

In The Kitchen With Arthritis

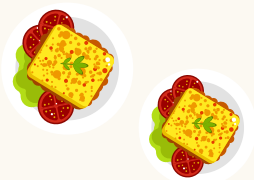
Things to make
your kitchen
arthritis friendly...

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)



Leftovers

Double recipes,
not your workload.

Take a seat

Use a kitchen stool to
avoid standing for
long periods.



Convenient food storage

Use easy to
open food
storage
containers.



Accessible storage

including setting
up your shelves
safely and
conveniently.

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.

Visit arthritis.org.nz, email info@arthritis.org.nz,
contact us at 0800 663 463, or look for us on Social



Arthritis NZ
Mateponapona
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