



Mealtime Safety Cheat Sheet

TOGETHER WE CAN PREVENT ALLERGIC REACTIONS & CHOKING INCIDENTS

FOOD ALLERGY AWARENESS

A food allergy occurs when the body's immune system reacts to a food protein.

COMMON FOOD ALLERGENS



PEANUTS



TREE NUTS



MILK



EGGS



SOY



WHEAT



FISH



SHELLFISH



SESAME

ALLERGIC REACTIONS INCLUDE:

- Hives or rash
- Swelling (face, lips tongue)
- Vomiting
- Trouble breathing
- Wheezing
- Anaphylaxis (sever)



KNOW EACH CHILD'S ALLERGY PLAN.

If a child shows symptoms, follow the care plan and notify the parent immediately.



CHOKING PREVENTION

Choking happens when food blocks the airway. Young children are at higher risk.

HIGH-RISK CHOKING FOODS



GRAPES

Cut lengthwise into quarters.



HOT DOGS

Cut lengthwise, then into small pieces.



CHERRY TOMATOES

Cut into small pieces.



RAW CARROTS

Cook until soft or cut very small.



APPLES

Cut into thin slices or small pieces.



NUTS & SEEDS

Avoid whole nuts and seeds.



SUNFLOWER BUTTER

Spread thinly. Avoid thick spoonfuls.



POPCORN

Best to avoid for children under 4.



MARSHMALLOWS

Best to avoid for children under 4.



HARD CANDY, GUM & CHEWY FOODS

Best to avoid.

ALWAYS SUPERVISE CHILDREN DURING MEALS AND SNACKS.



SAFE SERVING TIPS



Cut foods into small, bite-sized pieces. Think "small enough to swallow safely."



Cook hard foods, such as carrots and broccoli, until soft when possible.



Serve age-appropriate portions. Avoid mixing hard-to-chew foods with other textures.



Encourage children to sit while eating, take small bites, and chew well.



TEACHER SAFETY CHECKLIST

- ✓ Check each child's allergy information daily.
- ✓ Never serve foods a child is allergic to.
- ✓ Wash hands and surfaces before and after meals.
- ✓ Keep children seated while eating.
- ✓ No running, walking, or playing with food.
- ✓ Stay close and actively supervise.
- ✓ Know the locations of emergency medications. (e.g. EpiPen) and follow care plans.



IN CASE OF CHOKING

1. Stay calm. 2. Encourage coughing. 3. If not able to cough or breathe, follow CPR steps and call 911.



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