



## Meal preparation

If you find it difficult to prepare food there may be things that can help. When choosing equipment, consider how easy it is to use, take apart, and clean.

### Chopping

Some **chopping boards** have extra helpful features. There are chopping boards with spikes or clamps. These can help hold your food in place during chopping and peeling. This may be useful if you can only use one hand. There are also chopping boards with a knife attached. The knife pivots from the tip. Chopping boards with built-up edges can help to hold bread in place during spreading. Some chopping boards have a grater attached to the surface of the board. This can help to hold the grater steady.



### Using knives

Knives with large handles may be easier for you to hold. Some knives have angled handles which help you to grip the knife in a more powerful position. Rocker knives allow you to chop food in a rocking or sawing motion. Using rocking or sawing movements can make it easier for you to cut food. You should make sure any knife you use for preparing food is sharp. Using a sharp knife will make it easier for you to cut through the food.



**Tip:** You could use a pizza cutter as an alternative to cutting with a rocker knife.

## Slicing and dicing

If you need food to be sliced or diced then a **food processor** may be an option. Make sure the controls are easy to use. Manual food processors usually require you to press down on a knob or turn a lever located on the top of the device. Food processors reduce effort but may be awkward to wash. Food may need some preparation before being put into the food processor. Alternatively, you could purchase pre-cut/diced food.



## Peeling

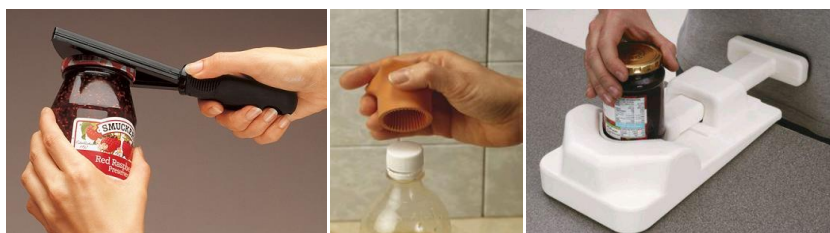
**Y-peelers** require a different grip which some people may find easier to manage. **Large-handle peelers** may be easier to grip. Peelers with large rubber handles may be easier to grip when they are wet. A peeler with a clamp can be fastened to the side of a bench to allow you to peel vegetables with one hand. There are also battery operated peelers. The cutting blade vibrates rapidly. This peeler should be used with caution.



**Tip:** Attach a scrubbing brush with suction cups in the sink to help you to clean potatoes.

## Opening jars and bottles

Slip-resistant material and jar openers can make opening jars easier and reduce the strain on your joints. A clamp or stabilising device to hold a jar still may also assist with jar opening.



## Opening cans

There are can openers with larger grips that may be easier and less painful to use. Consider an electric can opener. For ring-pull cans, J-shape devices can assist you to lever the can open.



## Contact ILC Tas for more information



Ring **1300 885 886** to speak to a health professional

Visit our website [www.ilctas.asn.au](http://www.ilctas.asn.au) or email us at [ilc@ilctas.asn.au](mailto:ilc@ilctas.asn.au)

Make an appointment to visit our centre at **275 Wellington Street, South Launceston**

Ring us to find out when we will be visiting your area

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