



## Important information for Parents: Safer Snack and Lunches

Young children, especially aged 2 to 3 years, are at risk of choking on food. They remain at risk until they can chew and swallow better by about age four (4). Here at Rock Spring Preschool, we closely supervise our students when they are eating.

Please **DO NOT** include these choking hazards in your child's snack or lunch:

- Hot dogs (unless cut lengthwise, never cut into rounds)
- Nuts and seeds (**Remember: No peanuts or peanut products!**)
- Raw carrots (steam them until slightly soft and cut into sticks - never rounds)
- Raisins
- Chunks of meat (cut into small tiny bites)
- Nut butter (no spoonfuls, only on sandwiches or crackers)
- Whole grapes (cut lengthwise and crosswise to be safe)
- Marshmallows
- Round or hard candy
- Potato chips
- Popcorn
- Pretzels
- Raw celery (steam until slightly soft and cut into sticks, never rounds)
- Cherries with pits (remove pits, cut into small bites)
- Large pieces of fruit with skin (remove skin, cut into small bites)

*If you have any questions or concerns, please speak to your child's teacher or send an email to Sally LeSage, Director: [director@rockspringpreschool.com](mailto:director@rockspringpreschool.com).*



Source: Georgia Department of Early Care & Learning. Available at:  
<http://www.decal.ga.gov/documents/attachments/ActivityGuideforTeachers.pdf>. Accessed September 18, 2017.