



Photo by Lindsav VanKampen

EAT WELL, CARE WELL. FINGER FOODS

FINGER FOODS!

Miniature versions of foods offers a great way to address the numbers of challenges commonly faced by people with dementia. According to the Alzheimer's Society, it can be frustrating and embarrassing for a person with dementia to use knives and forks since their mobility or coordination may be limited. Using finger foods can be a way for them to be in control and boost their self-esteem. By providing finger foods to people with dementia you are giving them independency to choose what, when and how much they want to eat. It is also a time saver for you as the caregiver, since you may have limited help.

Great examples for finger foods include: bite-sized foods that are easy to pick up, such as chicken nuggets, fish sticks, cut up sandwiches, meatballs, cheese cubes, mini muffins, fruit wedges, orange segments (without the peeling), dried fruit, sliced and cut up veggies and more...

WEEKLY CHALLENGES

EXPRESS YOUR
CREATIVITY WITH
ONE OF THE
RECIPES PROVIDED

MAKE EATING
SIMPLE BUT STILL
TASTEFUL

STAY IN CONTROL

GET CREATIVE WITH
NEW FINGER FOODS

DID YOU KNOW?
FINGER FOODS ARE
A GREAT WAY TO
RELEASE INNER
CREATIVITY AND
INCREASE
INDEPENDENCE

Sweet Potato Nuggets

This recipe was adapted from <https://www.mouthsofmums.com.au/recipe/sweet-potato-nuggets/#oaoToVYbylxaYDz3.97>

INGREDIENTS:

- 1 ½ cups sweet potato, steamed and mashed
- 1 tbsp. chia seeds
- 1 tbsp. ground flax seed or meal
- 1tbsp butter, melted
- ½ tsp cinnamon
- ½ tsp cumin (optional)
- 1 whole egg
- 2 egg whites (for coating)
- 1 cup corn flakes, crushed
- Olive oil spray



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DIRECTIONS:

1. Preheat oven to 375 degrees.
Combine mashed potato, chia seeds, flax meal, butter, spices and egg until well combined.
2. Divide into nuggets.
3. Place egg whites in one bowl, and the corn flake crumbs in another.
4. Coat each nugget with the egg white, then roll in the corn flake crumbs until well covered. Place on baking tray. Lightly spray with olive oil spray.
5. Bake for 25 minutes, or until golden brown and crisp.

Strawberry Blueberry Frozen Yogurt Bark

This recipe was adapted from <http://www.superhealthykids.com/strawberry-blueberry-frozen-yogurt-bark/>

INGREDIENTS:

- 1 cup yogurt, plain or vanilla. You can use Greek yogurt for more protein.
- 1 tbsp. maple syrup, pure or honey (if desired)
- $\frac{1}{4}$ cup blueberries and $\frac{1}{4}$ cup strawberries OR $\frac{1}{2}$ cup of desired berries.

DIRECTIONS:

1. Mix yogurt with maple syrup and place onto a parchment lined cookie sheet.
2. Top yogurt with blueberries and strawberries/berries.
3. Freeze for 6-8 hours or overnight. Breakup and serve.

Note: It starts to melt quickly so be sure to keep frozen until ready to serve.

