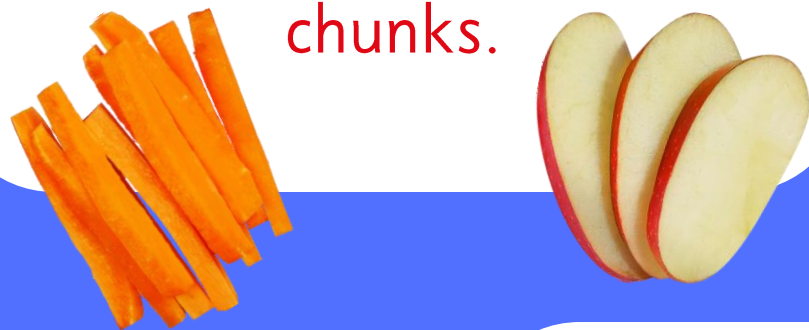


# Food Safety in the Early Years

At Coppice Valley Primary School, we follow the latest guidance from the Department for Education when preparing meals and snacks, in order to reduce the risk of choking, especially for children under 5 years old. We have created a summary of the guidance and would appreciate your help in ensuring packed lunches or snacks brought into school are in line with the advice.

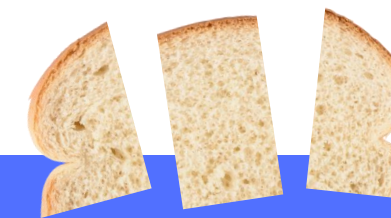
Raw fruit and vegetables (such as apple or carrot) should be sliced into thin pieces rather than big chunks.



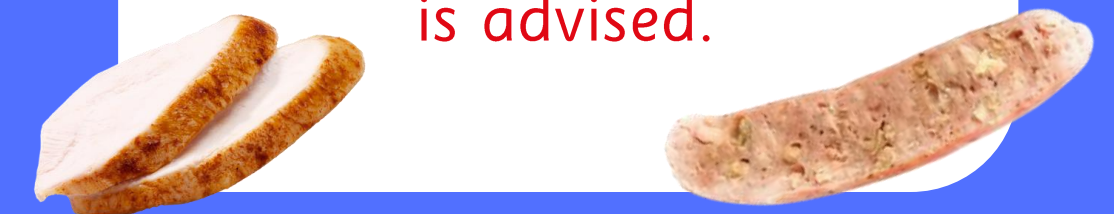
Small round foods (such as grapes or tomatoes) should be cut lengthways into halves or quarters, so they cannot get stuck in the throat.



Soft bread can sometimes form a ball in the throat, so smaller, manageable pieces are better than large pieces.



Meat should also be cut into thin strips rather than chunks. If including sausages, removing the skin is advised.



Cheese is safer when cut into strips rather than cubes or large pieces.



Foods that present a high choking risk (e.g. whole seeds, popcorn, marshmallows or hard sweets) are deemed unsuitable.



Nut-free policy: To protect children with severe allergies, nuts or products containing nuts must not be brought into school.



Thank you, as always, for your co-operation and support in our ongoing commitment to keeping children safe and healthy at school!