

Finger Foods

Finger foods can be enjoyed by everyone and are a great way to increase your independence at mealtimes.

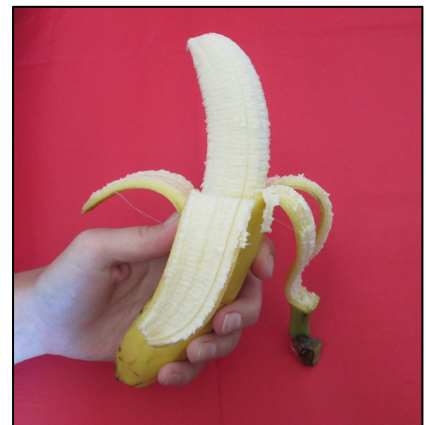
Think about size and shape. Foods too small will be hard to pick up but foods too big will be difficult to handle.

Check the temperature. Make sure food is cool enough to hold and eat.

Use moist fillings in bread to help hold sandwiches together. Try using butter, soft cheese or mayonnaise alongside other ingredients.

Keep the skin on fruit to make them less slippery and easier to hold. A sprinkle of lemon juice will stop fruit turning brown as quickly.

Try using a carrying bag or waist pouch so you can carry around your food and eat when you want to.



Example Finger Foods

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|--------------------|--|--|
| Toast | <input type="checkbox"/> Cherry tomatoes | <input type="checkbox"/> Cheese cubes |
| Sandwiches | <input type="checkbox"/> Hardboiled egg slices | <input type="checkbox"/> Celery sticks |
| Cereal bars | <input type="checkbox"/> Chips / potato wedges | <input type="checkbox"/> Cucumber |
| Chicken drumsticks | <input type="checkbox"/> Pizza slices | <input type="checkbox"/> Carrot batons |
| Sausages | <input type="checkbox"/> Small potatoes | <input type="checkbox"/> Banana |
| Meat balls | <input type="checkbox"/> Cakes | <input type="checkbox"/> Apple slices |
| Fish fingers | <input type="checkbox"/> Biscuits | <input type="checkbox"/> Grapes |



Tip: Try using handled mugs, plastic tumblers or bottles to encourage your fluid intake as these may be lighter and easier for you to hold.