



## Lunch/Snack Choking Hazard Policy

ENCHANTED TREEHOUSE PRESCHOOL IS NOT ALLOWED TO SERVE THE FOLLOWING FOOD TO CHILDREN UNDER 3 YEARS OF AGE DUE TO THE POSSIBLE CHOKING HAZARD IT CREATES. FOOD THAT IS ROUND, HARD, SMALL, THICK, STICKY, SMOOTH, COMPRESSIBLE, DENSE, AND/OR SLIPPERY ARE NOT PERMITTED.

EXAMPLES OF THESE INCLUDE:

- HOT DOGS AND OTHER MEAT STICKS THAT ARE WHOLE OR SLICED INTO ROUNDS
- RAW CARROT ROUNDS
- WHOLE GRAPES
- HARD CANDY
- NUTS, SEEDS, RAW PEAS
- HARD PRETZELS, CHIPS, PEANUTS, POPCORN, RICE CAKES
- MARSHMALLOWS, SPOONFULS OF NUT BUTTER
- CHUNKS OF MEAT LARGER THAN CAN BE SWALLOWED WHOLE

FOOD FOR TODDLERS SHOULD BE CUT INTO PIECES ONE-HALF INCH OR SMALLER TO PREVENT CHOKING.

SOME FOOD SUGGESTIONS FOR LUNCHES/SNACKS

- Hot dogs, Deli meats & cheese that are cut into strips, NOT ROUNDS
- Tortillas or bread with sun or nut butter & jelly, cream cheese, cheese, or hummus
- Soft cooked pasta or rice
- Cooked veggies (peas, carrots, green beans, corn, etc.)
- Cut up pieces of fresh fruits and veggies
- Yogurt or apple sauce
- Beans

See the Family Policies Book for other examples of what can be included in a healthy, balanced lunch!

***THANK YOU FOR HELPING US KEEP YOUR CHILD SAFE!***