

# Finger Foods

When people are faced with memory problems, eating can become a difficult task. Some foods, like pasta or peas, might become too hard to eat because of the utensils and coordination you need to eat them with. To help a person with memory problems have the most pleasant meal possible, you can adapt old favourite foods into finger or hand-held food that everyone will enjoy. These foods can keep mealtimes structured and help keep independence and dignity.

## To help make foods easy to eat, try these simple tips:

- **Finger foods are healthy and delicious** they just need less utensils. It can be as easy as making small sandwiches or platters of cold meat, veggies and cheese that can be eaten with the hands. Essentially any food can be a finger food if it is contained (try wraps), in small pieces (fruit salad size) or at a warm, not hot temperature.
- **Choose naturally hand-held foods** like hamburgers, sloppy joes, and chicken legs/breasts. Cube steak or roast beef for easy handling.
- **For specific meals like breakfast, common foods are finger foods.** Muffins for example, are easy to hold and eat, and can be filled with lots of healthy ingredients.
- **Lunch time foods could include small hot dogs or sandwiches** filled with egg or poultry. Try to have a fruit and vegetable plate available throughout the day to get more nutrients.
- **Finger foods for dinner time could be small pizza slices.** Desserts such as cookies and tarts are great choices for people who have trouble with utensils and messy dishes. Casseroles can be baked in small muffin tins and can be held in the hand.
- **Remember that finger food can still be eye-pleasing,** so presentation makes a big difference. Try to make sandwich rolls colourful, or make fruit skewers with berries and pineapple.