

Independence: Finding solutions A to Z

October 3, 2024

Organization, kitchen basics Time: 10-11:00

Facilitator: Todd Fahlstrom

Today we will:

- talk about how to organize your kitchen
- Different ways to adapt your pantry and cupboards
- Different tools, simple to high tech
- Tips and hacks to make it easier

Organize the pantry or cupboards

Pull out everything, clean shelves

General to specifics

Examples: sections (Cooking/baking, soups, vegetables, pastas, snacks, etc.)

Tag or label shelves

Use colors to enhance shelves

Use tap lights or if possible, overhead lighting

Options to make things accessible:

Tactile markers (bump dots, pipe cleaners, rubber bands, note cards)

Baskets, boxes, and bins (labeled)

Way around tags

Link: [Assistive NFC Tagging System for Blind and Low Vision Users \(wayaround.com\)](https://www.wayaround.com/assistsive-nfc-tagging-system-for-blind-and-low-vision-users/)

White boards

Use of colors in a matt

Tips and notes:

Tip: if you need gluten free or sugar free, use a bump dot on a card or way around tag

Place a white board or basket on door so when you run out of items, you can add it to the list

Designate a “basket” that is your snack bin

Expiration dates, be mindful of when you put new products behind old items

App to help with expiration store: Zuzanka,

Senses: food doesn't smell good, get rid of it

Fresh fruits: zip lock bag or putting into a container to keep fresh

Put plastic wrap around stem of bananas they will last longer

Other tips for kitchen organization:

Silverware tray organizer

Keep a tray handy when making a recipe to “keep things organized”

Keep it simple: less is more when it comes to counter space

Pestle

Notes provided by Todd Fahlstrom

For questions or follow-up, email: bozemanmab@gmail.com