

## Finger Foods

### Breads, cereals and potatoes

Butter toast	Malt Loaf with butter
Bread rolls with butter	Teacakes
Sandwiches - plenty of butter	Waffles
Buttered Crumpets and muffins	Mini Naan Bread
Bite size crackers with cheese	Chips
Scones with butter and jam	Small Roast Potatoes



### Meat, Fish, Eggs and Cheese

Chicken, beef, ham cut into pieces	Sausages
Pieces of meatloaf	Gammon pieces
Fishcakes	Fish fingers
Burgers cut into small pieces	Boiled egg
Chicken nuggets	Scampi Pieces
Mini Quiche	Cheese cubes
Pork Pie	Fish Sticks
Meat Alternative sausages/burgers	Sausage rolls
Scotch eggs	Cheese on toast



### Fruit and Vegetables

Carrot sticks	Sliced Peppers
Onion Rings	Broccoli Spears Cooked
Breaded Mushrooms	Cherry Tomatoes
Celery Sticks	Bhajias and Samosa
Banana	Apple and Pear Sliced
Strawberries	Grapes



**Pair your fruit and vegetables with high calorie option e.g. vegetable sticks with cheese and dips, Fruit with Chocolate or peanut butter**

### Snacks

Slice of Cake	Sponge with Custard to dip
Mini muffins or Doughnuts	Mini Pizzas
Cookies	Chocolate
High Calorie Biscuits	Dried Fruit
Cream Cake	Flap jack
Nuts	Crisps
Toast with marmite, pate, peanut butter	



## Why Finger Foods?

Dementia can affect taste, co-ordination and behaviours. All of this can change the way people eat. Finger foods are a perfect option for those that have difficulty with dexterity and prefer to pick at foods through the day. Finger foods can be as nutritious and beneficial as your traditional cooked meal. Dementia care is focussing on the individual patient and creating care plans to meet their needs.

The Benefits:

- Independence at meal times to feed themselves
- Preserve eating skills
- Stimulate appetite and encourage to eat
- Improve food intake
- Boost confidence at meal time
- Greater choice and freedom at meal times
- Easy to eat
- They don't need to be kept warm.

What to finger foods need to be?

- Try variety - the same sandwich every day can be boring, try new things to find what patients prefer.
- Available through the day and night - patients with dementia can have altered sleeping patterns, and tire at different times of the day. Finger foods are perfect to have available throughout the day to encourage them to eat when is best for them.
- Create menu options and plans for finger foods in advanced so the catering is prepared.
- For those at risk of malnutrition don't forget your food fortification!
- For those with swallow difficulties ensure softer options are available.

**If you would like some advice developing Finger Food menus or options please contact the community nutrition and dietetics department for more information.**

Community Nutrition and Dietetics

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For Care home use only

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