



St Mary's  
Catholic Primary School and Nursery

## Grapes and Cherry Tomatoes – Choking Hazard

**Grapes and cherry tomatoes are the third most common cause of death among under-fives who die in food-related choking incidents.**

Because of their softness and shape, whole grapes or small cherry tomatoes can block the 'small, tight' airway of a young child.



when they eat'.

Doctors advise that if giving children foods like grapes, big blackberries as well as cherry tomatoes, they should be chopped in half. *'While there are plenty of warnings on the packaging of small toys about the potential choking hazard they represent, no such warnings are available on foods, such as grapes and cherry tomatoes.'* Doctors are recommending that children are served 'long and thin' batons of food, as well as reminding children to 'sit still



If your child has a packed lunch and they are in Nursery or Reception, **please cut the grapes or cherry tomatoes you provide in half to reduce the risk of choking. Many thanks!**