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Making Your Kitchen "User Friendly" For Participants and Their Families

Eating a well-balanced diet is important to everyone of all ages. However, as people age, even simple food preparation in the kitchen can become a challenge. Older adults may experience arthritis, difficulty reaching things, reduced upper body strength, vision impairment, or other conditions that make independent food preparation difficult.

This issue of Golden Harvest includes a reproducible fact sheet for participants and their families, entitled, *Making Your Kitchen "User Friendly"*. Families served by your adult day care program might find this fact sheet useful as they strive to maintain their loved ones' independence at home. This publication is a part of a large collection of fact sheets for seniors, provided by the Ohio State University Extension at <http://ohioline.osu.edu/ss-fact/index.html>. Visit this website for fact sheets on various topics relating to senior health.

See related story on page 2.

CACFP Adult Day Care Manual Now Available

The CDPHE-CACFP has just released the CACFP Manual specifically for participating adult day care programs. This manual includes all of the requirements and information adult day care staff members need to know to successfully operate the CACFP. It can be used as a reference or as a training guide. The CDPHE-CACFP has sent a CD ROM with a searchable electronic version of the manual to all participating adult day care institutions. The manual can also be located on the CACFP website at <http://www.cdphe.state.co.us/ps/cacfp/manuals.html>. Printed copies are available by request. Contact the CDPHE-CACFP office at (303) 692-2330 for more information!





For more information, visit the Ohio Department of Aging web site at: <http://www.state.oh.us/age/> and Ohio State University Extension's "Aging in Ohio" web site at: <http://www.ag.ohio-state.edu/~seniors/>

SS-179-01

Making Your Kitchen "User Friendly"

Eating a well-balanced diet is important to everyone of all ages. However, as we get older, cooking in the kitchen can present some challenges. Whether you experience arthritis, difficulty reaching things, reduced upper body strength, or vision impairment, there are ways to adapt your kitchen to make it more "user friendly."

Adapting a kitchen to meet your needs does not have to be expensive or time consuming. There are many affordable ways to make your kitchen easier to use. Admittedly, some methods of modifying your kitchen will be more costly than others, however, paying for alterations you can afford is an investment in your health, safety, and continued independence.

Some suggestions include:

- **Plan a place to sit while working in your kitchen**

If standing for long periods of time is painful or you require the assistance of a cane or walker, sit down! If you don't already have a comfortable chair or stool, you can purchase a "kitchen stool" de-

signed to allow you to sit while working in the kitchen. These stools have an adjustable height feature and three widely spaced legs with wheels that lock to give you stability and mobility. (Estimated cost is \$60)

- **Use a trolley cart**

When transporting food from kitchen to table or even from one counter to another, use a trolley cart rather than carrying a tray. Keep this trolley in the corner of the kitchen for easy access. (Estimated cost is \$40)

- **Purchase a "Reacher"**

Priced very reasonably, these long-handled products enable you to reach items on high shelves. The handle is textured for an easy grip and the end can either have a magnet attached to retrieve small metal objects or a claw-like attachment to grab items that are hard to reach. (Estimated cost is \$15)

- **Use a lever handle on your kitchen faucet**

Consider replacing a two-handled faucet with an easier to use single-lever

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faucet. Lever faucets do not require gripping or twisting and are therefore much easier to use. (Estimated cost is \$60 to \$100)

- **Easy grip utensils**

A new brand of utensils is on the market, called “OXO Good Grips.™” These products are designed to fit easily into the palm of your hand for better control and comfort. They can be found at any kitchen supply store, housewares department, and in some grocery stores. There are an endless number of items available ranging from basic utensils (i.e., forks, knives, vegetable peelers, spatulas) to cooking items (non-slip mixing bowl, flour sifter) to kitchen appliances (“easy on the wrist” tea kettle). (Estimated cost ranges from \$2 to \$60)

- **Replace cabinet knobs**

Cabinet handles that are small and round can be replaced with larger knobs or U-shaped pulls that are easier to turn. (Estimated cost is \$4 to \$5 per knob)

- **Roll-out shelves**

Consider installing roll-out tray shelves in your lower cupboards to make it easier to retrieve stored items. (Estimated cost for each tray is \$40)

- **Hanging Rack**

An alternative to installing roll-out shelves in your cupboards is to install a wall-rack on which to hang commonly used pots and pans. (Estimated cost is \$40)

- **Remove throw rugs**

Be sure to remove any throw rugs in your kitchen that may cause tripping or

falling. If you cannot part with your decorator rugs, secure them to the floor by using non-skid tape to prevent slipping. (Estimated cost is \$3 to \$10)

- **Move objects**

Consider moving objects you store over the range to another location to avoid burning yourself or your clothing. In addition, store heavy objects on lower shelves or counter tops and place light-weight items on upper shelves.

- **Check your lighting**

Be sure to have good lighting in your kitchen to avoid tripping, cutting, or burning yourself. If possible, install low watt-age fluorescent lights or task lighting over work areas.

- **Contact appliance manufacturers**

If you plan to purchase a new kitchen appliance, consider asking about special needs options on appliance design. Some appliance manufacturers have options available to customers with physical or sight limitations, for example, larger knobs or control panels with large print.

Adapting your kitchen to enhance safety, independence, and accessibility increases the likelihood that you will spend time there! Hopefully, spending time in the kitchen will result in the creation of healthy, well-balanced meals and improved nutrition. Regardless of your health limitations, simple modifications can be made that are affordable and reasonable. Begin with a positive attitude about the possibilities available and you may be surprised with the results that you accomplish!

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For more information, contact the American Association of Retired Persons (AARP) for publications on how to modify your home. Some examples of helpful publications available from the AARP free of charge include:

- *The Do Able Renewable Home: Making Your Home Fit Your Needs* (D12470)
- *Universal Design and Home Modification* (D16691)
- *How Well Does Your Home Meet Your Needs?* (D16427)

Other Resources

Books

- Greenstein, D.B. (1997). *Easy Things to Make Things Easy: Simple Do-It-Yourself Home Modifications for Older People and Others With Physical Limitations*. Brookline Books. (Paperback—\$15.95)
- Bakker, R. (1997). *Elderdesign; Designing and Furnishing a Home for Your Later Years*. Penguin Books. (Paperback—\$14.95)
- Peterson, M. (1998). *Universal Kitchen and Bathroom Planning: Design That*

Adapts to People. McGraw Hill. (Hardback—\$79.95)

Web Sites

AARP Universal Design Home Modification Devices:

www.aarp.org/universalhome/

Adaptive Environments Center, Inc.—Universal Design:

www.adaptenv.org/universal/default.asp

Center for Universal Design at North Carolina State University:

www.design.ncsu.edu/cud

References

“*The Perfect Fit: Creative Ideas For A Safe & Livable Home*” (D14823)
The American Association of Retired Persons, Washington, D.C.

Atecheson, R. (2000, November-December). “Our Old House.” *Modern Maturity*.

AARP Universal Design Home Modification Devices: www.aarp.org/universalhome/

Author: Christine A. Price, OSU Extension State Specialist, Gerontology, Department of Human Development and Family Science.

Visit Ohio State University Extension's WWW site "Ohioline" at:
<http://ohioline.ag.ohio-state.edu>

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Keith L. Smith, Associate Vice President for Ag. Adm. and Director, OSU Extension

TDD No. 800-589-8292 (Ohio only) or 614-292-1888

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2010-2011 CACFP NEW CENTER TRAININGS:

Below you will find the scheduled training classes for staff members who have CACFP duties. To register on-line for the class you must have access to the CACFP application website: <http://co.cnpexpress.com> You may register yourself or an authorized representative can register for you.

When you enter the website you will click on **Child/Adult Care**. Then click on **Training** and scroll down to **Enroll**. This will bring up the Course List. Click anywhere on the **Course Description**. This will bring up the 2010 classes (or select 2011 for the 2011 classes). Click on the **Class date** you wish to attend. This will produce the Enrollment Form. Please complete the form and submit it. An email confirmation will be sent to you. Due to limited space availability, 3 people per center may attend. **"ALL PARTICIPANTS ARE ASKED TO BRING TWO WEEKS OF MENUS TO USE DURING THE CLASS."**

November 30, 2010, Denver
Colorado Dept of Public Health & Environment
4300 Cherry Creek Drive South
Denver, CO 80246

January 6, 2011, Denver
Colorado Dept of Public Health & Environment
4300 Cherry Creek Drive South
Denver, CO 80246

February 17, 2011, Loveland
Thompson School District Admin Bldg.
800 S. Taft
Loveland, CO 80537

March 4, 2011, Denver
Colorado Dept of Public Health & Environment
4300 Cherry Creek Drive South
Denver, CO 80246

April, 2011, Colorado Springs
Location to Be Determined

May 6, 2011, Denver
Colorado Dept of Public Health & Environment
4300 Cherry Creek Drive South
Denver, CO 80246

June, 2011, Alamosa
Location to Be Determined

July 15, 2011, Denver
Colorado Dept of Public Health & Environment
4300 Cherry Creek Drive South
Denver, CO 80246

August, 2011, Grand Junction
Location to Be Determined

September 8, 2011, Denver
Colorado Dept of Public Health & Environment
4300 Cherry Creek Drive South
Denver, CO 80246

October, 2011, Pueblo
Location to Be Determined

November 4, 2011, Denver
Colorado Dept of Public Health & Environment
4300 Cherry Creek Drive South
Denver, CO 80246

December 2, 2011, Denver
Colorado Dept of Public Health & Environment
4300 Cherry Creek Drive South
Denver, CO 80246

We're On
The Web:

[http://
www.cdphes
tate.co.us/
ps/cacfp/](http://www.cdphes.tate.co.us/ps/cacfp/)

Golden Harvest is published twice a year by the Colorado Department of Public Health and Environment - Child and Adult Care Food Program.

Your comments and questions are encouraged.

Tracy Miller, MSPH, RD, *Editor*

Corina Landeros, *Desktop Publishing Editor*

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Purchasing and Food Service Vendor Requirements Reminder

Does your organization contract with a vendor to deliver CACFP meals for the adults in care? If so, please remember that purchases of these meals using CACFP funds must comply with procurement requirements. These requirements ensure maximum open and free competition and enables your organization to receive the best possible product or services at the lowest price. All contracts for food services are subject to requirements for a method of procurement. When the cost of food service delivery using a vendor will total less than \$100,000 in aggregate value for a calendar year, the purchasing organization must contact at least three known vendors by phone or in writing and obtain competitive price quotations. These quotes must be documented and kept on file for review purposes. When the cost of food service delivery using a vendor will total more than \$100,000 in aggregate value for a year, the purchasing organization must use a bid process or competitive negotiation process. Please refer to the CACFP Adult Day Care Manual for more information regarding all procurement processes. The CACFP Manual can be viewed online at: <http://www.cdphe.state.co.us/ps/cacfp/manuals.html>.



Colorado Department
of Public Health
and Environment

Child and Adult Care
Food Program

PSD-CAC-6411
4300 Cherry Creek Dr S
Denver, CO 80246

Phone: 303-692-2330
Fax: 303-756-9926



Happy Holidays from the CACFP!

As the 2010 holiday season quickly approaches, the CDPHE-CACFP staff wishes all of our participating adult day care program staff members, participants, and families a very happy holiday season and a prosperous 2011. We look forward to your partnership in the coming year!

Apple Butter

Enjoy the aromas and taste of apple butter over toast or English muffins.

Yield: 4 cups (serving size: 1/4 cup)

Ingredients

- 1 cup packed brown sugar
- 1/2 cup honey
- 1/4 cup apple cider
- 1 tablespoon ground cinnamon
- 1/4 teaspoon ground cloves
- 1/8 teaspoon ground mace
- 10 medium apples, peeled, cored, and cut into large chunks (about 2 1/2 pounds)



Slow Cooker Method:

Combine all ingredients in a 5-quart electric slow cooker. Cover and cook on low 10 hours or until apples are very tender. Place a large fine-mesh sieve over a bowl; spoon one-third of apple mixture into sieve. Press mixture through sieve using the back of a spoon or ladle. Discard pulp. Repeat procedure with remaining apple mixture. Return apple mixture to slow cooker. Cook, uncovered, on high 1 1/2 hours or until mixture is thick, stirring occasionally. Spoon into a bowl; cover and chill up to a week.

Stove Top Method:

Combine all ingredients in a Dutch oven. Cover and cook over medium-low heat 1 hour or until apples are very tender, stirring occasionally. Strain through a sieve as recipe instructs for the crock pot method. Return mixture to pan. Cook uncovered, over medium-low heat for 15 minutes or until thick, stirring frequently.

Recipe serves approximately 12 adults. 1/3 cup of apple butter meets the fruit/vegetable component at breakfast and snack. Or, simply use the apple butter as an extra topping, if the full quantity is not served to meet the CACFP Meal Pattern requirements.

Domenica Marchetti, *Cooking Light*, OCTOBER 2004