B e l l e v u e R o a d , F r i e r n B a r n e t , L o n d o n N 1 1 3 H G

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Dear Families,

The government has recently issued new food safety guidance for education providers who care for children aged 5 and under. If your child usually comes to school with a packed lunch or brings in their own food for after school club please follow the food safety guidance provided below.

**Food safety advice for children age 5 and under**

**How to reduce the risk of choking**

Food preparation:

* remove any stones and pips from fruit before serving
* cut small round foods, like grapes, strawberries and cherry tomatoes, lengthways and into quarters
* cut large fruits like melon, and hard fruit or vegetables like raw apple and carrot into slices instead of small chunks
* sausages should be avoided due to their high salt content, but if offered to children these should be cut into thin strips rather than chunks and remove the skins
* remove bones from meat or fish
* do not give whole nuts to children under five years old
* do not give whole seeds to children under five years old
* cut cheese into strips rather than chunks
* do not give popcorn as a snack
* do not give children marshmallows or jelly cubes from a packet either to eat or as part of messy play activities as they can get stuck in the throat
* do not give children hard sweets

For the full food safety guidance please visit [Food safety - Help for early years providers - GOV.UK (education.gov.uk)](https://help-for-early-years-providers.education.gov.uk/safeguarding-and-welfare/food-safety)

If you have any questions or unsure about some food items then please speak to one of the early years staff.

Louise Wood