Finger Foods to Help You to Maintain Your Independence

Finger foods are perfect for people who have difficulties using cutlery, as they can be picked up easily with the hands.

Finger foods enable people to feed themselves and this helps to maintain their independence at meal times. They can help to improve self-confidence and may also help to restore lost interest in food. Finger foods can also be taken on the move so are ideal for those who tend to leave the table and walk about at meal times.

Idea for finger foods

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<th>Food type</th>
<th>Finger food ideas</th>
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| Bread, cereals, potatoes, pasta, rice | Sandwiches  
  Buttered toast, bread fingers or small bread rolls  
  Buttered crumpets or muffins  
  Biscuits  
  Crackers with soft cheese  
  Soft cereal bars  
  Breadsticks or rice cakes  
  Chapattis or small pitta breads  
  Waffles  
  Potato wedges or chips  
  Small roast or boiled potatoes  
  Scones, malt loaf, fruit loaf or teacakes  
  Slice of fruit or sponge cake |

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| Meat, fish and alternatives   | Sliced or cubed meat or chicken breast pieces  
  Fish fingers or fish cakes  
  Slices of pork pie  
  Slices of quiche or pizza  
  Vegetarian sausages  
  Quartered hard-boiled eggs  
  Fingers of toast with peanut butter  
  Crabsticks |

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| Milk and dairy                | Cheese cubes  
  Fingers of cheese on toast  
  Cheese straws  
  Cheese scone with butter  
  Milk lollies |

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| Fruit and vegetables          | Carrot or celery sticks  
  Pepper slices  
  Broccoli or cauliflower florets  
  Cherry tomatoes  
  Cucumber slices  
  Cold new potatoes  
  Brussels sprouts  
  Green beans  
  Mushrooms  
  Slices of apple, pear, melon, nectarine or peach  
  Orange segments  
  Pineapple chunks  
  Kiwi fruit  
  Strawberries  
  Dried apricots, raisins or prunes  
  Seedless grapes  
  Bananas |
Finger food sample menu ideas

Remember to offer drinks regularly throughout the day – a rough guide is about eight cups a day.

**Breakfast**
- Buttered toast fingers with peanut butter or quartered boiled egg
- Buttered muffin
- Cereal bar
Include a small glass of pure fruit juice or sliced fresh fruit

**Lunch**
- **Main**
  - Chicken, pork or beef pieces with roast potatoes, broccoli and carrots
  - Fish fingers or fish cakes with potato wedges or waffles and cherry tomatoes and/or cucumber
  - Sliced quiche with small boiled potatoes and green beans or salad
  - Vegetarian sausages sliced, with roast or boiled potatoes and broccoli or cauliflower
- **Dessert**
  - Fresh fruit slices with yoghurt dip
  - Handful of dried fruit
  - Sliced fruit or sponge cake
  - Cheese and biscuits
  - Milk lolly or choc ice

**Dinner**
- **Main**
  - Sandwich with soft cheese, egg mayonnaise, tuna, ham or other meat, peanut butter, meat or fish paste or cheese served with cherry tomatoes and cucumber or celery
  - Boiled egg with bread or toast slices for dipping
  - Fingers of cheese on toast
  - Buffet style – cheese cubes, boiled egg, small bread rolls, cooked meat, slice of quiche, pickled onion, crisps, cherry tomatoes, carrot or celery sticks with hummus for dipping
  - Soup in a mug served with buttered bread fingers for dipping
- **Dessert** – as per lunch suggestions

**Supper**
- Hot milky drink
- Biscuit or flapjack
- Cheese and biscuits

**Snack ideas**
Sliced malt loaf; teacake, muffin or crumpet; buttered crackers with soft cheese; savoury or sweet scone; toast or bread fingers with peanut butter; fresh or dried fruit; slice of fruit or sponge cake.

Some people who eat finger foods may need a lower energy intake, for example if they are overweight, have diabetes or low physical activity. Please speak to a dietitian for guidance.