

# Fruit and vegetable cutting instructions.

At Occasional Care and Preschool we have fruit and vegetable cutting instructions to minimise the risk of choking. Families are asked to consider this when providing fruit and vegetables as snacks for their child/ren.

Staff check each snack or lunch box when serving it to your child and may cut fruit or vegetables if need be.

Children are closely supervised when eating and food is only offered when children are seated.

## Occasional Care Families



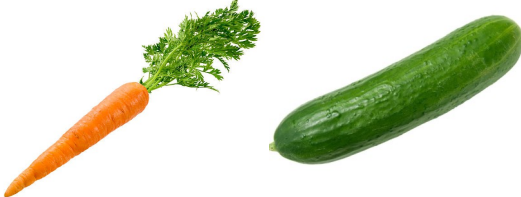
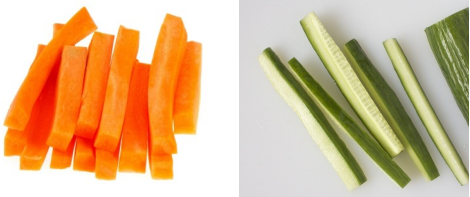




**Monday and Wednesday** - Please provide a small healthy snack of fruit or vegetable in a named plastic container.

**Tuesday and Thursday** - Please pack a whole piece of fruit or vegetable for shared snack. Staff will prepare and place on a platter ready to share. If you would prefer your child to eat their own snack please provide a small healthy snack of fruit or vegetable in a named plastic container. Please let one of our staff know your child is to eat their own snack.

## Shared Snack

Staff, volunteers and parents preparing fruit and vegetables wear gloves and prepare according to these guidelines.

Children wash hands prior and use tongs to select from the shared tray then place into a bowl. Staff support children to learn this skill and monitor closely.

<p>Banana</p> 	<p>Skin on, cut into rounds</p> 
<p>Carrot &amp; Cucumber</p> 	<p>Cut into strips</p> 
<p>Grapes &amp; Cherry Tomatoes</p> 	<p>Halved, cut longways</p> 
<p>Watermelon</p> 	<p>Cubed</p> 

## Preschool Families

Please pack a whole piece of fruit or vegetable for shared fruit. A parent, volunteer or staff member will prepare and place foods on a platter ready to share. See shared snack information above.