

Choking Food Lists

We have been advised that certain food items should **NOT** be served to children as they prevent a greater choking hazard. It is, therefore, our policy that the following food items **will not be served to any child:**

- **RAISINS/CRANBERRIES/BLUEBERRIES**
- **RAW CELERY AND CARROTS**
- Any foods with **SEEDS** (watermelon, grapes, cherries will only be served if seeds/pits have been removed)
- **PICKLES**
- **FRUIT SNACKS**
- **POPCORN**
- **HARD CANDY**
- **MARSHMALLOWS**
- **CHEESE CHUNKS & STRING CHEESE**
- **GUMMY BEARS, JELLY BEANS, CARAMELS AND OTHER GUMMY CANDIES**
- **PRETZEL NUGGETS**
- **NUTS**
- **HARD CANDY**

The following foods **MAY** be served if they follow the guidelines provided to us by The Child Care Council:

- **GRAPES** - cut in half (**lengthwise**). Larger grapes may need to be cut into smaller pieces.
- **CHERRY TOMATOES** - cut in half (**lengthwise**). Large cherry tomatoes may need to be cut into small safe pieces.
- **MEATBALLS** - cut in half. Larger meatballs may need to be cut in **quarters**.
- **HOT DOGS** - cut in half (**lengthwise**) and then into **quarters**. Teachers have reported that when reheating hot dogs in the microwave the skin becomes tough and harder to chew. Therefore we recommend that parents please consider **buying skinless hot dogs**.
- **VEGETABLES** - **cooked** until tender and if needed cut into small safe pieces.
- **CANNED FRUIT** - cut into small safe pieces.
- **OLIVES** - **pit removed** and be cut into small safe pieces.
- **FRESH FRUIT**- (please be sure that fruit is **peeled** and cut into appropriate safe sizes. *(excluding Apples - for Pre K students only if cut into small safe pieces)*)

If UNSAFE food items are sent to school, teachers are instructed NOT to serve them and have the office dispose of these food items.

Teachers will ensure that all food items served follow these guidelines and use adequate judgment to determine that food items are safe in size and portion. If you are not sure please seek guidance from a Director.