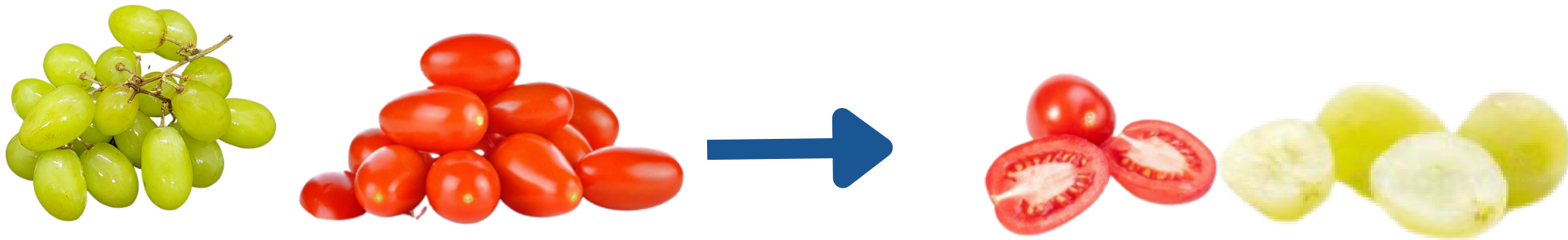


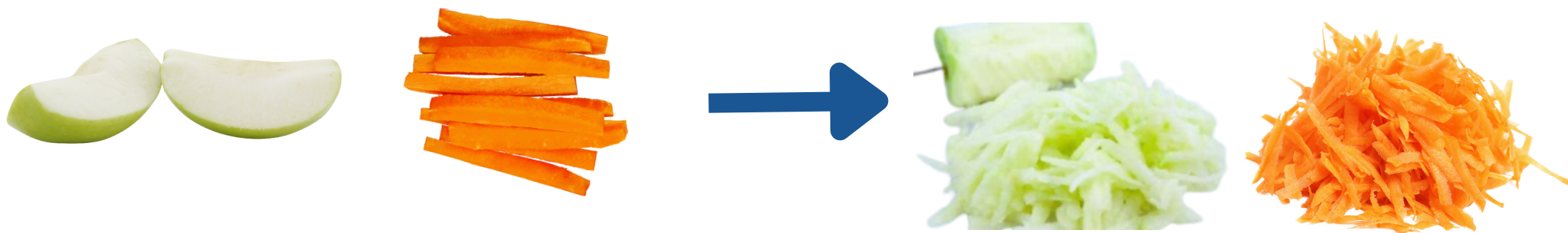
# Food and Choking Risk

Children under 3 years of age have a higher risk of choking. Anything smaller than a 20-cent coin can be a choking risk. To reduce risk of choking, chop or prepare food to be a more suitable size or texture. Ensure children are sitting and supervised.

Swap whole cherry tomatoes or grapes for halved or quartered



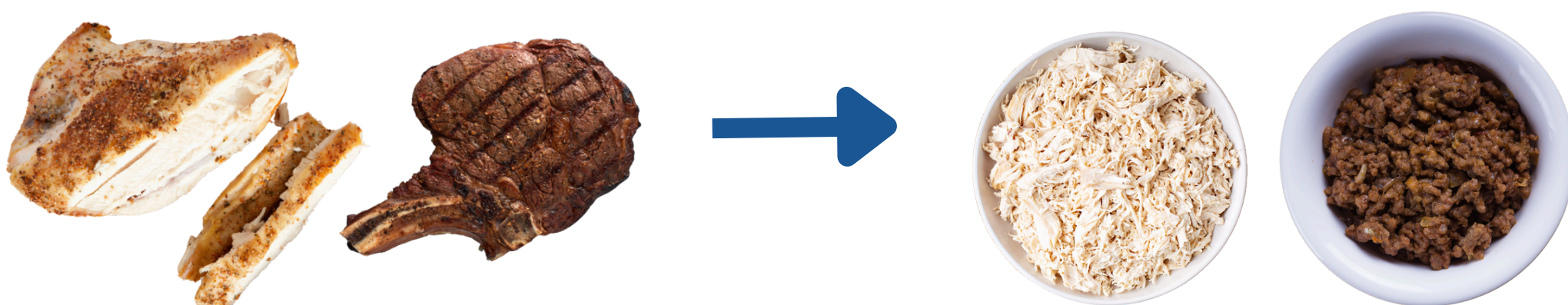
For any hard fruit and veggies, peel and grate, mash or steam



Offer nut or seed pastes instead of whole nuts and seeds (until 5 years of age)



Offer meat, chicken or fish sliced, shredded, or minced, avoid meat with bones or skin



Offer skinless sausages that have been sliced into rounds, and then halved or quartered



## Other Foods to Avoid

Popcorn



Corn chips and hard crackers



Marshmallows and hard lollies



Celery or other stringy foods

