

1966

EC66-2204 Easy to Use Mixing Center

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EC 66-2204

For Physically Limited Homemakers



easy to use MIXING CENTER



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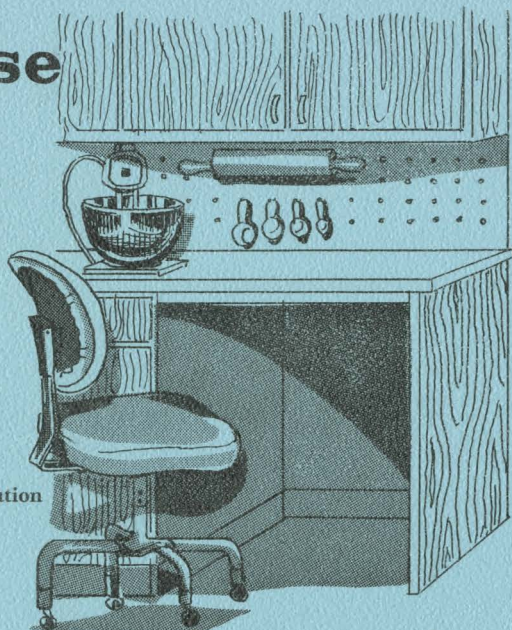
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easy to use MIXING CENTER



By Alice M. Burton
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Associate Dean

You use your mix center mostly for measuring and mixing the ingredients into foods that are baked. Make your Mix Center a comfortable place to work by putting equipment and supplies you need within reach.

WORKING COMFORTABLY AT THE MIX CENTER

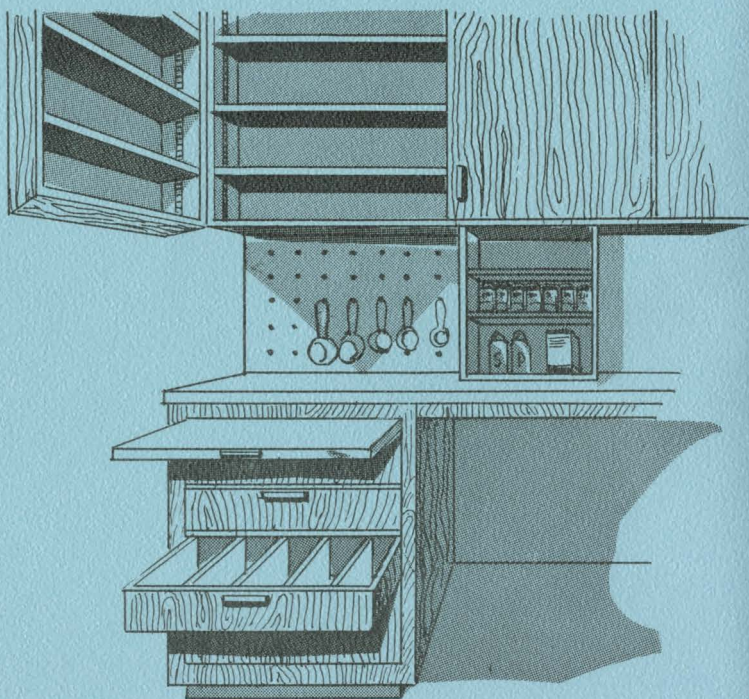
You will enjoy the ease of sitting to do much of your food preparation at the mix center, especially when you are a cardiac homemaker, have other energy limitations or have leg and standing problems. A chair on smooth rolling casters or wheels allows you to move around easily.

You usually work with long handled spoons and bowls while measuring and mixing. Therefore, you will want a low surface to work on. For seated work this height often would be 26 to 28 inches. Your counter top can be installed at this height or you can work on the lap board which pulls out at a 26 to 28 inch height. Or, you may want to work at your kitchen table.

Wherever you do seated work you need knee space. The space should be at least 24 inches high. Depending on you and the size of your chair, it should be 24 to 30 inches wide from side to side.

Counter top space at the mix center should be four feet wide and not over two feet from front to back. Usually you don't use space more than 16 to 18 inches back on your counter top. This is especially true when the use of hands and/or arms is limited. Use the back of this counter top and the wall between the counter top and upper cabinets as storage space for the spices, measuring cups and spoons, and other items you use so often.

For mix center storage add easy to reach midway cabinets, shelves, or pegboard between the counter top and the upper cabinets. Upper cabinets with adjustable shelves give you flexibility. Roll-out drawers and shelves are recommended for cabinets under the counter. Store narrow items on shelves or on hooks fastened to the backs of doors. Vertical files eliminate stacking such things as cookie sheets and cake pans.



EQUIPMENT AND FOODS AT THE MIX CENTER

Equipment and foods used first at the mix center should be stored together. You will want to store the items you use most within an easy arm's reach. Easy to see and easy to grasp storage is needed.

Easy Reach Area - For Most-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

Measuring cups
& spoons
Flour sifter
Electric mixer
Mixing spoons,
spatulas
Tongs for reaching
Baking- refrigerator
serving dish
Mixing bowls
Suction cups
Cook books

Foods

Basic ingredients-flour,
shortening, baking
powder, baking soda,
spices
Biscuit mix
Package mixes
Bread & sandwich spreads
Oil
Vinegar

Easy or Maximum Reach Area - for Less Frequently Used Items.

The Maximum Reach Area is within the arcs made when you swing each arm extended to full length as you work.

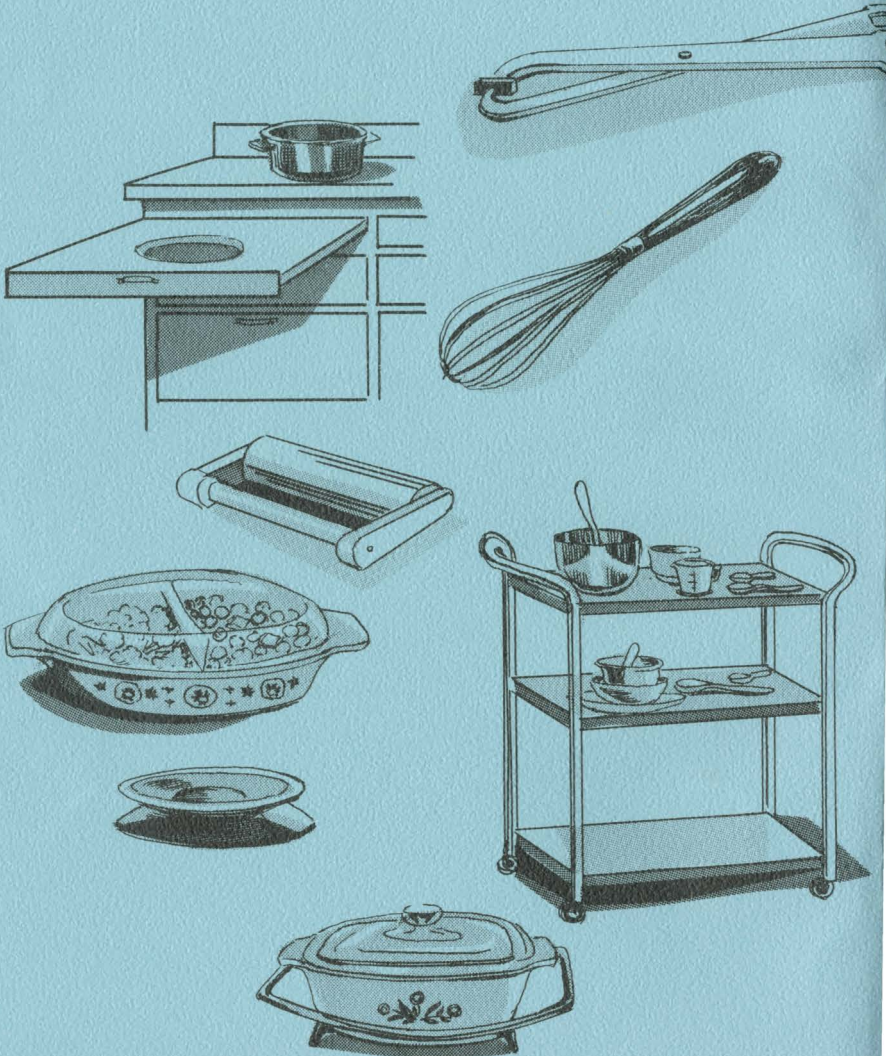
Rolling pin
Pie plate
Muffin tin
Cookie tin
Waxed paper
Aluminum foil

Cocoa
Brown & powdered sugar
Cereal

WORK SAVING EQUIPMENT

Have you tried:

1. Multi-purpose equipment, such as a dish that can be used for refrigerating, baking and serving?
2. Easy to clean, light to medium weight, break resistant equipment?



3. Tongs to increase your normal reach, making equipment and foods in a wider area accessible?

4. A tray or cart-on-wheels for carrying things?

5. Rubber suction cups to steady mixing bowls if you have holding limitation?

6. A one-handed rolling pin?

7. A one-handed egg beater?

8. A pull-out lap board with holes cut out the size to hold your mixing bowls? Put the bowl in the hole and you don't have to steady it.

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