

Adaptive Kitchen Equipment and Supplies

A little support can go a long way in helping us remain independent. This resource highlights examples of adaptive products designed to make daily life easier. For additional guidance, please contact your local Independent Living Center: <https://compassil.org/>.

Disclaimer: We are not affiliated with or endorsed by any of the products listed. They are provided solely as informational examples of adaptive equipment options. The list is not all-inclusive. Photo credit: Amazon.com

Palm peeler: Easy and fast way to peel vegetables with ease.

Link: <https://www.amazon.com/Finger-Grip-Vegetable-Peeler>



Rocker Knife: used to cut food with minimal strength and dexterity

Link: <https://www.amazon.com/Stainless-Mezzaluna-Rocker-knife>



Dutch oven (heavier, with dual handles): Easy to move from counter to counter and perfect for one-pot meals.

Link: <https://www.amazon.com/Cast-Iron-Dutch-Oven-Lid>



Lighter-weight pot (nonstick, dual handles): An easy-to-handle pot, perfect for cooking quinoa and other grains.

Link: <https://www.amazon.com/BEZIA-Nonstick-Induction-Non-toxic-Kettle>



Pull through Knife Sharpener: A safe and simple way to keep your kitchen knives sharp.

Link: <https://www.amazon.com/Kitchen-Knife-Sharpener-Sharpening>



Multifunctional Vegetable Chopper: A great option if handheld chopping feels difficult or time consuming.

Link: <https://www.amazon.com/KEOUKE-Vegetable-Interchangeable-Multi-functional-Container>



Handheld Mixer: Helps blend the pancake batter smoothly and evenly, reducing clumps.

Link: <https://www.amazon.com/Hamilton-Beach-62682RZ-Mixer>



Pancake Batter Dispenser: Makes it easy to pour the perfect amount of batter right onto the griddle or pan.

Link: <https://www.amazon.com/Pancake-dispenser>



Non-slip mixing bowls: Keep bowls steady while using a mixer and help prevent messy spills.

Link: <https://www.amazon.com/OXO-Plastic-Grips-3-Piece-Mixing>



Wide Spatulas: Give you better control for flipping pancakes easily and without breaking them.

Link: <https://www.amazon.com/Silicone-Spatula>



Ergonomic Can Opener: An electric can opener reduces strain and makes opening cans much easier.

Link: <https://www.amazon.com/Kitchen-Mama-Automatic-Electric-Opener>



Patty Press or Burger Mold: A patty press helps shape uniform burgers with less effort and mess.

Link: <https://www.amazon.com/Meykers-Non-Stick-Hamburger-Press>



Long-Handled Spatula with Easy Grip: A long-handled, heat-resistant spatula with a soft grip makes flipping easier and safer.

Link: <https://www.amazon.com/Flipper-Spatula-tongs-Withstands-Temperatures>



Non-Slip Cutting Boards: Prevent slipping while chopping produce.

Link: <https://www.amazon.com/Flexible-Cutting-Plastic-Kitchen-Vegetables>



Microwave-Safe Prep Bowls with Handles: Easier to grip and transfer when heating microwaveable food.

Link: <https://www.amazon.com/AmorArc-Stoneware-Microwave-Dishwasher-Multicolor>



Portion-Control Containers: Great for meal prepping - use sticky notes to track leftover dates.

Link: <https://www.amazon.com/Glotoch-Containers-Compartment-Box-Microwaveable-Dishwasher>

