Finger Foods for Dementia

For some older people, it can become harder to use cutlery at mealtimes. Finger foods can make meal and snack times easier. Choose ‘finger’ foods from the five food groups.

Breads and Cereals

* Toast fingers with a spread or dip – try peanut butter or hummus.
* Finger crumpets, pikelets, pancakes, banana bread and scones.
* Sandwiches with fillings that will not fall out. For example, tinned tuna mashed with mayonnaise.

Vegetables

* Chunky potato wedges, potato fritters or whole baby potatoes.
* Pieces of cooked, steamed or baked vegetables, such as sweet potato, carrot, or broccoli.
* Pikelets or patties made with grated or cooked vegetables.

Fruit

* Fresh fruit such as melons, kiwi fruit or banana cut into finger sized pieces.
* Small fruit like strawberries and apricots cut in half.
* Fruit-based muffins, scones or pikelets made with soft fruit such as berries or banana.

Dairy Foods

* Cheese slices or cubes.
* Cheese or yoghurt based dips. Serve with crackers, toast fingers or softened vegetable sticks.

Meat and Meat Alternatives

* Strips of meat or chicken served with dipping sauces.
* Meat balls or patties.
* Hardboiled eggs or slices of quiche.

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