## **Prevent T2 for All**

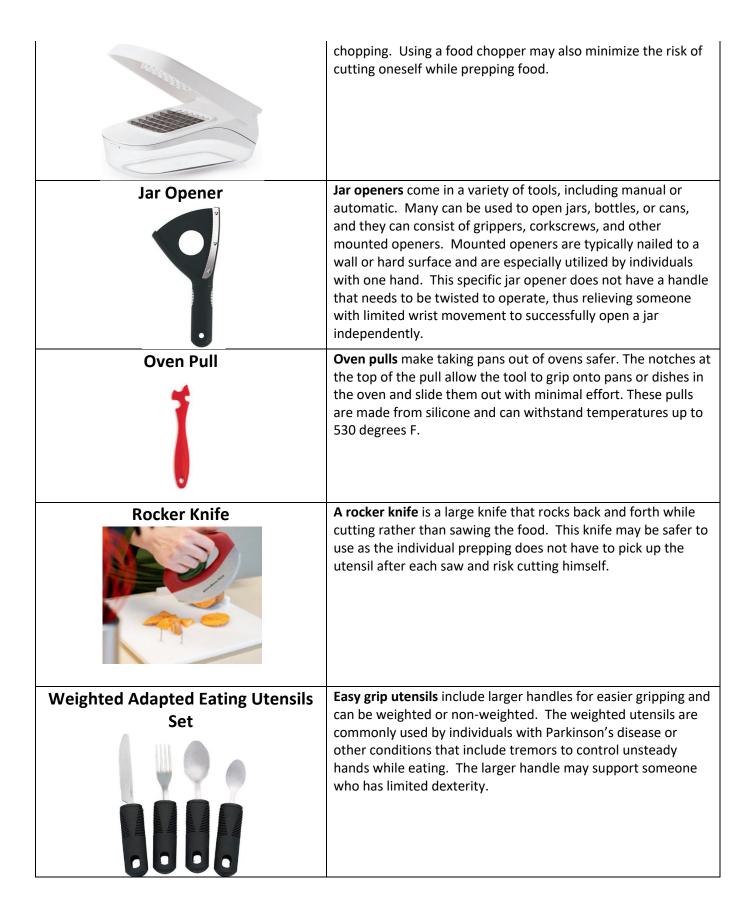
# **Inclusive Nutrition and Physical Activity Toolkit**





chopped food and non-slip base provides stability while

# The combination cutting board allows for safe independence **Combination cutting board** in the kitchen. The board is mounted to the counter with suction cups. There are three stainless steel spikes for securing foods, making it possible to use with one hand and hold food in place. The chef knife is attached to the board so it can be used in a chopping motion and also completed with one hand. **Bump dots** allow you to mark everyday items such as computer **Bump dots** keyboards, telephone keypad, and oven keypads to adding feet to vases and ceramic pieces. These are also useful in the kitchen when identifying numbers on a microwaves or heat settings on a stove knob. Braille Label Makers can be used to label heat settings on a **Braille Label Maker** stove, ingredients in a pantry such as spices or herbs, and other items in the kitchen. Food choppers are used to cut food in an easy way without a **Food Chopper** knife. This can support individuals who have weak or shaky hands. This tool chops items quickly and safely with stainless steel blades and a lip that provides leverage to push down and cut food items. It also has a 2.5-cup capacity body that collects



#### Angle knife



The **angle knife** has an ergonomic design that makes it easy to use and maneuver. Having the handle over the blade reduces strain on the fingers and wrist and increases control of the tool.

#### **MyPlate Food Models**



**Food models** are a great tools and visuals that enhance learning for anyone. Use these to teach about how to create a healthy, colorful plate and practice portion sizes with interactive movable pieces that can be moved to create a plated meal.

#### **Grip Straps**



**Grip straps** are very similar to easy grip utensils as they both aid with limited dexterity. A grip strap is attached to the fork or spoon and slides over the hand or wrist so that the individual can hold the utensil without squeezing. On the physical activity side, grip strips could be used to help hold dumbbells, for example.

## **Talking Kitchen Food Scale**



The **talking food scale** weighs food and announces the weight to the user making it extremely convenient for individuals with vision loss. The scale features a large easy-to-read display as well as easy to hear voice commands in the language of your choice.

## **Adapted Can Opener**



An **adapted can opener** allows users to easily open cans with its ability to lift tabs and pop the tops off with minimal effort. The simple tool design makes opening cans easier for individuals with decreased hand strength or stability. The can opener has a rubber non-slip grip which increases stability and safety.

#### **Latex-free Resistance Bands**



Latex-free resistance bands are a great tool for upper and lower body exercise. With different levels of resistance, the user can use these bands to stretch or do small workouts from a seated or standing position. These are a great option for strength training without causing strain.

# NCHPAD's Exercise Band Workout Guide

Get Moving from Home with Exercise Bands



LAKESHORE NCHPAD

The **Exercise Band Workout Guide** includes a short inclusive workout that can be done at home or even during a fitness break in class. This guide provides tips and exercises to do with bands that focus on improving cardiovascular and muscle fitness.

## NCHPAD's 5 Meals 1 Bag



**5 Meals 1 Bag** is a series of weekly meals specific for individuals who need less preparation and shopping time. All meals have been designed to be rich in important nutrients, such as protein, which is necessary for maintaining muscle mass, fighting infections, and preventing skin breakdown. The following recipes use basic ingredients with minimal preparation. Ingredients for all five meals should fit in one large reusable grocery bag, allowing for an easier grocery shopping experience.