



# Meal Preparation

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



# Using knives

Knives with large handles may be easier for you to hold. Some knives have angled handles which may help you grip the knife in a more powerful position. Rocker knives allow you to chop food in a rocking or sawing motion. Using this rocking or sawing movement may make it easier to prepare 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.



## Chopping



Whilst using a sharp knife, some chopping boards have features that may be helpful. There are chopping boards with spikes and clamps that can 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 an attached knife that 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.

## Helpful tip:

A pizza cutter can be a helpful alternative to 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 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 to simplify the process.

## Peeling

- Y-peelers require a different grip which some people may find easier to manage.
- Large-handled 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.



### Helpful tip:

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

# Opening Cans

## 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.



## Jars and bottles

- Slip-resistant material or 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.





# More information

For further information, or advice, about any item contained in this information sheet, please contact Independent Living Centre Tasmania Inc.(ILCT):

- Call 1300 452 827 to speak to a health professional.
- Visit our website [www.ilct.com.au](http://www.ilct.com.au) or email [info@ilct.com.au](mailto:info@ilct.com.au).
- ILCT visits communities around Tasmania. Contact ILCT to find out when we will be in your area.

ILCT provides Occupational Therapy, Physiotherapy, Speech Pathology, and Allied Health Assistant services, on a fee-for-service basis. Our team delivers comprehensive assessments and support that may include assistive technology, home modifications, communication aids, and other tailored interventions to enhance independence and quality of life.

ILCT specifically provides supports to those aged over 18, who are Tasmanian residents and are of any culturally-diverse background. ILCT are a registered provider under the National Disability Insurance Scheme (NDIS).

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