

General Eating/Feeding Tips

- If you are having trouble keeping your plate still while you eat, you can buy shelf liner and place it underneath.
- Plate guards can be attached to your plate to help keep your food from sliding off.
- Buying compartmental trays to hold your food can also help to keep your food from sliding around.
- Buying a tray to set all of your food on will make transportation of food easier. You can also use a rolling chair such as computer chair or a cart to transport your food from one area to another.
- Try utensils with built-up handles if you are having trouble holding regular utensils. You can also make your own by wrapping a washcloth around the utensil and taping it down.
- Rocker knives are sometimes easier to use if you have a difficult time cutting your food with a regular knife.
- You can buy cutting boards that have sides and areas to help hold your food still while you cut it.
- You can use a two handled cup with a lid if you are having trouble using a regular one.

For more information on adaptive devices for eating and cooking please print Kitchen Management.

General Kitchen Tips

- Try to organize your kitchen as convenient as possible regarding physical abilities. Organize items in lower cabinets if in a wheelchair. If mobility is slower or endurance is poor, locate most important items close together so you are not all over the kitchen.
- When making a recipe try to get out all the ingredients and utensils needed to complete the recipe so you don't forget anything. As you get out your items check them off the recipe.
- When you are just getting back in the kitchen, keep distractions low so you can concentrate.
- Keep your kitchen clean and uncluttered.
- If you are cooking on the stovetop from wheelchair level, mount a mirror over the top of the stove so you can see what you are cooking.
- Start with cooking one item at a time instead of starting back with a whole meal.
- Make sure you schedule yourself enough time to cook a meal so you don't have to rush and jeopardize your safety and success with your recipe.
- Take the recipe step by step and try to check off each step so you remember where you are at in the recipe.
- Enlarge the recipe if the writing is too small or use magnifying glass.
- Try to use a timer to keep track of any item being broiled, baked, and fried.
- Always use a pot-holder when placing or removing an item out of the oven and place on the stove or a cooling pad.
- Use lids when cooking items with lots of grease and keep spray products away from the stove.
- Always turn the oven off when not being used and place a sticky note if needed to remind you to turn it off.
- Do not leave towels or kitchen utensils by the stove.



Kitchen Management

- Keep a chair near the table or counter so you can sit as needed to mix or cook items in the recipe.
- Use a cart to move items in the kitchen if mobility is difficult.
- Use dycem to help with holding bowls or plates if you are cooking with one hand.
- Use knees to brace jars that are being opened one-handed.
- Use electric appliances instead of manual ones.
- Buy pre-cut food items if you can. This will save time and energy for you.
- You can mount jar openers underneath your cabinets for easy opening.
- You can use pouring aids on the tabletop or countertop so you do not spill liquids.
- Try to buy Ziploc or re-sealable bags, easy open containers, and flip top products for one-handed ease.
- Use adaptive equipment such as one-handed cutting board, a rocker knife, or a one-handed can opener, if needed for decreased coordination, sensation, or range of motion in the upper extremities