



# Food Preparation Made Easy

No matter your illness or injury, difficulties with food preparation should not be one of your barriers to eating healthy. There are many tools that you can use and techniques you can follow in the kitchen to ensure that meals are prepared with ease.

## Tools

**Foam grips, a rubber ball, or universal cuffs.** If you do not want to buy a whole new set of utensils with special grips, you might want to consider using foam grips, a hollow rubber ball, or a cuff to fit over existing handles. For those with upper extremity weakness, you can increase the diameter of a handle for easier grasping or let the cuff help with gripping power.



**Multi-purpose cutting board.** A multi-purpose cutting board might be exactly what you are looking for in order to prevent rolling of vegetables or to help with stability while cutting meats. Boards may be equipped with raised edges to prevent slippage, spikes to hold food in place, and/or suction cups underneath to prevent the board from moving.

**Food choppers or processors.** There are all kinds of food processors, big and small, electric and manual. It doesn't matter what model you have, just let it do the chopping, dicing, or blending for you. Most models come with dishwasher safe parts for easy cleanup.



**Crock pots or slow cookers.** If you are in need of a 'set and forget' option, consider a slower cooker or crock pot. This is a great way to include all your healthy ingredients with minimal time for prep and focus on the cooking process.

## Techniques

- Plan meals in advance. Think about your menus on the weekend and shop accordingly.
- Eliminate scrubbing pots and pans by using vegetable spray or liners such as aluminum foil.
- Cut vegetables in bulk, place in plastic bags, and freeze for later use.
- Plan preparation to limit trips around the kitchen for necessary items or use a wheeled cart.
- Consider using a stool or higher chair, if you get fatigued standing for long periods of time.
- Use double-handled pots and pans or lightweight dishes.

Want to learn about more tools and techniques to help make everyday life easier?  
Talk to your health care provider, physical therapist, or occupational therapist.

