

# ACCESSIBLE COOKING RESOURCES

We researched helpful resources for you to explore that can aide you in the kitchen! Check out the links below for more info :) Browse our website for additional resources and community events for people with disabilities! <https://www.arcofncv.org>



## Community Support Services, Inc.

<https://www.css-md.org/recipe-collections>

Community Support Services, Inc. is a wonderful resource for picture recipes for your family to try! Their website also has videos about healthy eating, safe cooking habits, nutritional newsletter, and more.



## Accessible Chef

<https://accessiblechef.com>

Accessible Chef is a collection of free visual recipes and other resources to help teach cooking skills to individuals with disabilities.



## DSANV Virtual Cooking Club

<https://www.dsanv.org/dsanv-virtual-cooking-club/>

Down Syndrome Association of Northern Virginia hosts a cooking club based on the tenets of maximizing choice, ensuring hands on engagement, using adaptations, and promoting families cooking together.

## Cooking Tips for People with Disabilities

<https://www.iaccess.life/cooking-tips-for-people-with-disabilities/>

iAccess put together a blog sharing the best cooking tips for people with disabilities. It also includes links to helpful cooking utensils to make the kitchen experience easier.



## CookABILITY

<https://www.unitedresponse.org.uk/resource/cookability-videos/>

CookABILITY is an online video series aimed at getting more people with learning disabilities cooking healthy, homemade food.