



**DELC IS NOT ALLOWED TO SERVE THE FOLLOWING  
CHOKING HAZARDS TO CHILDREN UNDER 4 YEARS  
FOOD THAT IS ROUND, HARD, SMALL, THICK AND  
STICKY, SMOOTH, COMPRESSIBLE OR DENSE, OR  
SLIPPERY**

**EXAMPLES OF THESE INCLUDE:**

- HOT DOGS AND OTHER MEAT STICKS THAT ARE WHOLE OR SLICED INTO ROUNDS
- RAW CARROT ROUNDS
- WHOLE GRAPES
- HARD CANDY
- NUTS, SEEDS, RAW PEAS
- HARD PRETZELS, CHIPS, PEANUTS, POPCORN, RICE CAKES
- MARSHMALLOWS, SPOONFULS OF PEANUT BUTTER
- CHUNKS OF MEAT LARGER THAN CAN BE SWALLOWED WHOLE

**FOOD FOR TODDLERS SHOULD BE CUT INTO PIECES ONE-HALF INCH OR SMALLER  
TO PREVENT CHOKING.**

## **FOOD SUGGESTIONS FOR LUNCHESES**

- Deli meats (turkey, ham, salami) & cheese
- Hot dogs if they are cut into strips
- Tortillas or bread with sun butter & jelly, cream cheese, cheese, or hummus
- Soft cooked noodles
- Cooked veggies (peas, carrots, green beans, corn, etc.)
- Cut up pieces of fresh fruits and veggies
- Yogurt or apple sauce
- Beans

**See the DELC Family Policies Book for other examples of what can  
be included in a healthy, balanced lunch!**

**REMEMBER: DELC IS PEANUT-FREE!  
THANK YOU FOR HELPING US KEEP YOUR CHILD  
SAFE!**

