

1966

EC66-2203 Easy to Use Cooking and Serving Center

Alice Burton

Virginia Trotter

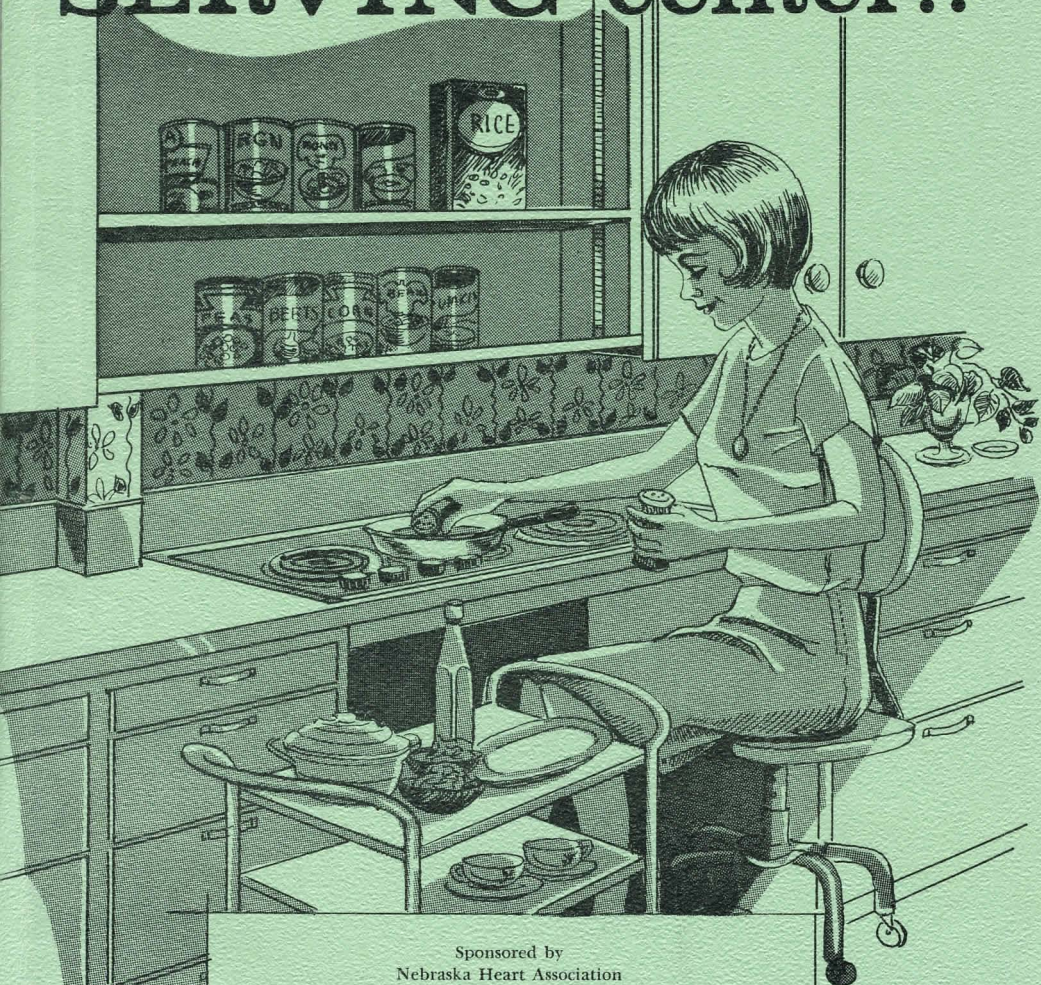
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easy to use COOKING and SERVING center..



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COOKING and SERVING CENTER

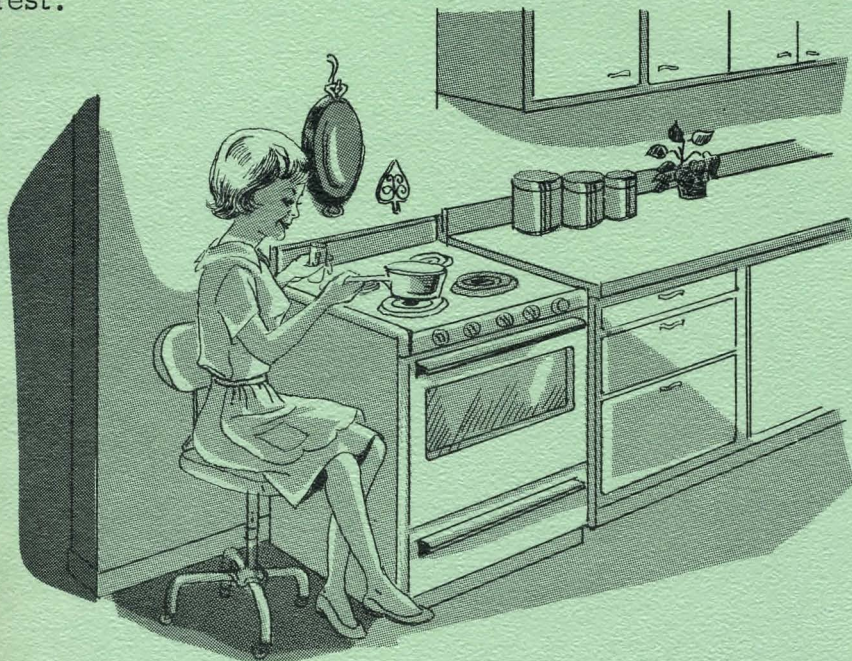
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You bake, broil, boil and dish up food at your Cooking and Serving Center. Here also you add the final touches to foods before serving them to your family. You will want this center to be planned for your maximum comfort and ease. Because foods and appliances here are hot, you need to be careful that you do not burn yourself when using equipment.

WORKING COMFORTABLY AT THE COOKING AND SERVING CENTER

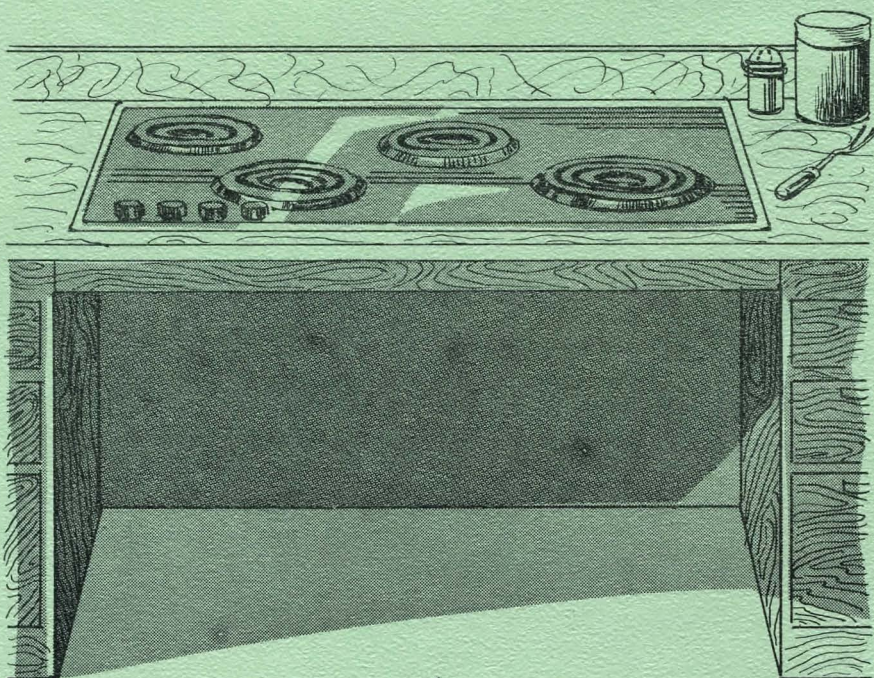
Most free-standing ranges are 36 inches high. You can probably easily reach and use the burners when you stand to work. When you work sitting in a wheelchair or in a posture-chair-on-casters place your free-standing range at the end of a counter. This gives you open space at one side for easier access to the burners. Another way would be to sit on a higher kitchen chair with a foot rest.



When in a seated position work is much easier when the range top is lower than normal, often 30 to 32 inches high, with open space below for your knees. Depending on you and the size of your chair, the open space should be 24 to 29 1/2 inches high and 24 to 30 inches wide from side to side.

These special requirements can be met with a built-in range installed to fit your measurements. A simple two or four-burner stack-on unit that can be placed on a low counter top or table is very suitable. This may well be your solution if you live in an apartment because you can take it with you when you move. Portable small electrical appliances such as an electric skillet and a coffee maker conveniently placed at the right height can supplement other cooking equipment.

The burners or units on your range are safest to use if you don't have to reach across one to get to another. You will avoid burns if the back and front burners are staggered or if all burners are in a straight line at the front of the range.

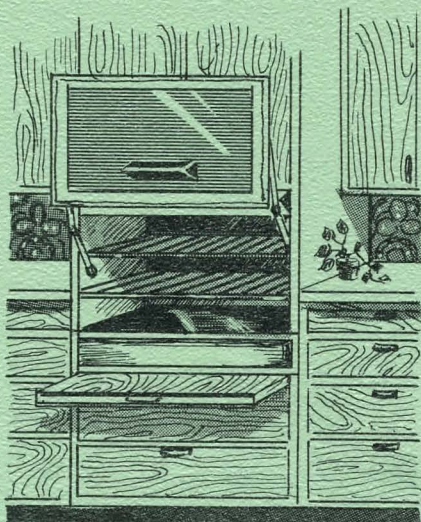


Heat controls should be easily accessible without reaching across burners. They are easiest to reach if they are on a front panel on the range top. If you have small children, you may prefer to have the controls along the side of the range top.

When your range top and the burners are even in height with adjacent countertops, you can slide rather than lift heavy filled pans to and from the burners. You will find this particularly helpful when you want to avoid lifting, as with the cardiac homemaker or when hands or arms are weak.

In a free-standing range with a broiler compartment below the oven, select one with the broiler high enough for easy reach. A built-in wall oven should be installed with the middle or bottom rack at counter top height so you can easily slide oven-cooked foods to the counter. Shelves in ovens should slide easily and be anchored securely to prevent tipping.

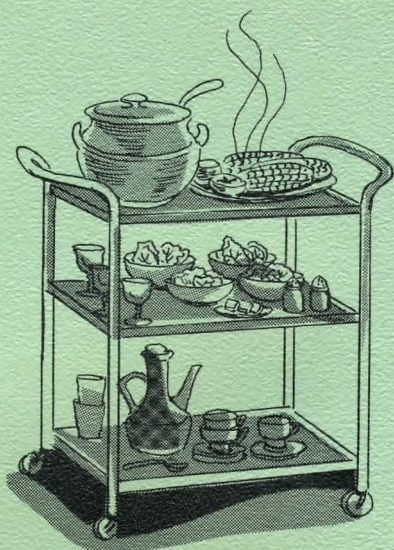
An oven door that opens to one side or to the top eliminates having to reach across the door when putting food into or taking food out of the oven. This is particularly helpful when working from a wheelchair.



At the cooking and serving center you need a place to put hot dishes and to get food ready to serve. Counter space next to the oven and range top is necessary. Heat resistant materials such as ceramic, stainless steel and wood should be used for the surfaces of this counter space.

For serving, take foods as well as dishes to and from the table on a cart-on-wheels. There will be no tipping or spilling and many trips saved.

For storage at your cooking and serving center you will like adjustable shelves and door-back storage for upper cabinets. For your lower cabinets roll-out drawers and shelves are recommended.



EQUIPMENT AND FOODS AT THE COOKING AND SERVING CENTER

Equipment and foods first used with heat are stored at the range. Easy to see and easy to grasp storage is needed for most often used items.

The Easy Reach Area is within the arcs made when you swing each arm, keeping elbows comfortably close to your body, as you work.

Equipment

Pot holders
Pan handle steadier
Tongs, carving knives
Mixing spoons, spatula
Fry pan
Saucepans
Lids
Cake racks
Serving platters
and bowls
Aluminum foil

Foods

Canned goods
Salt & pepper
Oil, small amount
of flour
Cooked cereals
Rice, macaroni, spaghetti

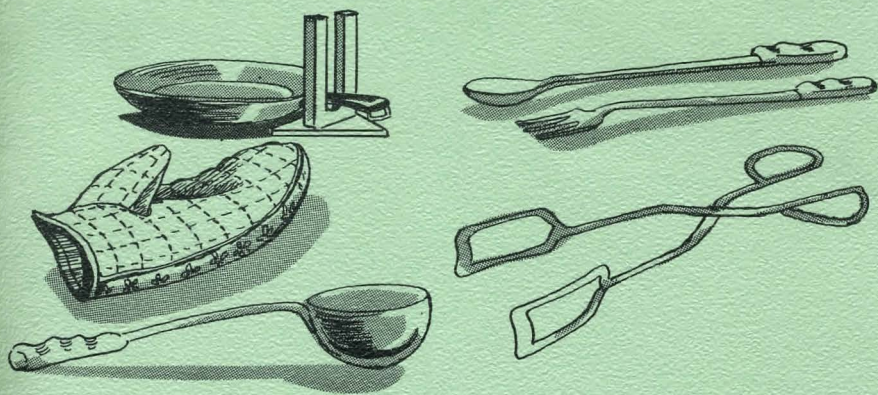
The Maximum Reach Area, for items used less frequently, is within the arcs made when you swing each arm extended to full length as you work.

Kettles & pans
Large roasting pans

WORK SAVING EQUIPMENT

Have you tried:

1. Pans and utensils with only rounded corners inside to make cleaning easier?
2. Heavy padded mitten pot holders, or ones that fit over the pan handle?
3. Long handled utensils - spoons, forks, ladles?
4. Tongs to increase your normal comfortable reach?
5. A pan handle holder with a rubber suction cup base to steady pans on the range while you stir their contents?



Contact your County Extension Agent for other bulletins in this series for homemakers with physical limitations.