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**From:** Holton, Jennifer (MDARD)  
**Sent:** Thursday, December 17, 2015 8:45 PM  
**To:** Wurfel, Brad (DEQ)  
**Subject:** Fwd:  
**Attachments:** Nutrition Lead\_NotFinalVersion.pdf; ATT00001.htm

Let's chat in the morning.

Sent from my iPhone

Begin forwarded message:

**From:** "Stuever, Beth" <[stuever@anr.msu.edu](mailto:stuever@anr.msu.edu)>  
**Date:** December 17, 2015 at 6:08:11 PM EST  
**To:** "Jennifer (Quimby) Holton" <[holtonj@michigan.gov](mailto:holtonj@michigan.gov)>  
**Subject:** water

The new subhead on the attached document will read: "A guide and recipe set to help protect your family from lead poisoning."

Press release:

**CONTACT:** Beth Stuever, [stuever@anr.msu.edu](mailto:stuever@anr.msu.edu) **PPI** (cell)

**MSU Extension and Hurley Children's Hospital release recipe and nutrition resource guide to help people lessen harmful effects of lead**

In the wake of growing concerns about exposure to and health impacts of lead in Flint, Michigan State University Extension and Hurley Children's Hospital have released a new nutrition booklet highlighting healthful, cost-effective meals that help lessen the harmful effects of lead. The booklet will be available beginning Saturday December 19, 12:30 p.m. at the Flint Farmers Market.

Joanna Sheill, a registered dietician with Hurley Wellness Services will be facilitating a cooking demo featuring one of the booklet's recipes – a hearty egg burrito. Free water filters will also be available at the cooking demonstration, courtesy of the Genesee County Health Department.

"Healthy nutrition is one of the most important things we can do to protect our children from lead poisoning," said Dr. Mona Hanna-Attisha, director of the Pediatric Residency Program at Hurley Children's Hospital and MSU College of Human Medicine. "In collaboration with MSU Extension nutrition experts, we have developed this lead-fighting recipe and nutrition resource guide."

The booklets will be available during weekly cooking demonstrations at the Flint Farmers Market in early 2016 and also be distributed by MSU Extension educators at workshops and community events throughout Genesee County.

"We are delighted to provide this practical guide and recipe booklet to families to help prevent lead poisoning," said Dawn Contreras, MSU Extension's director of health and nutrition programs. "We want

to protect our family members against the harmful effects of lead and an important way of doing that is through good nutrition.”

The booklet features 10 healthful recipes that feature low-cost ingredients, many of which people will likely already have in their pantries and cupboards. Recipes include chocolate strawberry French toast, vegetable lasagna and roasted butternut squash. Contact information for several food assistance programs and other resources in Genesee County, including Women Infants and Children (WIC), Supplemental Nutrition Assistance Program (SNAP) and Double Up Food Bucks is also listed in the booklet.

These programs help families throughout Michigan access healthy, nutritious and low-cost foods and are essential to helping Flint navigate through this challenging time, said Dr. Hanna-Attisha.

The recipes in the booklet are provided via the [Share Our Strength Cooking Matters](#) curricula, which MSU Extension delivers throughout Michigan to help people learn how to eat healthy, cook and grocery shop on a limited budget.

The resource guide is available online at <http://msue.anr.msu.edu> by searching for [Nutrition & Lead: Recipe and Resource Guide](#). For more information about the nutrition booklet, please contact Dr. Mona Hanna-Attisha at [mhanna1@hurleymc.com](mailto:mhanna1@hurleymc.com) or MSU Extension Educator Erin Powell at [powelle9@msu.edu](mailto:powelle9@msu.edu) or 810-244-8536.

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