

Long-Life Snacks



Sometimes it is difficult to know what to provide to your loved one to promote their nutritional intake, especially if they don't have easy access to a fridge. Why not try providing a snack basket to promote choice and independence?

Carton of fruit juice	Dried fruit	Rice pudding pots	Crisps
Individual cakes	Instant noodles	Crackers & crispbreads	Cereal bars

These items may not be suitable if your loved one requires a modified consistency diet; please check with your Speech and Language Therapist for clarification.

For more information and snack ideas, scan the QR code!



Scan me