

## COOK SAFELY and with PLEASURE

Source - Fannie Farmer's Cookbook (1896) :

*COOKERY - Means carefulness and inventiveness and willingness and readiness of appliances. It means the economy of your grandmothers and the science of the modern chemist; it means much testing and no wasting.* - Ruskin (1819 - 1900)

Learn to Cook in Safe, Simple Ways that allow Innovative Adjustments to Satisfy Individual Preferences, and thus Achieve Good Appetite for Each and Every Meal. Be positive about your food selections, and negative about foods that harm your body - follow the advice offered by Johnny Mercer and Harold Arlen in that 1944 song:

*You've got to accentuate the positive  
Eliminate the negative  
Latch on to the affirmative  
Don't mess with Mr. In-Between.*

Kitchen Safety for Aging, Live-Alone Persons

**BIRD'S EYE VIEW** : Must have convenient, safe and orderly work space; stove and small appliances with all possible safety features; and carefully selected, limited number of pots, pans, and utensils.

**FLY'S EYE VIEW** : Must eliminate conditions that contribute to poor sanitation, contamination, faulty food storage.

**WORM'S EYE VIEW** : THE BOTTOM LINE

Kitchen safety is only achieved when the facility consistently delivers TANGIBLE HEALTH BENEFITS :

**EACH MEAL** : Carefully planned, as if your life depends on it.

Reward days? No! Your body is completely unforgiving.

Avoid Boredom : Cook innovatively, don't be a recipe buff.

Physical Activity : Beneficial body movements include walking, fetching, and much manual dexterity.

Joy of cooking has been an important part of life's pleasures, everywhere on earth, for untold centuries.

Irma Rombauer's, *JOY OF COOKING*, which was first published in 1931, and the editions that followed, have provided just about all of the instructions needed to derive full health benefits from a well-organized kitchen.

These and other informative cookbooks are readily available. Now there are many individuals who can benefit from kitchen activities - if we can develop sufficient assistance, interest, and safety measures.

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