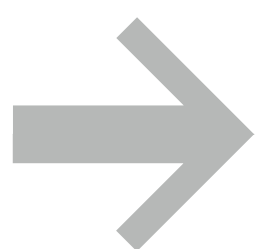
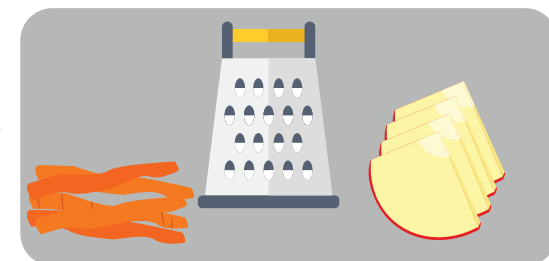
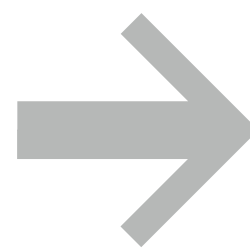


Preparing safe food for 1-3 yr old tamariki

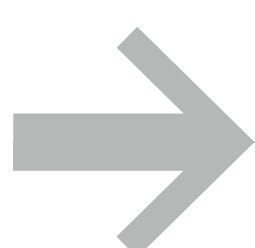
Small hard food



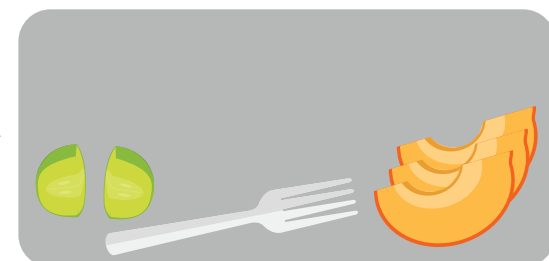
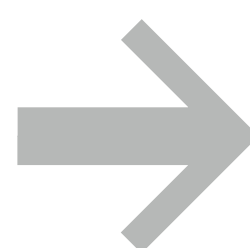
- Grate raw carrot or apple
- Spiralize or slice fruit thinly
- Cook until soft and cut into strips (4-6cm long)



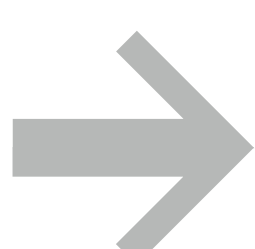
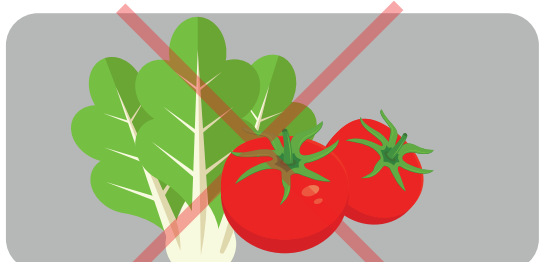
Small round or oval food



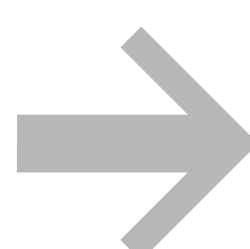
- Remove stones or large pips
- Finely chop grapes, berries or cherry tomatoes (8mmx8mm)
- Cook and squash with fork



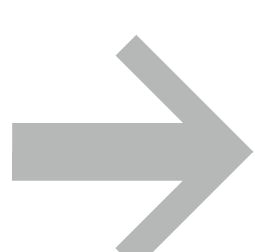
Food with skin or leaves



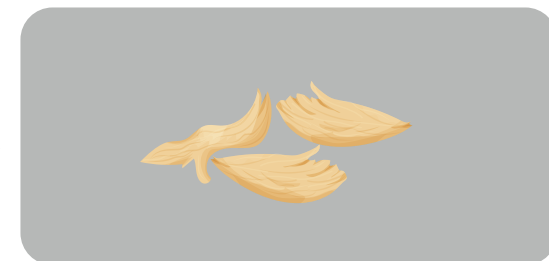
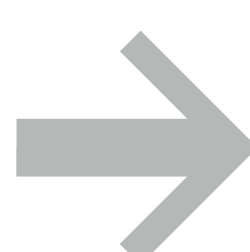
- Finely slice or chop salad leaves, spinach or cabbage
- Remove skin from chicken
- Grate raw carrot or apple
- Spiralize or slice fruit thinly
- Cook until soft and cut into strips



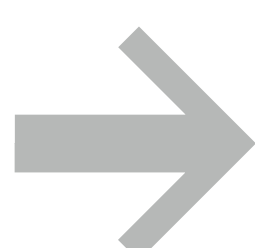
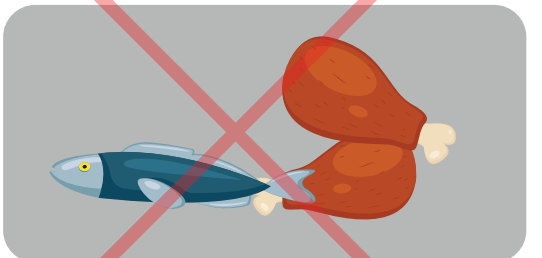
Compressible foods



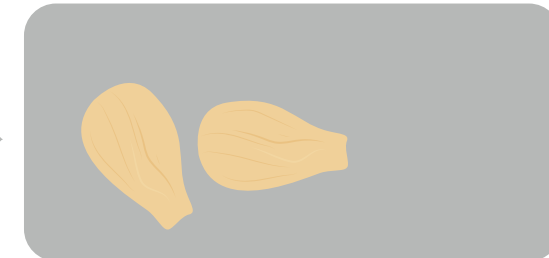
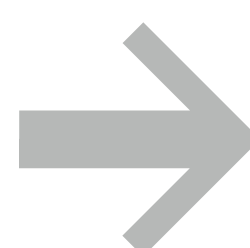
- Cook meat until very tender
- Mince, shred or chop meat to 8mm x 8mm sized pieces



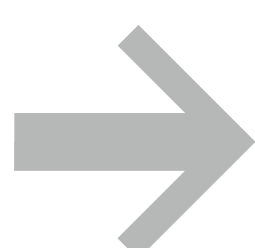
Food with bones



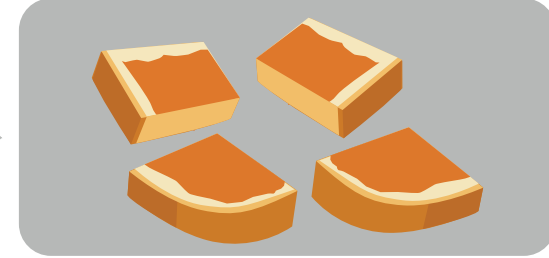
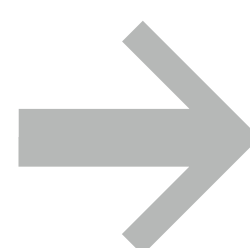
- Remove all bones



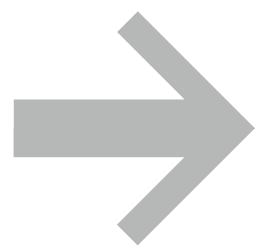
Thick pastes



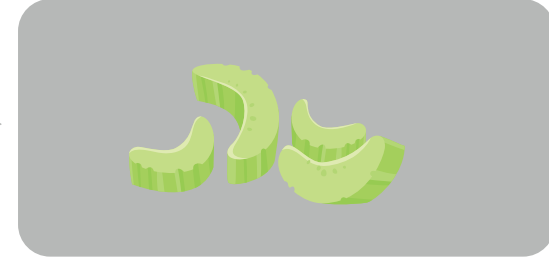
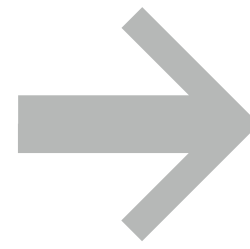
- Use smooth thick pastes sparingly, spread thinly and evenly onto bread



Fibrous or stringy food



- Peel the skin or strong fibres off where possible
- Slice thinly across the grain of the fibres



Do not serve:

- Popcorn
- Nuts and Seeds
- Sausages, saveloys or cheerios
- Hard rice crackers
- Crisps or chippies
- Hard or chewy sweets or lollies
- Marshmallows
- Dried fruit

