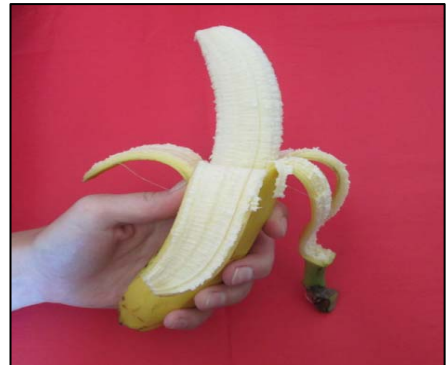


Finger foods

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



- | | | |
|----------------------|-------------------------|-----------------|
| • toast | • cherry tomatoes | • cheese cubes |
| • sandwiches | • hardboiled egg slices | • celery sticks |
| • cereal bars | • chips / potato wedges | • cucumber |
| • chicken drumsticks | • pizza slices | • carrot batons |
| • sausages | • small potatoes | • banana |
| • meat balls | • cakes | • apple slices |
| • fish fingers | • biscuits | • grapes |

Tip: Try using handled mugs, plastic tumblers or a bottle to encourage your fluid intake as these may be lighter and easier for you to hold

Contact us

If you have any questions or concerns about these information sheets, please contact the Lambeth and Southwark Action on Malnutrition Project on 020 30495422 (Monday to Friday, 9am to 5pm).

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

t: 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's **e:** pals@gstt.nhs.uk

Language Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

t: 020 7188 8815 **fax:** 020 7188 5953

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Become a member of your local hospitals, and help shape our future

Membership is free and it is completely up to you how much you get involved. To become a member of our Foundation Trust, you need to be 18 years of age or over, live in Lambeth, Southwark, Lewisham, Wandsworth or Westminster or have been a patient at either hospital in the last five years. To join:

t: 0848 143 4017 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk