

# SUPPLIES FOR A PARA FRIENDLY KITCHEN

## Food Prep Supplies

- **Knives** - a good set of knives is essential for making food prep efficient
  - Knife with L-shaped handle (e.g. Ulu knife) - for cutting using one hand
  - Chef's knife (8-10" long) - used to prep most foods, length provides versatility and efficiency
  - Pairing knife - used for slicing and mincing smaller foods, avoid with hard foods
  - Santoku knife - has a granton edge to prevent food sticking to it
  - Ceramic knives - very sharp, don't require a perfect angle for cutting
    - Nice option for kitchens with high counter tops
  - Choose knives offering non-slip rubber grip handles for easy handling
  - Sharpen knives yearly to prevent cuts from using dull knives
- **Cutting board(s)** - large enough to sit stably on a lap
  - Choose sturdy wood or hard plastic options with a non-slip bottom
  - Purchase two boards, one for prepping meats and one for veggies - label or choose different colors to help distinguish
  - Choose one with a "moat" around the edge for cutting anything wet (i.e. meat, tomatoes, melon)
- **Hand-held chopper** - vegetable chopper, spring loaded, press down to chop
- **Mixing bowls** - choose a set with different sizes and non-slip bottoms and a lip to help pour out of easily
- **Utensils** - spatulas / tongs / wooden spoons / slotted spoon / ladle
  - Rectangular metal spatula - doubles as a serving utensil and slicer
  - Silicone spatula - easy to scrape the sides of bowls, heat resistant
- **Hand mixer** - for jobs like whipping eggs or making batters
- **Electric can opener** (e.g. 'one touch')
- **Slip resistant grip jar and bottle opener**
- **Colander** (i.e. strainer) - for washing fruit / veggies, and straining
- **Oven rack puller** - wood stick with hook on the end to pull out an oven rack
- **Long oven mitts with grip**



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## Specific Utensils for Visually Impaired

Finger guard for cutting with a knife



Palm peeler



## Cooking Supplies

- **Pots with lids** - choose a set with multiple sized pots, lids should have circular holder to place thumb through for easy pick up
- **Pans** - choose oven safe pans with long handles for easier oven removal
- **Baking dishes with lids** (e.g. casserole dishes) - easy cooking and storage / transportable container for bulk meals to last several days
- **Food storage containers** (e.g. tupperware) - non-disposable, glass or plastic



## Appliances

- **Slow cooker** (i.e. crock pot) - create food in bulk to last you the week
- **Blender** - great for making smoothies, soups and sauces
- **Food processor**
- **Rice cooker**
- **InstaPot**
- **George Foreman grill**
- **Range oven** - with front controls for easy adjustment

Counter top ovens are another great option



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## Short-Cuts for Easy Prep

### Grains/Starches

- Microwavable (steamed) potatoes
- Microwavable (steamed) frozen whole grains / rice / quinoa
- Couscous - pour in boiling water (heated by microwave) and let cook according to package instructions
- Parboiled brown rice - retains more nutrients than white rice during processing and takes only 20 minutes to cook
- Reduced sodium / no-salt-added canned chickpeas, beans, legumes - toss into salads or sauces
- Oatmeal - can be cooked in microwave or try soaking oats in milk overnight in refrigerator; add fruit and nuts for overnight oats



### Vegetables

- Microwavable (steamed) frozen vegetables
- Incorporate into smoothies or whole juices with high powered blender
- Purchase fresh vegetables and put in a food processor on "chop" setting, transfer and saute in heated pan with dash of olive oil - add a pinch of salt or spices for flavor



### Fruits

- Fresh, frozen, dried, or canned in 100% juice
- Incorporate into smoothies
- Add dried fruits to salads, cooked grains (quinoa, oatmeal, couscous, etc.) or pair with nuts in trail mix
- If fresh fruit is "about to go bad" - place in plastic bag and freeze up to several months. Peel bananas first before freezing



### Seasonings

- Keep a collection of basic herbs and spices to add to meals - garlic salt or crushed garlic, cinnamon, Italian seasoning, taco seasoning, lemon pepper, cumin, curry powder, nutmeg and dill

## Frozen fruits and veggies are just as good as fresh!

- These fruits and veggies are picked at peak ripeness and flash frozen
- They maintain the same nutritional value as long as they're eaten within several months to avoid freezer burn

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