



# NUTRITION & LEAD

*A guide and recipe set to help protect your family  
from lead poisoning!*



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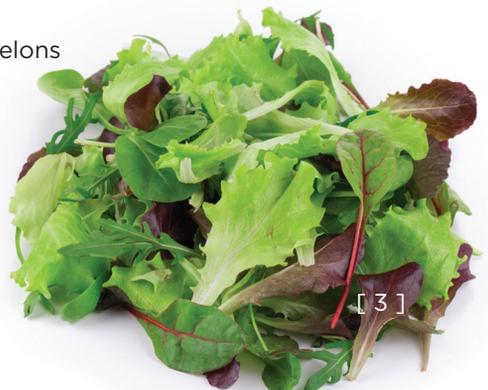


## FIGHT LEAD WITH NUTRITION!

What we eat and how we eat can help limit our kids' exposure to lead! When preparing food, be sure to wash and cook the food with filtered water. Small, healthy snacks in between meals also limits how much lead kids take in. And lastly, there are a few really important nutrients that help protect kids from lead poisoning, especially foods high in **iron, calcium, and vitamin C!**

Help limit exposure by eating foods high in these nutrients:

- **Calcium-rich foods** can help protect your body from lead. Calcium keeps your bones strong and lead out! Calcium-rich foods include:
  - Milk & milk products, like cheese & yogurt
  - Green leafy vegetables, such as spinach, kale, & collard greens
  - Calcium-enriched orange juice
  - Tofu
  - Canned salmon & sardines- with bones
- **Iron-rich foods** can help protect you & your child from the harmful effects of lead too. Iron keeps too much lead from getting into your body. Foods high in iron include:
  - Lean red meats, fish (tuna & salmon), and chicken
  - Green leafy vegetables, such as spinach, kale, & collard greens
  - Iron-fortified cereal, bread, & pasta
  - Dried fruit, such as raisins and prunes
  - Beans
- **Vitamin C-rich foods** also help protect you and your child from lead! Vitamin C works with iron to keep too much lead from getting into your body. Good sources of vitamin C include:
  - Citrus fruits & their juices, like oranges & grapefruit
  - Tomatoes & tomato juice
  - Peppers
  - Other fruit- kiwi, strawberries, & melons



# RECIPES

(All recipes adapted from Share Our Strength's Cooking Matters curricula)



## BLACK BEAN AND VEGETABLE QUESADILLAS

Makes 6 servings

- ½ can of black beans, no salt added
- 2 medium zucchini
- 1 bunch fresh spinach (about 4 cups)
- 1 cup corn
- 4 ounces low-fat cheddar cheese
- 1 Tablespoon canola oil
- pinch of ground cayenne pepper
- ½ teaspoons water
- ½ teaspoon ground black pepper
- 6 (8 inch) whole wheat flour tortillas
- Non-stick cooking spray

### Steps:

- Drain and rinse black beans. Rinse zucchini and cut into thin slices or shred. Rinse and chop spinach. Drain corn. Grate cheese.
- In large skillet over medium-high heat, heat oil. Add zucchini and cayenne pepper. Cook until zucchini is semi-soft, about 5 minutes.
- Add corn and spinach. Cover and cook until tender, stirring a few times., about 5 minutes more. Remove from heat.
- Add black beans to the veggie mix and stir. Smash beans lightly with a fork and add 1-2 teaspoons water to make a bean veggie paste.
- Season mixture with black pepper and transfer to bowl.
- Spread mixture evenly on half of each tortilla. Top with cheese. Fold tortilla over. Press lightly to flatten.
- Spray skillet lightly with cooking spray. Heat over medium-high heat. Add one folded tortilla. Cook about 4 minutes per side, or until both side are golden brown. Repeat with all quesadillas are cooked.

*Nutrition facts per serving: 250 calories, 6g fat, 1g saturated fat, 500mg sodium, 37g carbohydrate, 7g fiber, 13g protein*

*Percent of recommended intake for a child:*

*1-3 years old: Calcium 42% • Iron 24% • Vitamin C 342%*

*4-8 years old: Calcium 30% • Iron 14% • Vitamin C 240%*

## CHOCOLATE STRAWBERRY FRENCH TOAST

Makes 4 servings

- 8 medium strawberries
- 3 Tablespoons unsweetened cocoa powder
- 2 Tablespoons sugar
- 1 large egg
- ½ cup low-fat milk
- 1 teaspoon ground cinnamon
- Non-stick cooking spray
- 4 slices whole wheat bread

### Steps:

- Rinse strawberries. Cut off leafy tops and slice.
- Whisk cocoa powder and sugar together and set aside.
- Beat egg. Add milk and cinnamon to egg. Beat 1 minute more.
- Coat skillet with non-stick cooking spray. Heat over medium heat.
- Dip one piece of bread in egg mixture. Flip to coat both sides. Shake off any excess egg coating and place in hot skillet. Cook until golden brown, about 2-3 minutes per side. Remove from pan. Repeat with each piece of bread.
- Top each piece of bread with 3 Tablespoons sliced strawberries. Dust with cocoa mixture.

*Nutrition facts per serving: 150 calories, 3g fat, 1g saturated fat, 45mg cholesterol, 170mg sodium, 25g carbohydrate, 6g fiber, 8g protein*

*Percent of recommended intake for a child:*

*1-3 years old: Calcium 28% • Iron 12% • Vitamin C 214%*

*4-8 years old: Calcium 20% • Iron 7% • Vitamin C 150%*



## PEANUT BUTTER AND BANANA POCKETS

Makes 4 servings

- 3 ripe bananas
- 3 Tablespoons peanut butter
- 1 ½ teaspoons honey
- ¼ teaspoon ground cinnamon
- 4 (8-inch) whole wheat flour tortillas
- Non-stick cooking spray

### Steps:

- Peel and slice bananas about ¼-inch thick.
- In small bowl, mix peanut butter, honey, and cinnamon.
- Lay tortillas flat. Spread 1 Tablespoon peanut butter mix on one half of each tortilla.
- Arrange a single layer of bananas on top of peanut butter on each tortilla. Fold in half.
- Coat large skillet with non-stick cooking spray. Heat over medium heat.
- Place folded tortillas in skillet. Cook for 1-2 minutes on each side, or until golden brown.

*Nutrition facts per serving: 290 calories, 8g fat, 1.5g saturated fat, 340mg sodium, 50g carbohydrate, 6g fiber, 8g protein*

*Percent of recommended intake for a child:*

*1-3 years old: Calcium 21% • Iron 12% • Vitamin C 129%*

*4-8 years old: Calcium 15% • Iron 7% • Vitamin C 90%*



## VEGETABLE LASAGNA

- 1 (8-ounce) package whole wheat lasagna noodles
- 3 cups spinach
- 8 ounces button mushrooms
- 1 large zucchini
- 3 cloves garlic
- 1 (6-ounce) block mozzarella cheese
- ½ teaspoon salt
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- ¼ teaspoon ground black pepper
- 1 (28-ounce) can tomato sauce or crushed tomatoes, no salt added
- 1 large egg
- 1 cup low-fat cottage cheese or part-skim ricotta cheese
- Non-stick cooking spray

### Steps:

- Preheat oven to 350 F.
- Cook lasagna noodles following package directions. Drain and rinse under cold water until cool to touch.
- While noodles cook, rinse spinach, mushrooms, and zucchini. Peel garlic.
- Chop spinach. Thinly slice mushrooms. Dice zucchini into ½-inch pieces. Mince garlic.
- Grate mozzarella cheese. Set aside ¼ cup for topping.
- Mix spinach, mushrooms, and zucchini. Stir in ¼ teaspoon of salt. Pat dry veggies if still wet.
- Stir garlic, basil, oregano, ¼ teaspoon salt, and black pepper into canned tomatoes to make a sauce. Do this right in the can.
- Crack egg and beat with fork. Add both cheeses and mix.
- Lightly coat backing dish with non-stick cooking spray. Spread ½ cup tomato sauce on bottom of dish.
- Layer 3 noodles over sauce. Then, layer 1 cup cheese mixture, 1 ½ cups veggies, and 2/3 cup tomato sauce. Repeat layers 2 more times, ending with 3 noodles. Cover with remaining tomato sauce. Sprinkle with left over mozzarella cheese.
- Bake until cheese is melted and lightly browned on top and lasagna is bubbly, about 45 minutes. Remove from oven and let cool 10 minutes before cutting.

*Nutrition facts per serving: 180 calories, 6g fat, 3g saturated fat, 35g cholesterol, 460mg sodium, 33g carbohydrate, 7g fiber, 17g protein*

*Percent of recommended intake for a child:*

*1-3 years old: Calcium 28% • Iron 18% • Vitamin C 300%*

*4-8 years old: Calcium 20% • Iron 11% • Vitamin C 210%*



Makes 8 servings

## TUNA MELT

Makes 4 servings

- 4 slices of whole wheat bread
- 1 can of water packed tuna
- ¼ cup of low-fat mayonnaise
- 1 large stalk celery, chopped
- 1 large tomato, sliced
- ½ lemon
- 2 ounces low-fat cheddar cheese

### Steps:

- Rinse and cut celery and tomato.
- Rinse lemon & squeeze juice into small bowl.
- Mix tuna with low-fat mayonnaise, lemon juice, and celery until combined.
- In large skillet over medium heat, add 2 slices of bread. Cook until toasted on bottom, about 5 minutes. Remove from pan and repeat with other 2 slices. (Only toast one side of each piece)
- On toasted side of each bread slice, add ½ cup tuna mixture. Top with tomato slice and cheese. Cover and cook until cheese is melted and bread is browned, about 3-5 minutes. Repeat with other 2 pieces.

*Nutrition facts per serving: 270 calories, 8g fat, 1.5g saturated fat, 390mg sodium, 18g carbohydrate, 5g fiber, 30g protein*

*Percent of recommended intake for a child:*

*1-3 years old: Calcium 36% • Iron 18% • Vitamin C 171%*

*4-8 years old: Calcium 25% • Iron 1% • Vitamin C 120%*



## CHEESY HAMBURGER SKILLET

Makes 4 servings

- 2 cups whole wheat macaroni
- 1 small bell pepper
- 1 small onion
- 3 cloves garlic
- 3 ounces reduced fat cheddar cheese
- 1 pound lean ground beef or turkey
- 1 (14 ounce) can diced tomatoes, no salt added, do not drain
- 1 Tablespoon dried thyme leaves
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

### Steps:

- Cook macaroni according to package directions. Drain, rinse with cool water, and set aside.
- While pasta cooks, rinse and dice bell pepper. Peel and finely chop onion. Peel and mince garlic.
- Grate cheese.
- In large skillet over medium heat, add beef or turkey, bell pepper, onion, and garlic. Cook, crumbling beef with spoon, until meat is no longer pink, about 15 minutes. Drain fat.
- In skillet, add remaining ingredients to meat mixture. Sprinkle with cheese. Cover and cook over medium heat until cheese is melted, 5-7 minutes.
- \* Add your favorite veggies in step 4 to add variety and make even more healthy!

*Nutrition facts per serving: 300 calories, 8g fat, 3g saturated fat, 360mg sodium, 34g carbohydrate, 4g fiber, 25g protein*

*Percent of recommended intake for a child:*

*1-3 years old: Calcium 21% • Iron 24% •  
Vitamin C 386%*

*4-8 years old: Calcium 15% • Iron 14% •  
Vitamin C 270%*





## HEARTY EGG BURRITOS

Makes 4 servings

- 3 green onions
- 1 medium red or green bell pepper
- 1 medium clove garlic
- 2 ounces low-fat cheddar cheese
- 1 (15.5 ounce) can black beans, no salt added
- 1 teaspoon canola oil
- 4 large eggs
- $\frac{3}{4}$  teaspoon ground cumin
- $\frac{1}{4}$  teaspoon ground black pepper
- non-stick cooking spray
- 4 (8 inch) whole wheat flour tortillas

### Steps:

- Rinse green onions and bell pepper, Peel garlic.
- Slice onions, remove core and dice bell pepper, and mince garlic.
- Grate cheese. Drain and rinse beans.
- In a medium skillet over medium heat oil. Add beans, green onions, bell pepper, and garlic. Cook until peppers are soft, about 3 minutes. Add  $\frac{1}{2}$  teaspoon ground cumin and black pepper. Transfer mixture to plate.
- In a small bowl, crack eggs. Add remaining  $\frac{1}{4}$  teaspoon cumin. Beat lightly with a fork.
- Wipe out skillet. Coat with non-stick cooking spray. Heat at medium-low. Add eggs. Cook, stirring occasionally, until eggs are as firm as you like them, about 3-5 minutes.
- Add cooked eggs to center of each tortilla and top with beans, veggies, and cheese. Roll up and enjoy!

*Nutrition facts per serving: 340 calories, 8g fat, 2g saturated fat, 185mg cholesterol, 510mg sodium, 45g carbohydrate, 9g fiber, 20g protein*

*Percent of recommended intake for a child:*

*1-3 years old: Calcium 42% • Iron 30% • Vitamin C 386%*

*4-8 years old: Calcium 30% • Iron 18% • Vitamin C 120%*

## BEAN AND RICE BOTANA

Makes 8 servings

2 cups brown rice  
3 small onions  
1 medium green bell pepper  
1 small garlic clove  
4 ounces low-fat Monterey Jack cheese  
3 (15 1/2- ounce) cans pinto beans  
2 Tablespoons canola oil  
1 Tablespoon chili powder  
1 teaspoon ground cumin  
1 teaspoon dried oregano  
½ teaspoon ground cayenne pepper  
1 (28-ounce) can diced or crushed tomatoes, no salt added  
Non-stick cooking spray

### Steps:

- Preheat oven to 350 F.
- Cook rice following package directions. Set aside.
- While rice is cooking, peel, rinse, and dice onions. Rinse and dice bell pepper. Peel and finely chop garlic.
- Grate cheese
- Rinse and drain canned beans.
- In a medium pot over medium-high heat, heat oil. Add onions, garlic, and bell pepper. Cook, stirring often, until veggies are soft and just starting to brown.
- Add spices. Stir, about 30 seconds.
- Add drained beans and canned tomatoes with their juices. Simmer mixture on low until thicker, about 15 minutes.
- Coat baking dish with non-stick cooking spray.
- Spread cooked rice on bottom of baking dish. Cover with bean mix and sprinkle cheese on top.
- Bake for 20-25 minutes, or until cheese is melted and botana is heated through.

*Nutrition facts per serving: 430 calories, 11g fat, 3g saturated fat, 15g cholesterol, 460mg sodium, 67g carbohydrate, 13g fiber, 17g protein*

*Percent of recommended intake for a child:*

*1-3 years old: Calcium 28% • Iron 18% • Vitamin C 300%*

*4-8 years old: Calcium 20% • Iron 11% • Vitamin C 210%*



## ROASTED BUTTERNUT SQUASH

Makes 6 servings

- 2 pounds butternut squash
- ¼ cup walnuts
- 2 Tablespoons canola oil
- 1 teaspoon dried sage
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 Tablespoon butter or canola oil
- ¼ cup dried cranberries
- 1 ½ Tablespoons maple syrup

### Steps:

- Preheat oven to 375 F.
- Rinse and peel squash. Cut off ends and throw away. Cut squash in half, so you have a round part and a narrow part. Cut each half in half again. Scoop out seeds and cut into ¾-inch cubes.
- Coarsely chop walnuts. Set aside.
- Toss squash with oil, sage, salt, and pepper.
- Spread squash evenly on a baking sheet. Roast, stirring once, until tender, about 35 minutes.
- In small skillet over medium heat, melt butter or heat oil. Add walnuts and cook until fragrant, about 2 minutes. Remove from heat. Stir in cranberries and maple syrup.
- Gently toss cooked squash with cranberry and walnut mix. Enjoy!

*Nutrition facts per serving: 200 calories, 10g fat, 2g saturated fat, 5g cholesterol, 105mg sodium, 27g carbohydrate, 4g fiber, 3g protein*

*Percent of recommended intake for a child:*

*1-3 years old: Calcium 14% • Iron 10% • Vitamin C 429%*

*4-8 years old: Calcium 10% • Iron 6% • Vitamin C 300%*





## ASIAN NOODLES WITH PEANUT BUTTER SAUCE

Makes 8 servings

1 (16 ounce) package whole wheat pasta

¼ cup peanut butter

⅓ cup warm water

¼ cup low-sodium soy sauce

2 Tablespoons cider vinegar

4 teaspoons sugar

1 bag frozen veggies, such as broccoli, thawed

### Steps:

- Cook pasta using package directions. Make sauce and veggies while pasta is cooking.
- Combine peanut butter and warm water. Stir into a smooth, thin sauce.
- Add soy sauce, vinegar, and sugar. Mix until sugar dissolves.
- In microwave-safe bowl, add thawed frozen veggies and ½ cup water. Steam in microwave for 3-5 minutes. Drain excess water.
- Pour peanut sauce and steamed vegetables over cooked, drained pasta. Toss to combine. Serve warm or cold.

*Nutrition facts per serving: 430 calories, 11g fat, 3g saturated fat, 15g cholesterol, 460mg sodium, 67g carbohydrate, 13g fiber, 17g protein*

*Percent of recommended intake for a child:*

*1-3 years old: Calcium 42% • Iron 30% • Vitamin C 386%*

*4-8 years old: Calcium 30% • Iron 18% • Vitamin C 270%*

## FOOD ASSISTANCE IN GENESEE COUNTY

### Women, Infants, & Children (WIC)

WIC is a program that supplies extra food for low-income pregnant and/or breastfeeding mothers, infants, and children up to 5 years old, who are at nutritional risk. Foods provided through WIC include:

- Infant formula and iron-fortified cereals
- Fruits & vegetables rich in iron, calcium, & vitamin C
- Whole grain bread & cereals
- Eggs, milk, cheese, & yogurt

To apply for WIC, call 1-800-262-4784 or 810-237-4537

### WIC-Project Fresh

If you receive WIC benefits, you are eligible to receive Project Fresh coupons for purchase of locally grown fruits & veggies! This program runs from June 1st through October 31st each year. For more information contact Genesee County WIC at 810-237-4537 or MSU Extension at 810-244-8500.

### Supplemental Nutrition Assistance Program (SNAP)-formerly food stamps

SNAP provides low-income residents with money to purchase food, including:

- Fruits & vegetables
- Breads & cereals
- Dairy, meat, fish, & poultry

You are also allowed to purchase seeds & food-producing plants with your SNAP benefits to grow your own food. Apply for SNAP at [www.mibridges.michigan.gov](http://www.mibridges.michigan.gov) or call Genesee County DHHS @ 810-760-2200.

### Double Up Food Bucks (DUFEB)

DUFEB is a program that matches your SNAP benefits when you buy Michigan grown fruits and vegetables. For example, if you buy \$10 worth of Michigan produce, you will get an extra \$10 to buy more fruits & veggies! You can use this program at:

- Flint Farmer's Market- offered all year round
  - Located at 300 E. 1st St., Flint; 810-232-1399
- Landmark Food Center- offered at limited times
  - Located at 206 W. Pierson Rd; 810-789-7311 or 4644 Fenton Rd; 810-238-2972

### The Emergency Food Assistance Program (TEFAP)

TEFAP provides healthy foods to qualified families and individuals once every 4 months. For more information contact GCCARD at 810-789-3746 or 810-789-4409.

### Commodities Food Program

A supplemental food program to help low-income pregnant and breastfeeding women, new mothers up to one year after birth, infants, children up to age 6, and people 60 years of age and older. Food is provided once a month. For more information call 810-789-3746 or 810-789-4409

### Food Bank of Eastern Michigan

The Food Bank of Eastern Michigan offers many food assistance programs. For more information, contact them at 810-239-4441.

## LEAD FACTS

Lead is not good for anyone's health and is especially bad for small children. Keep your family lead safe by avoiding contact. If you live in the City of Flint, be sure to use an NSF-certified filter for drinking, cooking, and mixing baby formula. Make sure to change the filter cartridge when it says you should. You can also be exposed to lead from old paint, dust, dirt, pottery, make-up, toys, and some home remedies.

If you have any concerns about lead or your child's diet, be sure to talk with your doctor.

### Lead Resources:

- Genesee County Health Department Lead Program (810) 257-3833 [www.gchd.us](http://www.gchd.us)
- Michigan Department of Environmental Quality [www.mi.gov/FlintWater](http://www.mi.gov/FlintWater)
- Michigan Department of Health and Human Services Childhood Lead Poisoning Prevention Program (888) 322-4453 [www.michigan.gov/lead](http://www.michigan.gov/lead)
- United States Environmental Protection Agency [www.epa.gov/lead](http://www.epa.gov/lead)
- U.S. Centers for Disease Control and Prevention (CDC) Web site [www.cdc.gov/nceh/lead](http://www.cdc.gov/nceh/lead)

### Additional Genesee County Resources:

#### 211- locally funded by United Way Genesee County

- A service that connects you to community resources including food, transportation, education, health care, and many more!
- Connects you to water filters and replacement cartridges
- Phone number- 211
- [www.211.org](http://www.211.org)

#### Flint Water Department

- Free or low-cost water testing
- Phone number- 810-787-6537

#### Genesee County Community Action Resource Department (GCCARD)

- Free water filters
- Phone number - 810-789-3746 or 810-789-4409

#### Michigan State University Extension

- Free nutrition education classes
- Soil testing for lead available
- Phone number- 810-244-8500



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(1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410

(2) fax: (202) 690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at (800) 221-5689, which is also in Spanish or call the State Information/Hotline Numbers (click the link for a listing of hotline numbers by State); found online at: [http://www.fns.usda.gov/snap/contact\\_info/hotlines.htm](http://www.fns.usda.gov/snap/contact_info/hotlines.htm).

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