Healthy Homes, Healthy Families

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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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 assisted in the development of this book include: City of Rochester, Coalition to Prevent Lead Poisoning, Finger Lakes Occupational Health Services, Monroe County Department of Public Health, New York State Pollution Prevention Institute, Rochester Safe and Efficient Homes Initiative, 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.

PARTNERS IN HOME HEALTH

Improving home environmental health requires a combination of physical and behavioral changes. Collaboration among residents, property owners and local organizations to address home hazards is essential for protecting the health of children and families. Throughout this guide, we offer tips for residents and property owners, as well as resources for addressing larger problems.

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.

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 with a HEPA filter 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. Keep household chemicals 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. Allow the area to dry completely.
- Throw out water-damaged or musty/moldy materials.
- Find and fix water leaks right away.
- Use a fan that ventilates to the outside 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, BED BUGS, ETC.)

- Safely address the pest problem.
- Practice integrated pest management (IPM, see page 18)
- 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.
- For bed bug infestation, call the Monroe County Department of Public Health at (585) 753-5171.

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.
American Lung Association of the Northeast (Smoking & Health Action Coalition of Monroe County)
(585) 666-1395
www.smokefreemonroe.com

Lungtropolis® 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.

Monroe County Department of Public Health—Indoor Air Quality provides in-home environmental assessments of potential causes of poor indoor air quality such as furnace combustion, radon and carbon monoxide.
(585) 753-5075
www.monroecounty.gov/eh-indoorairquality.php

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

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

Smoking and Health Action Coalition provides education and policy information regarding creating smoke-free housing in multi-unit apartment buildings.
(585) 666-1399
Smoking & Health Action Coalition of Monroe County (American Lung Assocation of the Northeast)
Apopovici@lungne.com
www.smokefreemonroe.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

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. Teens and adults should also wear helmets to prevent serious injury.

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

Get a Free Energy Audit
Did you know there are grant programs and low-interest loans for homeowners and landlords to make their properties healthier, safer and more energy efficient? You may qualify for grants or loans to increase energy efficiency, improve safety, install bathroom and kitchen fans, replace older appliances, clean or replace furnaces and hot water heaters, resolve lead paint problems, replace windows and doors, make emergency repairs, etc.

Call the Action for a Better Community Energy Conservation Program at (585) 442-4160, NeighborWorks Rochester Home Energy Services at (585) 325-4170, or PathStone Corporation Residential Home Energy Improvement programs at (585) 442-2030 x214 to schedule a FREE energy audit and learn more about possible programs and grants. They can help you save money on your heating and cooling bills and make your home a healthier place to live, work and play.

The Home-Safe-Home program at LIFESPAN provides a general home safety review for senior citizens that is geared toward preventing slips, trips, and falls. The "Safety and Security for Seniors" program can make minor home modifications, including installation of grab bars, smoke detectors, hand rails for stairs, door grips, handicapped toilet seats, tub transfer benches and bathtub seats. Homeowners may qualify for free services and/or hire LIFESPAN to make modifications paying cost of supplies and a nominal service fee.

900 Clinton Ave South, Rochester, NY 14618, (585) 244-8400 x151, www.lifespan-roch.org

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.
(585) 273-4238
karen_knauf@urmc.rochester.edu
601 Elmwood Ave., Box 655, 14642
www.injuryfree.org

Monroe County Department of Public Health—Healthy Neighborhood Program. City of Rochester residents living in zip codes 14605, 14608, 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 or (585) 753-5073
(Se Habla Español (585) 753-5073)
www.monroecounty.gov/eh-hnp.php

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
www.monroecounty.gov/eh-generalsanitation.php

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

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

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

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

NYS Integrated Pest Management (IPM) Program of Cornell University provides information on integrated pest management (safer methods to address pest problems).
NYS Community IPM Program of Cornell University
2449 St. Paul Blvd.
Rochester, NY 14617
(585) 753-2562
www.nysipm.cornell.edu

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/

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

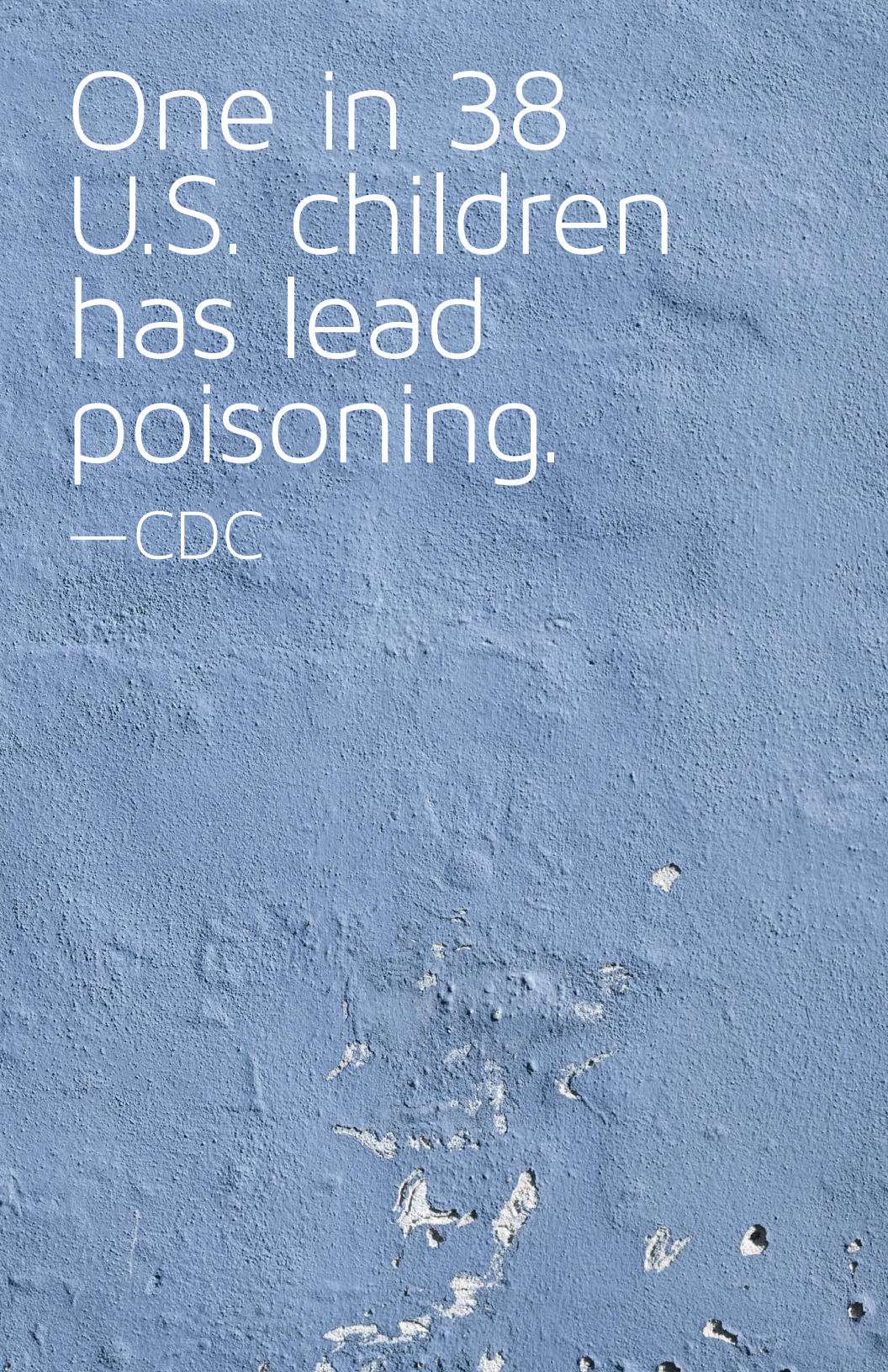
Have your furnace inspected annually by a professional. Replace your furnace filter with a new, high-quality filter 3–5 times a year or as specified by your product. For disposable filters, choose one that is accordion-style and has a "MERV" (minimum efficiency reporting value) rating of 8–12. Get an Energy Audit and see if you qualify for a new furnace through a local grant program. See "Energy Audit" on page 14.

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 at (585) 753-5171.

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


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

Lead Hazards

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, again at 2, and whenever a potential risk of lead exposure exists. 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. In Rochester, call (585) 428-6520.
- **Wash children's hands and toys with soap and water frequently.**
- **Have your child eat and drink 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 30).
- **Homeowners—apply for a lead hazard reduction grant** from the City of Rochester or Monroe County.
- 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). Pregnant women and children should stay away from the property until work is completed.

Lead Hazard Resources

City of Rochester Lead Hazard Control Grant Program provides financial assistance up to $14,000 for eligible property owners to address lead hazards as well as $1,400 for "Healthy Home" interventions in the city of Rochester. Go to www.cityofrochester.gov/leadpaint/ to learn more about this program or call (585) 428-6520.

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 anyone residing in the city of Rochester. Property owners are required by federal law to address lead hazards using EPA Renovation, Repair and Painting (RRP) lead safe certified firms.
(585) 428-6520
30 Church St., City Hall, Room 028B, 14614
www.cityofrochester.gov/lead/

The Coalition to Prevent Lead Poisoning (CPLP) is an education and advocacy organization composed of hundreds of individuals and community organizations dedicated to eliminating childhood lead poisoning and other environmental home health hazards. Located in Rochester, NY our mission is to provide leadership and advocacy to empower communities and their residents to prevent childhood lead poisoning by sharing information, educational materials and best practices, and working towards public policy change. The Coalition is comprised of members who share the following conviction: childhood lead poisoning can and must end. Free lead poisoning prevention educational resources, including presentations, brochures in seven languages, and DVDs in three languages (including American Sign Language) are available upon request.
Call (585) 224-3125.
emcdade@theleadcoalition.org
www.theleadcoalition.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
75 College Ave., Suite 412, 14607
www.thehousingcouncil.org

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 at (585) 206-7642. Classes are free, but seating is limited so you must preregister.

Monroe County Department of Public Health Lead Primary Prevention Program for Pregnant Women & Infants offers information on lead poisoning prevention and ways to have a healthy home. City of Rochester residents who are pregnant or have a child aged up to one year old are eligible for FREE resources to make their homes healthier. Call (585) 753-5575.

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.
(585) 325-4170
570 South Ave., 14620
www.nwrochester.org

Finger Lakes 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
www.golisano.urmc.edu/FLCEHC

Western New York Lead Poisoning Resource Center's Rochester Office works to increase blood lead testing and provides education, support and consultation regarding lead poisoning to health care providers, local health departments and the general public.
Call (585) 276-3105.

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 to learn where to get FREE healthy and delicious meals all summer long, or call 2-1-1.

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. 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/farmers_markets.html. 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 Urban Farm Stands in the city of Rochester from July through October, and the Curbside Market visits several locations during the growing season, bringing fresh, affordable produce to city neighborhoods. For more information, go to 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 organizations in Rochester that can offer assistance and information to help with these issues.

RESOURCES

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

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
75 College Ave., Suite 412, 14607
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

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

Legal Assistance of Western New York (LAWNY) 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, TTY: (585) 325-2547
One West Main St., Suite 400, 14614
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

NATIONAL AND STATE HEALTHY HOMES RESOURCES

Centers for Disease Control and Prevention (CDC)
www.cdc.gov

Department of Housing and Urban Development (HUD)
www.hud.gov

Environmental Protection Agency (EPA)
Region 2 Office (serving NJ, NY, Puerto Rico, the US Virgin Islands, and eight tribal nations) 1-877-251-4575 (toll free)
www2.epa.gov/aboutepa/epa-region-2

National Center for Healthy Housing (NCHH)
1-877-312-3046 (toll free), www.nchh.org

National Environmental Health Association (NEHA)
1-866-956-2258 (toll free), www.neha.org

New York State Department of Health
www.health.ny.gov

Thank you

Causewave Community Partners
Monroe County Department of Public Health
Roberts Communications
Rochester Area Community Foundation
Rochester Safe and Efficient Homes Initiative
University of Rochester Environmental Health Sciences Center

Coalition to Prevent Lead Poisoning
www.theleadcoalition.org

Rochester Healthy Homes Partnership
www.ehsc.urmc.edu/healthyhomes

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