

POSSIBLE CHOKING HAZARDS

Finely slice salad leaves



Rice crackers do NOT dissolve if they get lodged in throat

Raw carrot is difficult for children to bite through into pieces small enough to swallow

Cooked carrot is much safer



Quarter or finely chop all small fruit and berries - including tomatoes

Remove stones and pips from fruit

Nuts and seeds can easily get trapped in the throat and cause choking



NOT SUITABLE

FOR UNDER 5's



These contain warnings for under 5's as they are choking hazards



All meat bones need to be removed before packing in lunchboxes

Also remove all skin off meat