by the BC Cancer Agency and the Ministry of Health. These agencies haven't found any increased disease in Trail due to metals in the environment.



*Continued on back page...*



*Continued from previous page...*

There are important benefits to growing and eating homegrown foods and steps you can take to minimize exposure to metals. Always wash fruits and vegetables before eating them. You can also choose what to grow. The fruit parts of plants (e.g. tomatoes, cucumbers, berries, beans etc.) absorb very little metal from soil. Leafy greens tend to absorb more metal; washing them gets rid of some but not all of it. If you are concerned, please call the Community Program Office and request soil testing for your vegetable garden.

## New Faces and Thank yous!

We are pleased to welcome new staff to THE Program. Cindy Hall is our new Community Programs Representative. Cindy will work out of the Community Program Office at 1319 Bay Ave. providing program information to the public. Cindy is a mother of two young children and she's lived in the Greater Trail area for 16 years. She is passionate about THE Program and she's keen to be of service to local families.



We have two new members of our Home & Garden field staff. Welcome to Joseph Hopkins and Catherine Juelfs. You'll see Joseph and Catherine doing soil assessments and working with the soil contractor on garden and yard remediations.

Big thank you's go to Christina Pistner, Mark Stromberg and Gale Stromberg, who've provided fabulous support to THE Program over the last few years. We wish you all the best in your new endeavours.

