Hints for the kitchen

- Keep knives sharpened and equipment in good working order
- Use labour saving gadgets
e.g. electric tin opener, lightweight saucepans, kettle tipper
- Use food that requires less preparation
e.g. frozen vegetables, ready made meals
- Plan meals that can be baked in same tray or cooked in one pot
- Cook twice as much and freeze half
  (when food is re-heated make sure it is cooked thoroughly)
- Write your shopping list items in the same sequence as their location in your supermarket
- If you are unable to manage your shopping, ask your supermarket if they will home deliver
- Prepare your meal step by step:
  1. Take out all needed items from refrigerator or cabinets
  2. Wash and prepare at sink area
  3. When food is cooked move to the dining table at the same time, preferably on a trolley
- Slide pots and dishes instead of lifting whenever possible
• Unload or load dishwasher in small stacks to avoid repetitive bending

• Sit whenever possible to do your tasks

• Leave frequently used items on the counter e.g. tea, coffee, sugar (leave hazardous objects in the cupboard)

• Wear an apron with pockets so that you can carry small light objects

• Coping with kitchen mess
  1. Restrict number of utensils used - making less washing up
  2. Clean up as you go
  3. Wipe oven and pans whilst warm
  4. Rinse or soak dishes in hot water and washing up liquid to avoid vigorous scouring

• Rest between the preparation of different stages or courses