

# Growing Food in Trail

People have been growing fruits and vegetables in Trail for more than a century. Gardening is GROWING in popularity! Produce may contain metals from soil and dust. Here are some tips to help you minimize potential exposure to metals from home grown fruits and vegetables:



## COVID-19 UPDATE

All programs are continuing with health & safety protocols in place. Please be patient as programs may be slower. The team is reviewing and adjusting activities based on the latest provincial guidance.

Stay up to date at [thep.ca](http://thep.ca).

## JOIN OUR MEETINGS

The Trail Area Health & Environment Committee (THEC) thrives with genuine community engagement. We are seeking parents, grandparents and caregivers to participate and ensure THEC remains relevant to the community we serve.



The committee **meets five times per year**. Meetings are open to the public and the community is encouraged to participate.

Contact [programs@thep.ca](mailto:programs@thep.ca) for an online link to June 17th, September 23rd & November 25th meetings. Meetings happen at 7pm.



Contact [programs@thep.ca](mailto:programs@thep.ca) to learn more



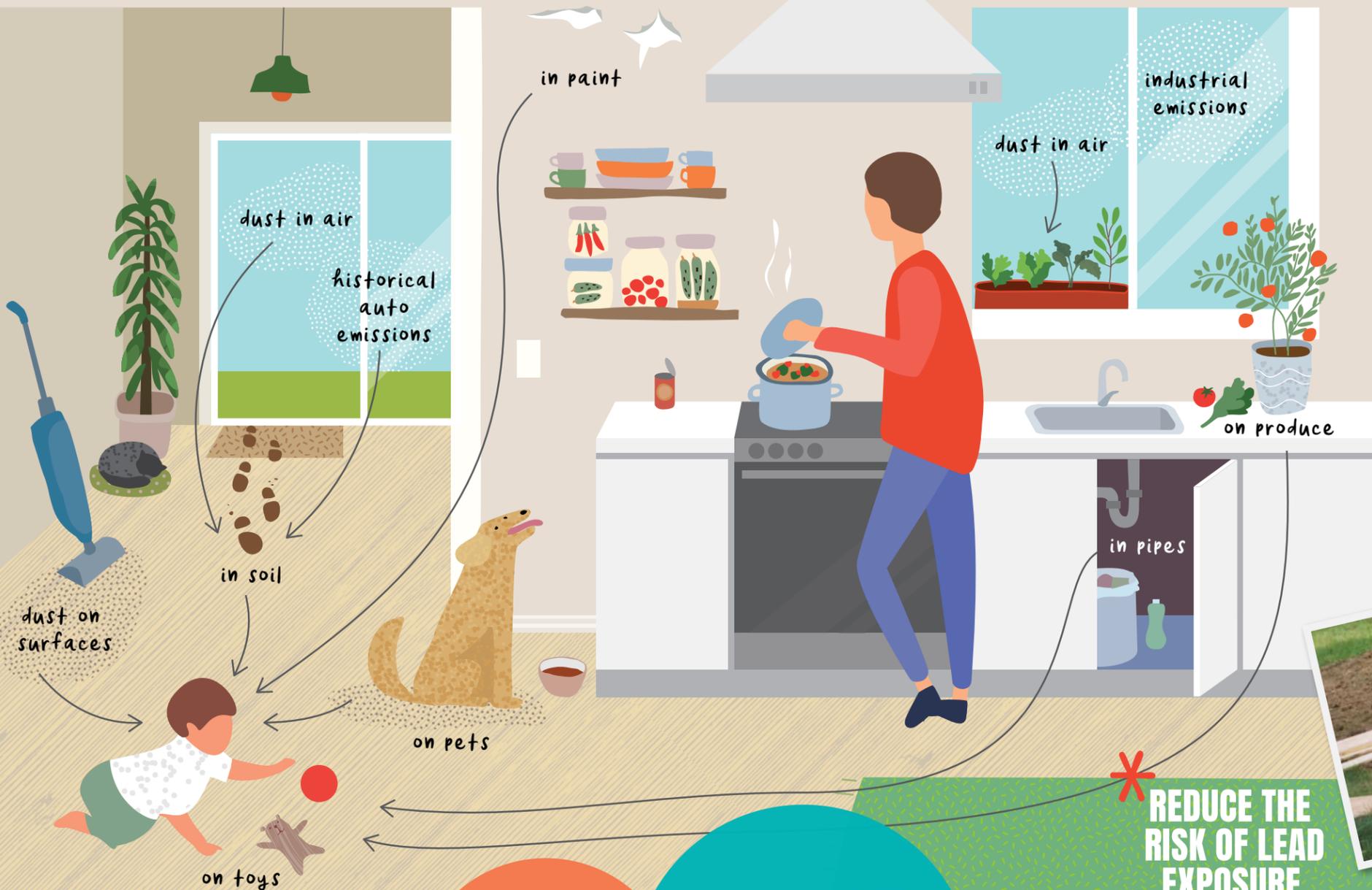
Bare soil in yards and gardens is a source of dust and may contain lead. Keep your yard healthy and safe.

Sign up online for **FREE soil testing** [thep.ca](http://thep.ca)



# LEAD EXPOSURE PATHWAYS

Lead in the home comes from many different sources.



## MEET THE KISSOCK FAMILY:-

Shaunna and Chris recently returned to Trail to raise their family!

Shaunna and Chris enjoyed plenty of travel before having children. Loving the small-town lifestyle they had grown up with, they chose to return to Trail to raise their family. They settled down in the same house Shaunna's grandparents built and continue to make new memories as their family grows. This includes the many great outdoor opportunities to hike, bike, camp, swim and fish. The children (1, 4, and 6 years old) are taking full advantage of the recreation facilities including the Trail Memorial Center, Aquatic and Leisure Center, spray park and skate park. The kids play baseball and soccer in the same fields their parents did growing up.

**"TRAIL IS A GREAT COMMUNITY TO RAISE A FAMILY IN!"**

"We see the renewed importance of community health in Trail with the steps taken such as the free healthy family healthy home visit, remediation of our lawn, and blood lead testing of our children. We also love the improvements to the community like the new library building and the walking bridge."

For anyone considering moving to Trail, Shaunna says, "Living in Trail promotes a healthy and active lifestyle for families. You can walk or ride bikes to school and work. There are many programs and activities for children and you get to enjoy the experience of all four seasons. Trail is a great community to raise a family in."



## PROGRAMS

The Trail Area Health & Environment Program is a comprehensive, community-led program with five areas of activity that work together to achieve our mission:

To promote people's health and a healthy environment, with a focus on preventing children's exposure to lead.



**REDUCE THE RISK OF LEAD EXPOSURE. CHOOSE IRON RICH FOODS FOR CHILDREN. STUDIES SHOW AN IRON RICH DIET MAY ABSORB LESS LEAD.**



# PLANNING A HOME RENOVATION?

## TIPS FOR LEAD SAFE RENOVATION:



Remove/cover items in the work area and seal it off.



HEPA vacuum before you start and keep dust down as you go.



Keep pets and family out of the work area.



Wear personal protective gear.



Wash hands and face before breaks.



Wash work clothes separately from other laundry.

THEP offers free LEAD SAFE renovation supplies. Contact [programs@thep.ca](mailto:programs@thep.ca) to sign up.

# FREQUENTLY ASKED QUESTIONS

## I HAD MY SOIL REMEDIATED: DO WE NEED TO GET OUR CHILDREN'S BLOOD LEAD TESTED?

Yes, you should continue to test your children's blood each year. Soil management is only one way to reduce exposure to metals in your home and yard environment. Lead in homes can also come from old paint, pipes, and imported toys as well as dust from ongoing smelter emissions that lands on indoor and outdoor surfaces. Blood lead testing ensures that children with elevated blood leads are identified and provided follow up care. As a community, blood lead testing also helps monitor our overall progress in reducing lead exposure.

**Did you know that all families in Trail, Casino, Oasis, Rivervale, Waneta and Warfield can access our programs?**

**Primary Prevention Healthy Family Healthy Homes Visit**

**Voluntary Annual Blood Lead Testing**

**Soil Management Program**

**Lead Safe Renovation Program**

**Sign up online at [thep.ca](http://thep.ca).**

## ARE YOU PLANNING TO LANDSCAPE YOUR YARD, EXPAND YOUR DRIVEWAY, DIG A GARDEN OR DO OTHER WORK THAT MAY REQUIRE REMOVING SOIL FROM YOUR PROPERTY?

In Trail and the surrounding area, metals in soils are often above provincial limits. To dispose of these soils, testing is required. The Trail Area Health & Environment Program (THEP) can help you!



## FOLLOW THESE STEPS TO PREVENT DELAYS TO YOUR PROJECT:

- 1. Have your soil tested by THEP Home & Garden. Sign up online at [thep.ca](http://thep.ca). It's FREE!** Soil tests don't expire so you can test your soil now to avoid delays when you have a future project.
- 2. Plan before you dig!** Notify THEP early in the planning process to allow time for soil testing, handling, and disposal arrangements. This process can take several weeks. THEP will need to know the amount of soil for disposal, the extent of your planned excavation and the timeline of your work.
- 3. Communicate and coordinate with THEP during your project to ensure soil is safely handled and properly disposed of.**

In all cases, soil testing is required before disposal. The Regional District of Kootenay Boundary (RDKB) has an updated Contaminated Soil Policy, which establishes criteria and procedures for soil disposal at all RDKB Landfills, including the McKelvey Creek Landfill in Trail.

**Plan ahead and book your soil testing now at [thep.ca](http://thep.ca)!**



For more information:



Visit our Office  
1319 Bay Avenue



Call  
250.368.3256



Email  
[programs@thep.ca](mailto:programs@thep.ca)



Website  
[thep.ca](http://thep.ca)