




Prevent T2 for All

Inclusive Nutrition and Physical Activity Toolkit



<p>Combination cutting board</p> 	<p>The combination cutting board allows for safe independence 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.</p>
<p>Bump dots</p> 	<p>Bump dots allow you to mark everyday items such as computer 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.</p>
<p>Braille Label Maker</p> 	<p>Braille Label Makers can be used to label heat settings on a stove, ingredients in a pantry such as spices or herbs, and other items in the kitchen.</p>
<p>Food Chopper</p>	<p>Food choppers are used to cut food in an easy way without a 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 chopped food and non-slip base provides stability while</p>



chopping. Using a food chopper may also minimize the risk of cutting oneself while prepping food.

Jar Opener



Jar openers come in a variety of tools, including manual or automatic. Many can be used to open jars, bottles, or cans, and they can consist of grippers, corkscrews, and other mounted openers. Mounted openers are typically nailed to a wall or hard surface and are especially utilized by individuals with one hand. This specific jar opener does not have a handle that needs to be twisted to operate, thus relieving someone with limited wrist movement to successfully open a jar independently.

Oven Pull



Oven pulls make taking pans out of ovens safer. The notches at the top of the pull allow the tool to grip onto pans or dishes in the oven and slide them out with minimal effort. These pulls are made from silicone and can withstand temperatures up to 530 degrees F.

Rocker Knife



A rocker knife is a large knife that rocks back and forth while cutting rather than sawing the food. This knife may be safer to use as the individual prepping does not have to pick up the utensil after each saw and risk cutting himself.

Weighted Adapted Eating Utensils Set



Easy grip utensils include larger handles for easier gripping and can be weighted or non-weighted. The weighted utensils are commonly used by individuals with Parkinson's disease or other conditions that include tremors to control unsteady hands while eating. The larger handle may support someone who has limited dexterity.

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



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.