September 10, 2019

Choking Hazard Safety Concerns

*Foods that are PROHIBITED at Kingdom Builders

The questions and answers are designed to help you, as a parent, make healthy and safe choices for your children, as safety is highest priority.

What is a choking hazard?

A choking hazard is any object that could be caught in a child's throat blocking their airway and making it difficult or impossible to breathe.

What different foods are considered choking hazards for children?

Food is a common choking hazard. Many children do not chew their food well so they try to swallow it whole. Foods that are the most dangerous are round and hard. If your child is 4 years of age or younger, take extra safety measures or don't send in his/her lunchbox or feed the following foods to your children at all:

- Sliced hotdogs/sausages, etc.
  ***Send whole so that they can bite the meat themselves.**
- Nuts and seeds
- Chunks of meat or cheese
- Whole grapes
- Hard, gooey, or sticky candy
  (Gummy bears, marshmallows, twizzlers, taffy, etc.)
- Popcorn
- Chunks of peanut butter
- Chunks of raw vegetables
- Raisins
- Chewing gum

For additional choking hazard safety concerns, please visit the cdc.org website.

Pastor K