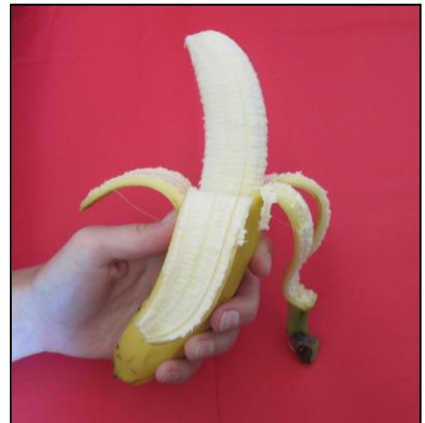


## Finger Foods

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

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