Who We Are

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First Nations Food, Nutrition and Environment Study (FNFNES)

Drinking Water Component

The FNFNES aims to collect environmental health information from 100 First Nation communities across Canada. One of the five components of the study is the **Drinking Water Component.**

Trace metals like cadmium may occur naturally in water, but high levels of some trace metals can cause undesirable effects. The main objective of the Drinking Water Component is to determine levels of trace metals in water used for both drinking and cooking purposes. This estimate will allow the study to compare the trace metal intake from both drinking water and food.

In addition, chlorine levels will be measured in some samples to confirm adequate disinfection of tap water.

Water Sampling Instructions for Participating Households

A maximum of 20 households per community will be invited to participate in the Drinking Water Component

Two drinking water samples will be collected in each household.

1) A *first-draw sample* will be collected by the householder.

2) A *flushed water sample* will be collected by the community water technician later in the **same day**.

Preparation for sample collection

The community water technician or EHO will make an appointment with you for a visit and will drop off a water sample bottle the night before.

Please inform other members of the household that you will be collecting a water sample.

Do not use any water for at least 6 hours before the sample is collected. This means that water should not be used for any activity including laundry, showers and baths, washing dishes, brushing teeth, flushing the toilet, or any other activities.

Sample collection

To collect the *first-draw* sample, you will be provided:

- A plastic bottle (120 ml)
- Paper towel
- Permanent marker

When collecting the sample, please take note of:

the date: _____

the time: _____

the numbers of hours the water has not been used: ____ hrs

Instructions:

1. First thing in the morning, at the kitchen sink, remove the cap from the bottle and place it upside-down on the counter on a clean paper towel.
2. Align the mouth of the bottle at a 45 degree angle under the tap and slowly turn on the water to collect the first 120 ml. When the water is up to the shoulder of the bottle, turn off the tap.
3. Empty the collected water into the sink. We are interested in the next 120 ml.
4. Align the mouth of the bottle at a 45 degree angle under the tap and slowly turn on the water to collect the next 120 ml. When the water is up to the shoulder of the bottle, turn off the tap.
5. Firmly recap the water bottle being careful not to touch the inside of the cap.
6. Place the water bottle in a refrigerator until the community water technician collects it later that same day. The technician will then take the second water sample.

Thank you for your participation!