

TIPS & TRICKS

for Cooking with

ARTHRITIS

1

POSITIONING & POSTURE

Did you know that you can save about 25% more energy when completing a task seated versus standing? Consider sitting when cutting foods or preparing meals.



2

PACING

If you experience pain or fatigue, taking breaks throughout cooking or meal preparation can help to reduce your symptoms. Plan your tasks and break it up into smaller chunks.



3

"NUTRITION MATTERS"

Many people living with arthritis reported that making healthy food choices helped reduce their symptoms. Some strategies included using a food journal and paying attention to your triggers.



4

MEAL PREPERATION

Preparing meals in big batches (ex. soup) can be a great solution to ensure you have food prepared on days that you aren't feeling well. You can also consider buying pre-cut produce.



5

JAR AND TAB OPENERS

There are lots of gadgets out there to help you remove a jar lid, remove the lid off a can (electric and non-electric options), and open tabs for pop bottles.



6

LIGHTER TOOLS

Many people living with arthritis reported that they purchased lighter pots and pans to be able to cook independently. Having lighter tools can make it easier to drain pasta water too!



7

RIGHT ANGLED KNIVES

This is a handy tool that can be used for those with functional challenges in their hands. They have easy to grip handles and put less strain on your wrist during cutting activities.



8

ALTERNATIVE APPLIANCES

Appliances like toasters, toaster ovens, pressure cookers, and airfryers can be an alternative to using the stove top. These can allow you to cook items quicker and with less supervision required.



9

DYCEM SQUARES

These are helpful non-slip surfaces! They can be used to help keep a jar in place while you remove the lid or keep a bowl from sliding as you mix batter.

