

In the kitchen with arthritis

Things to make your kitchen arthritis friendly...

Joint-friendly kitchen tools and aids

- 2 handled pots and pans will help to protect joints in hands, wrists elbows.
- Cooking tools with easy grip and non-slip handles.
- Easy to use openers for jars and cans.
- Food processors - can mean less chopping, cutting, slicing.
- Slow cookers - simple one-pot nutritious meals.
- Tipping kettles - weight-free pouring.

Shop: Jars, Cups, Bottle and Can Openers | Cutlery and Utensils
- (mobilitycentre.co.nz) Kitchen – Independent Living (ilsnz.org)



Shopping

- Carry only light balanced loads with bags close to your body with both hands.
- Bag handle grips can ease the strain on your hands and spread the weight of the bag out evenly.
- Consider having your shopping delivered or using click and collect.



Convenient food storage

Use easy to open food storage containers.

Accessible storage

Including setting up your shelves safely and conveniently.

Leftovers

Double recipes, not your workload.

Take a seat

Use a kitchen stool to avoid standing for long periods.

**Learn more
and find support**



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