

# ABOUT THE WHITTAKER FOUNDATION

## Who We Are

The Whittaker Foundation is a charitable foundation based in Jersey City, NJ, dedicated to building brighter futures by creating healthier homes, empowering youth, and opening pathways to opportunity. Through community support initiatives such as environmental health programs, workforce training, and mentorship, we are building stronger, safer, and more resilient communities across New Jersey and New York.

## Mission Statement:

The Whittaker Foundation is dedicated to creating healthier, stronger communities through education, wellness, and second-chance initiatives that empower families to live safe and successful lives.

TOGETHER WE  
CAN BUILD A  
LEAD-FREE  
FUTURE FOR  
OUR  
CHILDREN  
AND OUR  
COMMUNITIES.

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### **The Whittaker Foundation**

*(501(C)3 Certification Pending*

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Building Healthier  
Communities for Every  
Generation



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# PROTECT OUR CHILDREN

## WHAT IS LEAD?

Lead is a toxic metal that can harm a child's brain, growth, and future.

Even small amounts can cause learning difficulties, developmental delays, and health issues.

The good news? Lead poisoning is 100 percent preventable.

## KNOW THE SOURCES

🏠 Homes built before 1978 may have lead-based paint.

🚰 Old pipes can contaminate drinking water.

🧸 Toys, spices, and cosmetics may contain lead.

🏗️ Construction or renovation work can release lead dust.

🌿 Some herbal or traditional remedies may contain lead.

# "STAY LEAD-FREE"

## GET TESTED

Have your child tested for lead at ages 1 and 2 or as soon as possible before age 6.

Testing is simple, quick, and often free for families.

Parents can ask for a lead test at:

- Their child's pediatrician or family doctor (covered by Medicaid and most insurances)
- Local Health Department — most offer free or low-cost testing
- Federally Qualified Health Centers (FQHCs) and community clinics across New Jersey
- The New Jersey Department of Health Lead Screening Program

**Visit** [nj.gov/health/childhoodlead](https://nj.gov/health/childhoodlead) or call 1-800-367-6543 to find a testing site near you.



## WHAT YOU CAN DO

- Keep your home clean and dust-free.
- Regularly wipe surfaces and floors to remove lead dust.
- Run cold water for a few minutes before using it for drinking or cooking.
- This helps flush out any lead that may have built up in old pipes.
- Wash hands and toys often, especially before eating.
- Good hygiene helps prevent accidental lead exposure.

Contact your doctor for lead testing and follow-up.

Ask about a simple blood test to check your child's lead levels.