



CHOP LOOK LISTEN

FOLLOW THE STEPS FOR FOOD SAFETY

1 DON'T SERVE HIGH RISK FOODS.



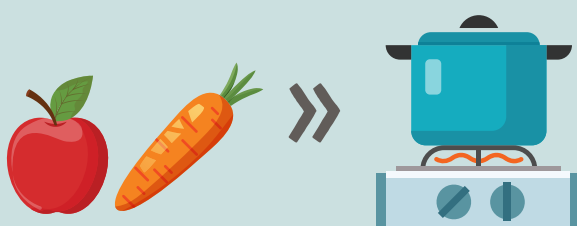
Round, hard, sticky, or slippery foods can pose a choking risk.

No peanuts, hot dogs, raw carrots, popcorn, fish with bones, cheese cubes, grapes, cherry tomatoes, seeds, hard candy, dried fruit, or marshmallows.

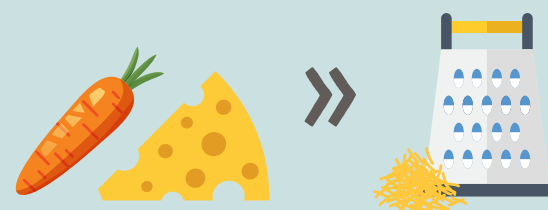


2 PAY ATTENTION TO TEXTURE & SHAPE.

Hard foods must be cooked or shredded.

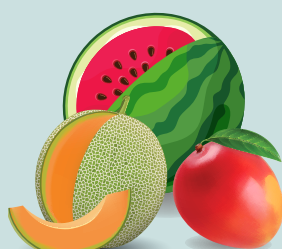


Raw carrots and apples can be cooked.



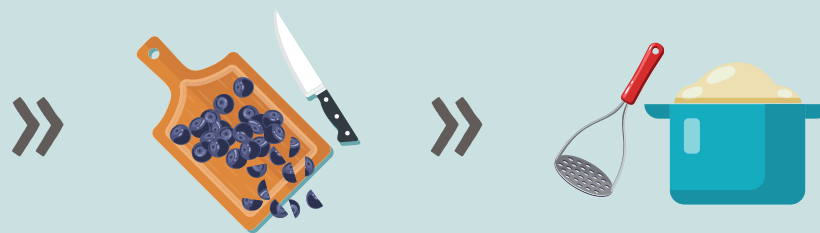
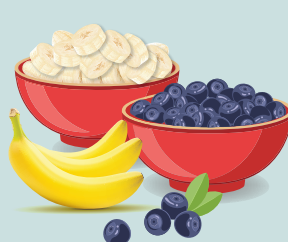
Carrots and cheese can be shredded.

Skins, seeds, bones, and pits must be removed.



Healthy fruits like melon must be specially prepared.

Round foods must be chopped or mashed.



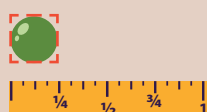
Round foods like berries must be chopped or mashed.

3 SIZE IT RIGHT FOR THEIR AGE & STAGE.

All foods must be chopped to the right size.

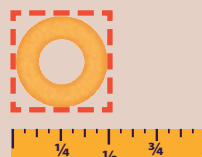
Infant

$\frac{1}{4}$ inch =
pea size



Toddler

$\frac{1}{2}$ inch =
Cheerio size



Every child learns to eat solid foods on their own timeline.

