



AT for Food Preparation, Eating, & Drinking

PART 1: Cooking at Home

Presented by:

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What We'll Cover Today

- ▶ Setting up your kitchen for success
- ▶ *Mise en place*
- ▶ Can, jar, and bottle openers
- ▶ Cooking utensils
- ▶ Measuring dry and wet ingredients
- ▶ Cutting, chopping, slicing, & dicing
- ▶ Combining ingredients
- ▶ Cooking on the stovetop and in the oven
- ▶ Timers

Setting Yourself Up for Success

Think like a chef.



Functional Environment

- ▶ Make a functional “work triangle”
- ▶ Put frequently used items in convenient locations
 - ▶ [Magnetic knife rack](#)
 - ▶ [Hanging utensil holder](#)
- ▶ Good lighting in your work area (not just from behind)
 - ▶ [Under cabinet lighting ideas](#)
- ▶ Consider a stool for resting
- ▶ Countertop/cabinet contrast



Credit: [Stump Kitchen “Kitchen Love: Filling My Space with Joy”](#)

WayAround WayTags for Visually Impaired

- ▶ WayAround app uses a smartphone to scan WayTags
- ▶ WayTags are specialized NFC tags that contain the info you add such as product name, expiration date, and instructions.
- ▶ There are WayTags for almost anything including spices and canned goods.
 - ▶ [Kitchen Starter Pack](#)

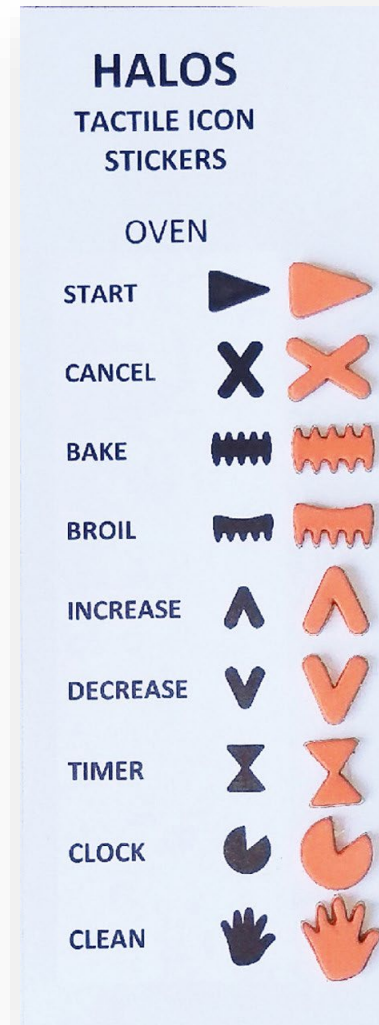


WayTags on spices

Tactile Labels for Identifying Appliance Settings



CAN-DO
Bumps



HALOS Tactile
Icon Stickers



Mise en Place “Everything in its place”

Credit: Photo: Joe Lingeman; Food Styling: Olwen Phillips from www.thekitchn.com

Grippers for Opening Bottles & Jars



Dycem Jar Opener



Spill-Not Jar and Bottle Opener

Bottle, Can, & Jar Openers



Kitchen Mama Can Opener

Cuts the lid all the way off.
No sharp edges
One button operation



5in1 Jar Opener

Opens jars, tab tops, bottles,
and more
Silicone handle



EZ Off Jar Opener

Mounts under
cabinet
V-shape
accommodates
different bottle/jar
sizes

Quality Utensils and Tools

- ▶ Look for well-made tools
- ▶ Ergonomic or cushioned grips
- ▶ Blades that keep their edge

[Chef'n
PalmPeeler](#)
This company
also makes a
[Palm Zester](#) and
[Palm Vegetable
Brush](#).

**Ergonomic peeler fits
comfortably in the palm of
your hand**



[OXO Good
Grips Whisk](#)

OXO has a
quality line of
ergonomic
utensils & tools

Add-ons to Make Your Favorite Utensils Easier to Hold



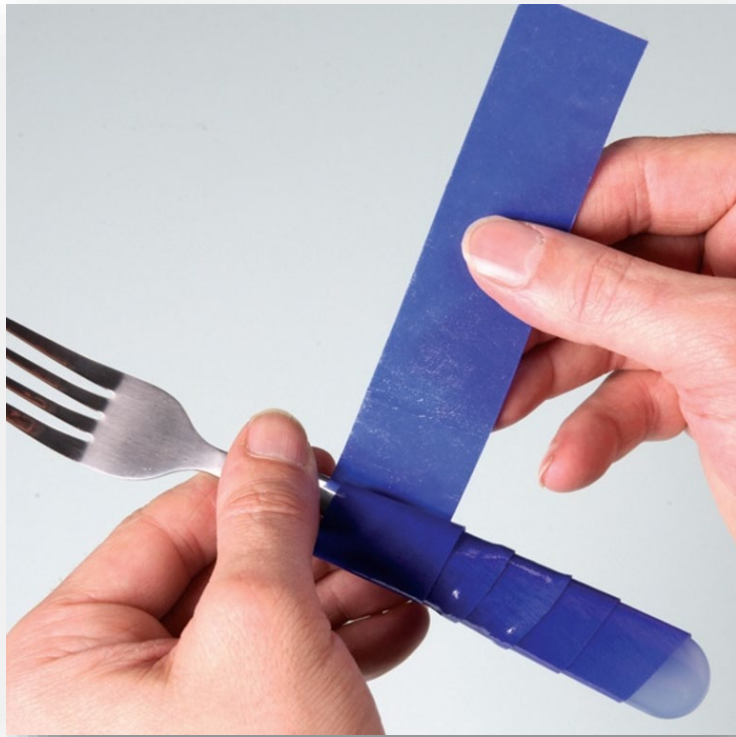
EazyHold Silicone Universal Cuff

Foam Grip Tubing



"Industrial" Twist Ties

More Ways to Make Your Favorite Utensils Easier to Hold



[Dycem Non-Slip Self-Adhesive Strips](#)



[Instamorph](#)



Credit: Tech Access of Rhode Island
[How to Make Your Own Built-up Utensil Using Instamorph](#)

Measuring Dry Ingredients

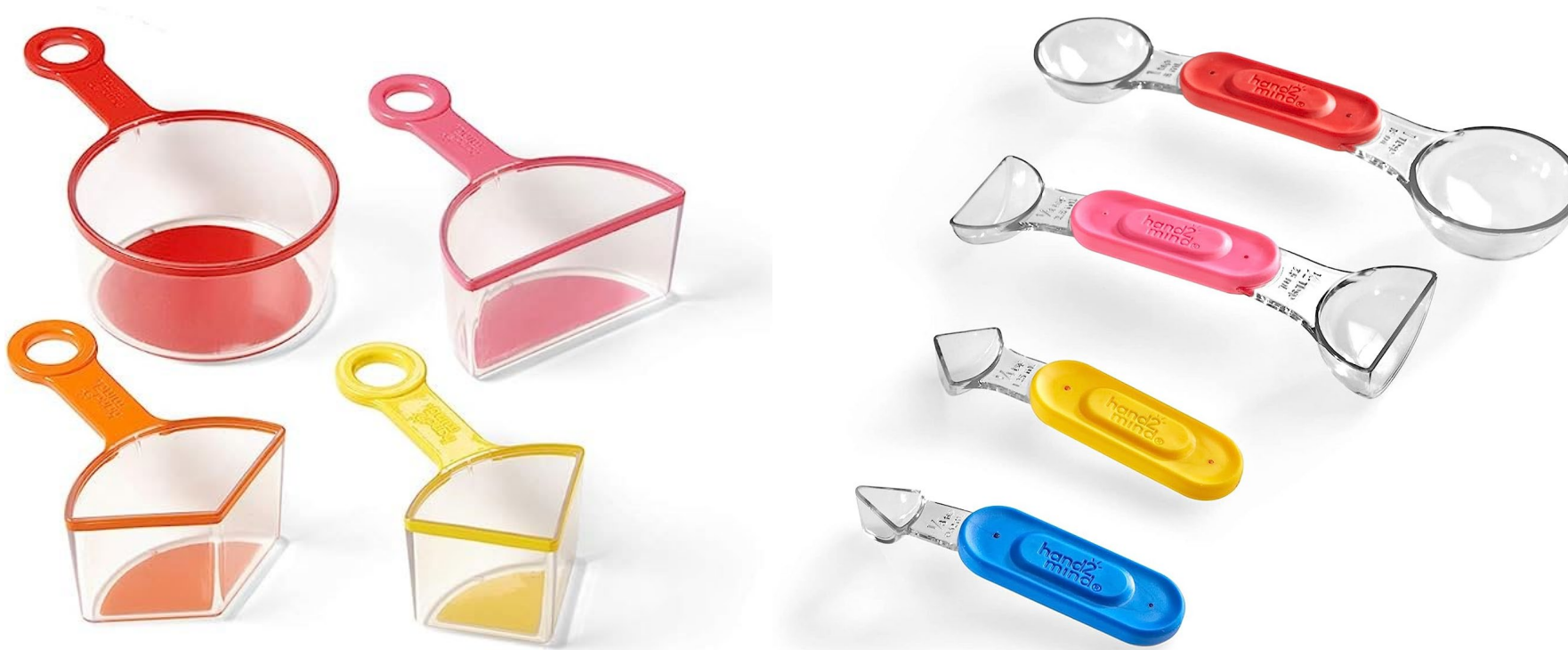


Color-coded [measuring cups](#) and [spoons](#)

[Large-print measuring cups](#) and [spoons](#)



Measuring Ingredients – Consider Montessori Tools/Learning Manipulatives



Measuring cups & spoons to teach fractions – color-coded and different shapes

Measuring Ingredients - Talking Scale



VOX-2 Talking Kitchen Scale

Can measure dry and liquid ingredients

Measuring Liquids



[Talking Liquid Jug](#)



[Moen Smart Faucet](#)

Ask Alexa or Google Assistant to dispense a certain volume and temperature of water

Dycem Non-Slip (Courtney's Favorite)



Dycem is a non-slip material that help with stabilization and grip. Available in rolls that can be cut to size, mats, cup holders, jar openers, and strips. Washable with soap and water.

Pouring Aids



Pour Thing



Liquid Indicator

Cutting Boards



[OXO Utility Cutting Board](#)

- Non-slip edges
- Channel along the outside for juices



Image credit: [Dycem](#)
Use [Dycem](#) or [non-slip shelf liner](#) to keep cutting boards in place

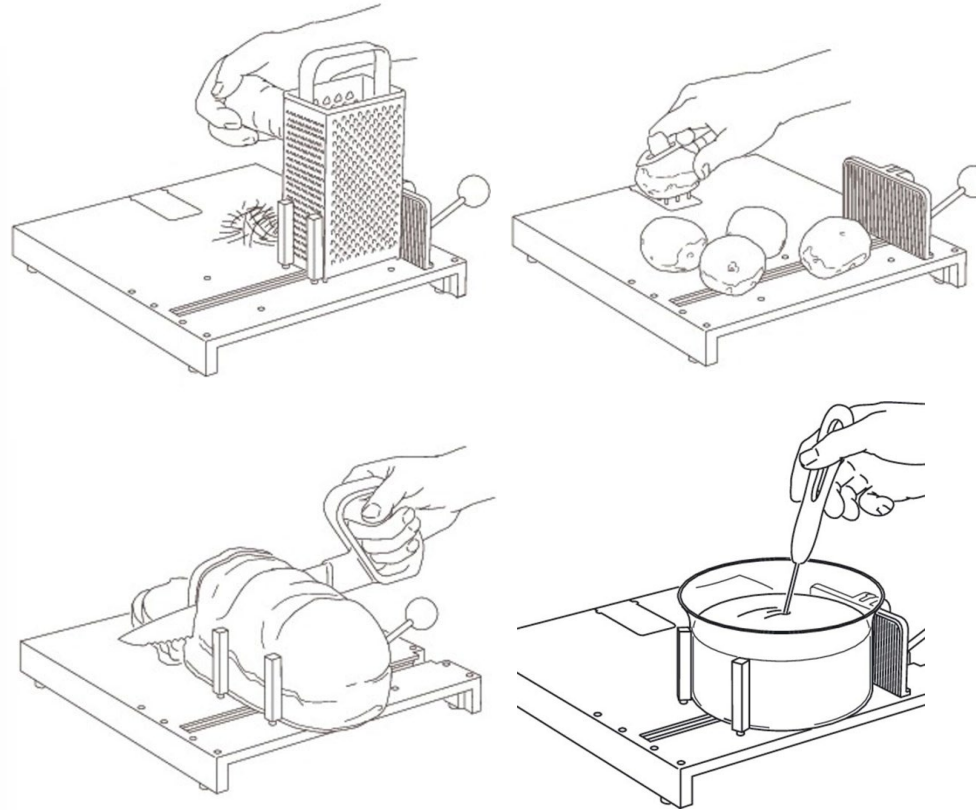
Combination Cutting Board

Corner guards for
spreading butter on bread



Attached, pivoting
chef's knife.
Removeable for
cleaning/sharpening.

Etac Fix Food Preparation Board



Spikes to hold a small item in place. Adjustable vice for multiple purposes.

Knives



"Pizza Rocker Cutter"
or "Mezzaluna Knife"



Ulu Knife & Curved Cutting Bowl
Requires less hand strength

Remember:
Sharp knives
require less
force!



Easi-Grip Knife
Soft handle,
ergonomic grip
AKA "Swedish
knife"

Cutting Safety Devices



[Etac Safety Slicing Guide](#)



[Rooma 11-Piece Finger Guard Set for Cutting](#)

Finger guards, crinkle cutter, onion holder, spiky food holder (claw), finger & thumb protectors



[Cut Resistant Gloves](#)

Safer Knife Alternatives



Kid's Kitchen Knife Set & Cutting Board



Joie Crinkle Cutter/Wavy Knife

Multi-purpose Chopping Devices



OXO Chopper



Vidalia Chop Wizard



Mueller Pro-Series
10-in-1 Chopper

Food Processors



Black+Decker 1.5 Cup Electric Food Chopper



Cuisinart Elemental 8 Cup Food Processor

Mixing Bowls



[OXO Good Grips Mixing Bowl Set](#)
Insulated, stainless interior, non-slip base



[Gorilla Grip Mixing Bowls](#)



[Now Designs Staybowlizer](#)

Electric Mixers



KitchenAid Stand Mixer



Braun 3-in-1 Immersion Blender

Seasoning



Select-a-Spice Auto-Measure Carousel

Slide the knob over to dispense ¼ teaspoon



Electric Pepper
Grinder & Salt Mill

Cooking on the Stove



Automatic Pan Stirrer



Stove Top Pot Holder



Pan Pickle



Double Spatula Tongs



Silicone Hot Handle Holder

Cooking in the Oven



Oven Rack Guards



Oven Rack Push Pull Puller

Gorilla Grip Mini Oven Mitts



Extra-long Silicone Oven Mitts

Talking Instant Read Meat Thermometer



Stove & Oven Safety



[FireAvert Stove
Fire Prevention](#)



[CookStop Automatic Oven Control](#)



[Boil Alert Disk](#)
Rattles to give an audible indicator that liquid is boiling

Low Vision & Visual Timers



Large Print Low Vision Timer
8"x8" with 1 ½" numbers



Large Digit Timer



Time Timer Visual Timer

Timers on Smart Assistants

(Alexa, Siri, Google Assistant)



- ▶ Set timers using your voice
 - ▶ Label timers, ex. pasta timer & breadstick timer
 - ▶ View current timers or have them read to you
 - ▶ Dismiss timers using your voice, tap, or gesture
- ▶ [Use Timers with Alexa](#)
 - ▶ [Dismiss timers with hand gestures](#) (supported Echo Show devices only)
 - ▶ [Setting and viewing timers with Siri](#)
 - ▶ [Set and manage Google Assistant timers](#)

More Helpful Resources for Preparing Food at Home

- ▶ Article by NDSU Extension Service: [Cooking and Eating with Low Vision](#)
- ▶ APH's VisionAware Article: [Safe Cooking Techniques for Cooks Who Are Blind or Have Low Vision](#)
- ▶ [The Blind Kitchen](#)
- ▶ [Stump Kitchen YouTube Channel](#) vegan home cook with a limb difference
- ▶ [Tips for One-Handed Cooking After Stroke](#)

THIS IS GOING TO BE A SERIES!

What We'll Cover in Future Webinars & Short Videos about AT for Food Prep, Eating, & Drinking

- ▶ Finding and organizing recipes
- ▶ Grocery shopping
- ▶ Food preparation resources for individuals with ID/DD, brain injury, and executive functioning needs
- ▶ AT for Eating
- ▶ AT for Drinking
- ▶ Washing dishes & cleaning the kitchen

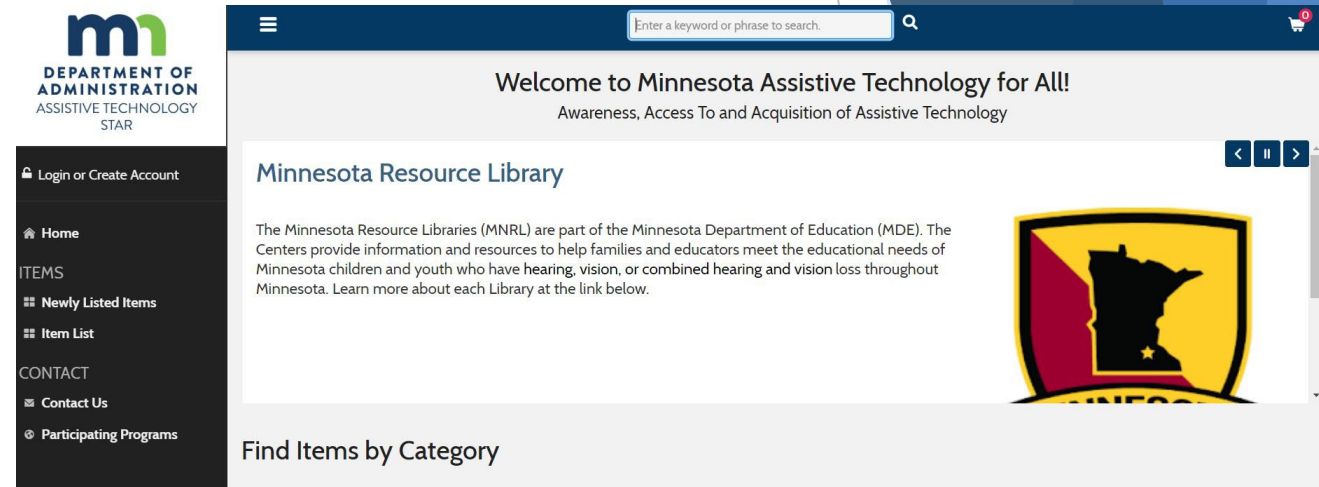
Connect with an expert & try before you buy!

Free demonstrations and short-term loans of AT are available through your state's AT Program!

North Dakota Short-Term Loans



Minnesota Short-Term Loans



Contact Us - North Dakota

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