

Tri-County Community Council, Inc.
Head Start/Early Head Start

Part: 1302 Program Operations

Subpart: D- Health Program Services

Section: 1302.44 Child Nutrition

Subject: Choking Prevention

Policy:

Foods served to Head Start/Early Head Start children during the school day will be of size and consistency appropriate to their chewing and swallowing ability, in compliance with USDA/CACFP policies.

Procedure:

1. Children will be watched during meals and snacks to ensure they:
 - a. Sit quietly.
 - b. Eat slowly.
 - c. Chew food well before swallowing.
 - d. Eat small portions and take only one bite at a time.
 - e. Finish swallowing before leaving the table.

2. Foods will be prepared so that they are easy to chew:
 - a. Round foods, like hot dogs, will not be served unless they are cut lengthwise into thin strips.
 - b. Fish will not be served with bones.
 - c. Peanut butter will be spread thinly and never served from a spoon.
 - d. Seeds and pits will be removed from fruit.
 - e. Foods will be prepared in a manner consistent with USDA/CACFP recipes developed for children.

3. The following foods will not be served to children younger than four years of age due to risk of choking:
 - a. Whole or Hot dog rounds
 - b. Hard candy
 - c. Whole Peanuts
 - d. Whole grapes
 - e. Cherries with pits
 - f. Popcorn
 - g. Chunks of carrot, celery, or other raw hard vegetables
 - h. Chewing gum
 - i. Large spoonfuls or chunks of peanut or other nut butters
 - j. Large chunks of meat
 - k. Chips

Tri-County Community Council, Inc.
Head Start/Early Head Start

- l. Pretzel Nuggets
 - m. Nuts
 - n. Cheese Cubes
 - o. Any food that is of similar shape and size of the trachea/windpipe.
-
4. Food for infants must be cut into pieces $\frac{1}{4}$ inch or smaller, food for toddlers must be cut into pieces $\frac{1}{2}$ inch or smaller to prevent choking.