

LIFE HACKS & TIPS for LIVING WITH CHRONIC ILLNESS

KITCHEN and FOOD PREP

Keep a stool in the kitchen so you can sit to prep meals.



Use your walker to transport multiple items from room to room.



When setting the table, use a tray on your walker. Load plates, utensils, napkins. Make one trip to the table.



Use a bamboo or plastic cutting board. Label one side for meat and the other side for veggies and fruits.



Gather all ingredients together before beginning meal prep. Then sit on your stool to cut and cook.



Place a disposable bag or a bowl in the sink for throw away items. Sort now for recycling.



Use cotton placemats or tablecloths. Toss in the dryer on high for 5-10 minutes to get wrinkles out. No ironing needed!



If shopping is hard, many companies offer food and grocery delivery service. You may also order and pay online, then pick up at the store.



Keep chopped salad fixings ready in the fridge. If they are in separate containers, they will keep for several days without spoiling.



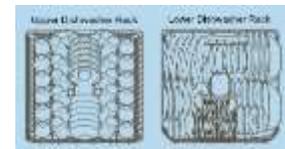
Use a microwave cover to avoid splatters and messy clean up. The covers also help heat evenly.



Pyrex containers with lids are wonderful storage for leftovers. Use dishes for heating and serving also.



To load dishwasher, start at the back and sides of the trays for efficiency. To unload, stand in one place and unload to counter. Group by cabinet location. Then move the items.



Use a floor sweeper to grab crumbs. Sweep kitchen and dining area once a day and you won't need to do weekly heavy sweeping.



Use a grabber to reach items that are on high or low shelves, to pick up things that fall, and to take things clothes out of the dryer.



Use equal parts of vinegar and alcohol in a spray bottle for an excellent glass, counter, and tile cleaner and disinfectant. It does not streak and dries quickly. (Briefly has a strong odor.)

