

PREVENT CHOKING!

Do not serve these foods to children under age 4.



- ▶ Spoonfuls of peanut butter
- ▶ Mini-marshmallows
- ▶ Large chunks of meat
- ▶ Nuts, seeds, peanuts
- ▶ Whole or sliced carrots
- ▶ Fish with bones
- ▶ Other dried fruit
- ▶ Whole or sliced hot dogs
- ▶ Hard candy
- ▶ Popcorn
- ▶ Raw peas
- ▶ Whole grapes
- ▶ Ice cubes
- ▶ Raisins
- ▶ Pretzels, chips



CHANGE FOODS TO MAKE THEM SAFE...

FOOD	KIND OF CHANGE
▶ Hot dogs	▶ Cut in quarters lengthwise, then into small pieces
▶ Whole grapes	▶ Cut in half lengthwise
▶ Nuts	▶ Chop finely
▶ Carrots	▶ Chop finely or cut into thin strips
▶ Peanut butter	▶ Spread thinly on crackers; mix with applesauce and cinnamon
▶ Fish with bones	▶ Remove the bones