



IN THE KITCHEN WITH ARTHRITIS

*Things to make your
kitchen arthritis
friendly...*

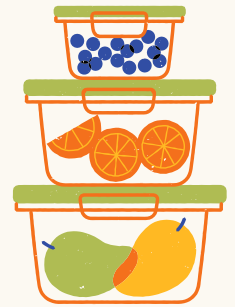
Joint-friendly kitchen tools and aids e.g.



- 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.

Convenient food storage

Use easy to
open food
storage
containers.



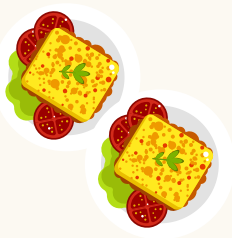
Accessible storage

including setting
up your shelves
safely and
conveniently.



Leftovers planning

Double recipes
not your workload.



Take a seat

Use a kitchen stool
to avoid standing for
long periods.



Shopping

- Carry only light balanced loads with bags close to your body with both hands.



- Consider having your shopping delivered or using click and collect.