

# Preparing Food or Drink?

## Simple Ways to Reduce Lead Exposure from Water

- Flush all water outlets used for drinking or food preparation:  
At the start of each day, before using any water for drinking or cooking, flush the cold water faucet by allowing the water to run for a short period of time. For example turn on the water, gather your coffee supplies; then fill the coffee pot.
- Use only cold water to prepare food and drinks. Hot water dissolves lead more quickly than cold water and is therefore more likely to have greater amounts of lead.
- If hot water is needed for consumption, water should be drawn from the cold tap and heated.
- Use only thoroughly flushed water from the cold water tap for drinking and when making mixed baby formula, juices or foods.

