

Safer Eating at Reception

How to prepare fruit and veg for snacks

We love that you send in healthy fruit and vegetables for snack time!

To keep all children safe, especially our youngest ones, please follow the guidance below on how to prepare and cut fruit and veg. This helps to reduce the risk of choking and makes snack time safer and more enjoyable for everyone.

Small changes make a big difference!



✓ Safe ways to prepare fruit and veg

Please cut fruit and vegetables into small, manageable pieces and remove anything that could be a choking hazard.



Bananas

Peel and cut into small, round slices (or quarters lengthways).



Grapes

Always cut grapes lengthways into quarters (no whole grapes).



Strawberries

Cut into quarters or smaller pieces (e.g. slices).



Apples

Peel if preferred and cut into small slices or chunks (remove core and seeds).



Melon

Cut into small, chunky pieces (about 1–2 cm).



Cucumber

Cut into sticks or small chunks (remove seeds if they are large and watery).



Carrots

Cut into thin sticks or small chunks (soft, cooked carrot is also great).



Cherry tomatoes

Always cut cherry tomatoes lengthways into quarters (no whole tomatoes).



Peppers

Cut into thin strips or small chunks (remove seeds if large).



Cooked veg

Soft, cooked vegetables (e.g. broccoli, courgette, sweetcorn) are a safe and healthy option.

✗ Please avoid

The following can be a choking hazard for young children and should not be sent in for snack time:



Whole grapes

(always cut in half lengthways).



Whole cherry tomatoes

(always cut in half lengthways).



Large chunks

(cut into smaller pieces).



Hard, crunchy items

(e.g. whole raw carrot pieces, large apple pieces or other hard fruit or veg).



Long, thin sticks

(e.g. celery sticks, large veg batons).



Quick reminders

- Cut fruit and veg into small, age-appropriate pieces.
- Always remove pips, stones, tough skins and large seeds.
- If in doubt, cut it smaller!
- Please send fruit and veg in a clean, sealed container or lunchbox.



Nut-free school

Please do not send any nuts or products containing nuts (e.g. peanut butter, nut spreads, trail mix, nutty cereals, etc).

Thank you for helping us keep all our children safe! ♥