

Making Eating Safer for Infants & Toddlers Guidelines to Reduce the Risk of Choking.

Prepare Foods Easy to Chew

- Follow recipe instructions and menu notes for Infant/Toddlers.
- Cook or steam hard food, like carrots, until soft enough to pierce with a fork.
- Cut round food into short strips lengthwise.
- Remove seeds, pits, and tough skins/peels from fruits and vegetables.
- Cut soft foods into thin slices, strips, or small pieces (no larger than ½ inch). This is especially important when serving fruits and vegetables, as those items may be harder to chew.
- Upon request, puree, mash, slice or finely chop to modify texture.
- Honey and food prepared with honey cannot be served to infants/toddler
- Do not serve chicken with bones.

Avoid Choking Hazards

- Do not serve small (marble-sized), sticky, or hard foods that are difficult to chew and easy to swallow whole.
- Cheese cubes.
- Dried fruit (raisins).
- Hard pretzels and baked tortillas.
- Sunflower seeds.
- Spoonfuls of peanut butter or other nut butters.
- Whole round or tube-shaped foods such as grapes, cherry tomatoes, and raw carrots (unless cut to appropriate size).
- Ice cubes.



Cut Round Foods Into Smaller Pieces

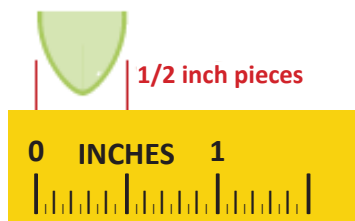
Small round foods such as grapes and cherry tomatoes may cause choking.



Slice these items in half lengthwise.



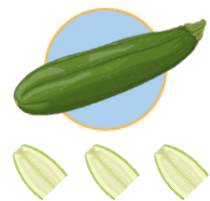
Then slice into smaller pieces (no larger than 1/2 inch when serving them to young children.



Actual size, may use as a guide.

Cut Tube-Shaped Foods Into Smaller Pieces

Cut tube-shaped foods into short strips rather than round pieces.



Avoid serving foods that are as wide around as a nickel.



Actual size, may use as a guide.

TYPES OF KNIFE CUTS

Our recipes call for a specific knife cut. This gives uniformity to the end product, promotes even cooking and creates an appealing presentation. The following knife cuts may be used to prepare safer meals and reduce the risk of choking for infants, toddlers and Pre-K students.



Small Dice
Cut into 1/4" cubes



Medium Dice
Cut into 1/2" cubes



Shred
Cut into small strands, typically with a grater or food processor



Julienne
Cut into 1/8" wide x 1-2" long.



Peel
Remove the skin or a thin layer of produce



Mince
Small Chopped pieces



Slice
Cut into thin and flat pieces. Thickness is specified in recipe