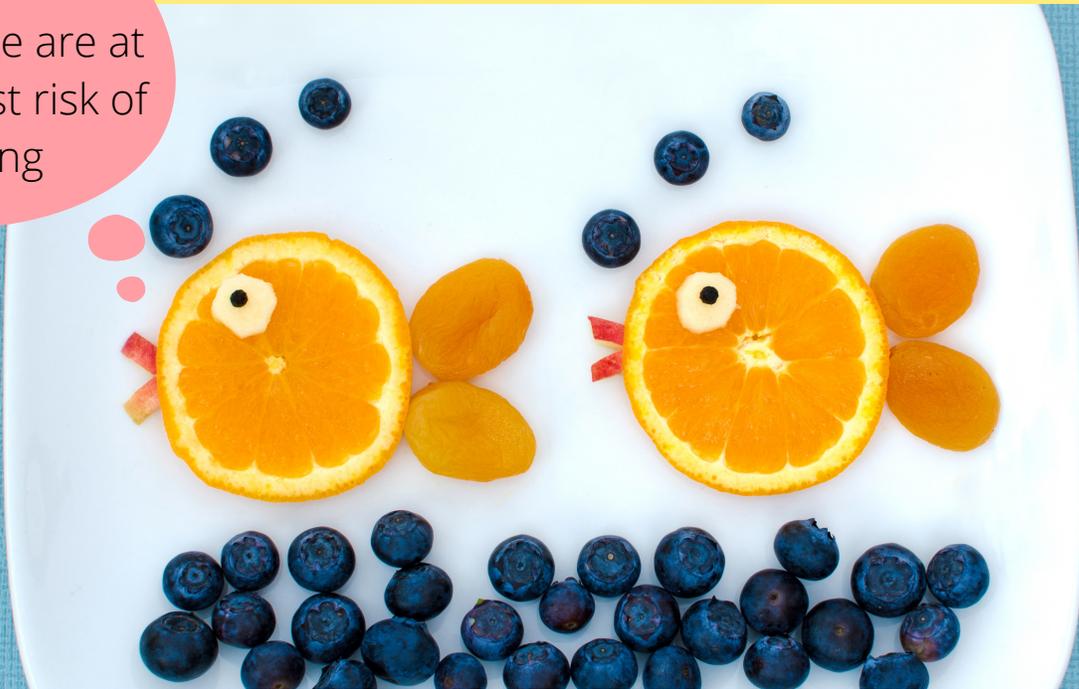


Choking Prevention & Food

A Guide for Children Under 4 Years of Age

Children under 4 years of age are at the greatest risk of choking



Reduce the Risk

- Cook foods until they are soft
- Cut food into thin, small slices (no larger than 1/4" for infants or 1/2" for toddlers)
 - Hot dog shaped foods should be cut into small strips rather than round pieces
 - Cut whole grapes in half, then cut again
- Do not serve meat with bones
- Grind up tough meats
- Remove seeds from fruit
- Spread creamy nut butter in a thin layer
- Do not serve foods that are as wide as a nickel

Ground Rules:

- Children should be seated upright
 - Do not allow children to eat while walking, playing, or riding in a vehicle
- Avoid distractions
- Staff must actively supervise children while eating
- Encourage children to eat slowly
- Menu items should reflect the developmental abilities of the children served



*Foods
to
Avoid*



Choking Risks

- Firm, smooth, or slippery foods:
 - Whole grapes/berries, cherry tomatoes, and whole pieces of canned fruit
 - Hot dog shaped foods (This includes sausages, meat sticks, and cheese sticks)
 - Hard or round candy
- Foods that are difficult to chew and swallow:
 - Popcorn
 - Chips & pretzels
 - Raw or hard vegetables
 - Hard pieces of raw fruit
 - Nuts and seeds
- Sticky or tough foods that are difficult to remove from the airway:
 - Globbs/chunks of peanut butter
 - Dried fruit
 - Tough meat
 - Marshmallows
 - Fruit snacks
 - Chewy/sticky candy and gum

Age 1 & ↓

When can I eat?



Most infants are able to eat a variety of food by the time they are 7 or 8 months of age. Developmental signs that an infant may be ready include:

- Holding their head up while seated in high chair
- Opening their mouth when food is nearby
- Closes lips around spoon and swallows successfully
- Has doubled their birth weight

NOW SERVING

okay

Diced watermelon
Quartered grapes
Diced banana
Scrambled eggs
Crumbled meatballs
Cooked peas
Graham Crackers
Breast Milk/Formula

PREPARATION

- Do not put food into bottle
- Cook until soft
- Puree or mash if needed
- Cut into thin, small slices (Less than 1/4")



Reference: AAP <https://www.healthychildren.org/English/health-issues/injuries-emergencies/Pages/Choking-Prevention.aspx>

*Ensure the child does not have allergies and foods are developmentally appropriate

HCCI 10/2020