

**Let us know what you
think and get involved**

T: 0300 124 5300*

E: sirona.hello@nhs.net

W: www.sirona-cic.org.uk

*Calls from landlines are charged up to 10p per minute; calls from mobiles vary, please check with your network provider. This is not a premium-rate number.

**This document can be provided in
other formats and languages,
please contact us for more information.**

Date of creation 08/2020

Date for review 08/2022

URN 0102

f /SironaCIC
t @SironaCIC
ig /SironaCIC
in /sirona-care-&-health

Registered office

Sirona care & health CIC,
2nd Floor, Kingswood Civic Centre,
High Street, Kingswood,
Bristol BS15 9TR
Company Number: 07585003



Finger foods

**Diabetes and Nutrition Services
Community Dietitians**

Service provided by

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

- Toast fingers
- Sandwiches
- Cereal bars
- Chicken drumsticks
- Sausages
- Meat balls
- Fish fingers
- Potato waffles
- Sausage rolls
- Crisps
- Malt loaf
- * Cherry tomatoes
- * Hardboiled egg slices
- Chips / potato wedges
- Pizza slices
- Small potatoes
- Cakes / buns
- Flapjack
- Biscuits
- Teacakes
- Crumpets
- Scones
- Cucumber
- Carrot batons
- Banana
- Apple slices
- Grapes
- Avocado slices
- Chocolate
- Sweets
- Cheese cubes
- Celery sticks

