

Kitchen Safety

- Do NOT carry items (i.e., food/drinks) in your hands when walking with your walker
- Slide items along counter tops or carry them in walker pouch, walker tray, or pants/apron pockets
- Liquid or food can be transported in watertight containers, hot liquids in a thermos, dry ingredients in baggies or foil wrap
- A dining area or table within arms reach to food preparation area is preferable
- Save energy by preparing frozen meals or one dish meals
- Utilize microwave or toaster oven for quick counter top Cooking
- A tall kitchen stool can be used for rest breaks from standing at counter or sink
- Frequently used items should be stored on easy to reach shelves or left on counter tops
- Place items you use the most on top of your counters to avoid wasting energy
- Transfer sugar, flour and milk into smaller containers to avoid lifting heavy objects and challenging balance.
ie: a gallon of milk is 8 lbs, sugar and flour are 5 lb bags

Please refer to www.HANALiving.org for more information