

Favourite Finger Foods

These are foods that can be picked up easily and eaten with your hands, useful if using cutlery or sitting at a table becomes challenging. It's also a valuable way for a person to remain in control of their own eating, encourages independence and may help increase the food intake for people with a small appetite. Where possible, choose mini versions of a food rather than simply cutting foods into smaller pieces as this makes for easier eating and supports a person's dignity. Some convenience finger foods can be highly processed and high in fats, salt and sugar, so here are some healthy ideas!

Breakfast

Cereal bar / breakfast biscuits

Dried fruit – apricots, soft dates, soft figs, stoned prunes, dried apple rings

Hard boiled eggs and toast soldiers

Mini croissants/bagels/muffins/Irish pancakes/crumpets

Savoury egg muffins

Drinkable yoghurt or Kefir

Berries

Fruit smoothies or milkshakes



Lunch

Soup in a mug

Antipasto – cheese cubes, deli meats, olives, cherry tomatoes, artichokes

Mini quiche / pizza / flatbreads

Wraps / sandwiches with fillings like chicken / turkey and avocado, tuna mayonnaise or hummus and grated carrot, cream cheese and smoked salmon

Toasties – smashed avocado, tuna, cheese, mashed banana and peanut butter

Dinner

Fishcakes

Meatballs / falafels

Mini burgers – meat, bean or vegetable

Chicken kebabs (removed from skewers)

Baby sweetcorn, green beans, broccoli & cauliflower florets, roasted squash, sweet potato, parsnips, courgette

Potato wedges / new potatoes / roast potatoes / mini waffles



Snacks

Fruit slices – apple, pear, with skin on for extra fibre

Fruit pieces – banana, mango, pineapple, grapes, kiwi, orange segments

Crackers or oat cakes with soft cheese or pate

Carrot/celery/cucumber/pepper sticks with hummus or dip

Fruit loaf/banana bread/Oat flapjack/Wholemeal scone