

1966

EC66-2201 No Stoop; No Stretch, Kitchen Storage

Alice Burton

Virginia Y. Trotter

Follow this and additional works at: <http://digitalcommons.unl.edu/extensionhist>

Burton, Alice and Trotter, Virginia Y., "EC66-2201 No Stoop; No Stretch, Kitchen Storage" (1966). *Historical Materials from University of Nebraska-Lincoln Extension*. 3971.

<http://digitalcommons.unl.edu/extensionhist/3971>

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in Historical Materials from University of Nebraska-Lincoln Extension by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.

AGRE
S
85
E7
66-2761

EC 66 - 2201

For Physically Limited Homemakers

no stoop; no stretch; KITCHEN STORAGE

RECEIVED
APR 1972
DIMPSON



Sponsored by
Nebraska Heart Association
and

UNIVERSITY OF NEBRASKA-LINCOLN



R02386 96675

Service
Agriculture and Home Economics
Agriculture Cooperating
J. L. Adams, Director

no-stoop; no-stretch; KITCHEN STORAGE

By Alice M. Burton
Consultant in Homemaker Rehabilitation
Dr. Virginia Y. Trotter
Associate Dean

You probably wish that your kitchen equipment, utensils and food supplies would always be within reach as you work. Often, rearrangement of articles and a few simple adjustments are all you need. With adequate convenient storage at your work centers you can store kitchen articles within reach.

Storage Principles

How much total storage space do you need? This depends on the kinds and amounts of food, equipment, utensils and appliances you use in your kitchen. No need to move or reach around that bulky never-used kettle to get your saucepans. Discard articles you don't use.

A definite place to store each article you use in your kitchen saves you much time and energy--less reaching and hunting.

Why cross the kitchen to get first one thing, and then another? With sufficient storage space, or even a rearrangement of present storage at each work center, you can store articles where you use them first.

Group items together that are used together. Sugar, shortening, mixes, mixing bowls, measuring cups and spoons, and baking dishes should be stored together at the mix center. Canned foods that need water added for cooking and saucepans should be stored at the sink center. Pot holders, pancake turners, stirring spoons and skillets belong together at the range.

You will want to store articles so they are accessible--easy to see, easy to reach and easy to grasp. Store them in the type of storage unit which provides this accessibility and is within your reach while your work.

Determining Work and Reach Areas

Within each work center organize articles within the area you can reach while working. When your shoulders, arms or hands are limited you probably have a limited reach.

To find the area you can reach while working, stand or sit--whichever position you normally use--and face a large piece of brown paper thumbtacked to a wall. With a crayon in each hand, draw arcs to form the circles of your "Easy Reach" and "Maximum Reach" areas.

"Easy Reach Area"

Swing an arc with each arm, keeping elbows comfortably close to your body.

In this area store most-used articles.

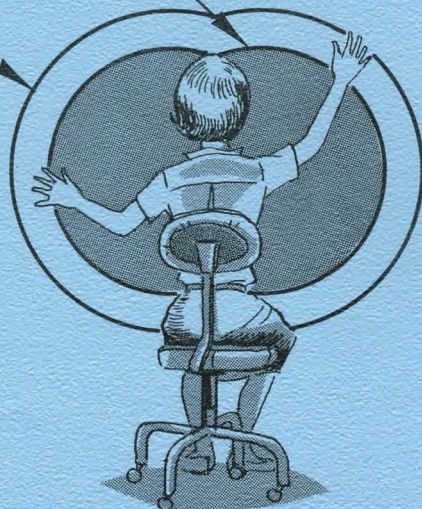
"Maximum Reach Area"

Swing an arc with each arm extended to full length. Bend forward slightly if measuring from a seated position.

In this area store articles used a little less frequently.

"Outside of Maximum Reach Area"

In this area store articles used occasionally.

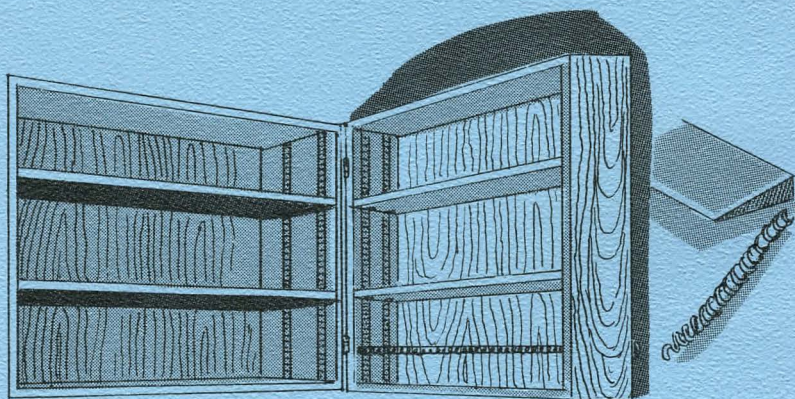


Storage Ideas for Easy Accessibility

Store everything in the type of storage unit that makes them most accessible. Drawers, door backs and shelves are only a few of the kinds of storage units you have available. Often a simple do-it-yourself project, a carpenter's installation, or the purchase of a ready built storage unit that sits on a shelf gives you just the kind of added storage you may need.

A variety of articles can be stored on shelves. Adjustable shelves are most versatile since they can be lowered or raised for different storage requirements.

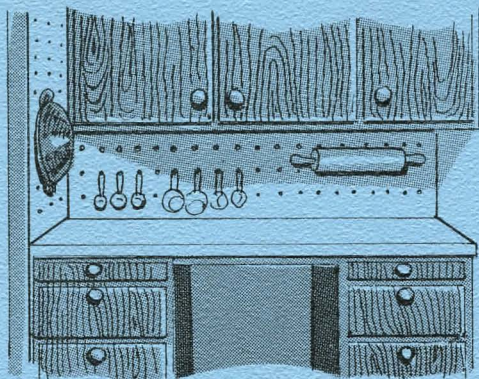
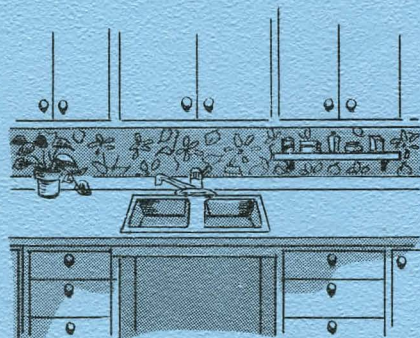
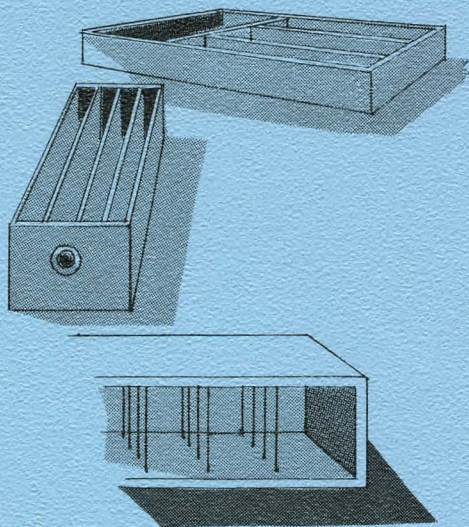
Shelf storage on doors is very handy for storage of spices, cookie sheets or other narrow items. Door storage shelves should be slanted and/or have guards across the front to prevent items from falling out.



Roll-out shelves and drawers for under-counter cabinets make items accessible and easy to see without stooping and reaching into low cabinets. You can buy specially designed pull-out storage drawers which may be placed on a shelf for single or stacked use. They are particularly useful on deep shelves where space might otherwise be wasted. Drawers and shelves slide more easily when they are placed on ball-bearing or nylon rollers.

Minimize stacking and sorting. Use vertical dividers and racks to make articles easier to see and grasp. Racks and vertical dividers in deep drawers or in the upper cabinet area above the sink are useful for storage of skillets, pans, lids, cookie sheets, and muffin tins. Separate silver and cutlery with purchased cutlery trays or "do-it-yourself" dividers.

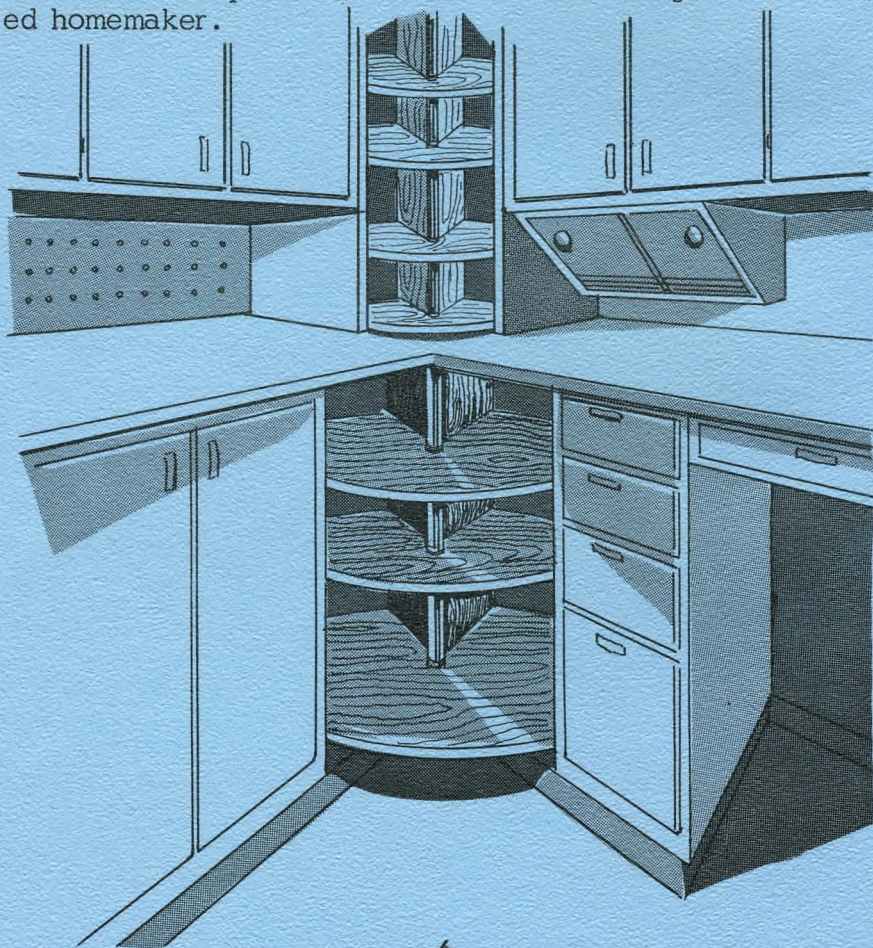
Along the wall or on pegboard between counter tops and upper cabinets, place storage hooks or add shallow midway cabinets or shelves. They don't interfere with counter top space and are handy for storage of dishwashing supplies and spices. Using this single-row storage, you won't have to reach behind or remove one article to get another. Hooks and shelves on pegboard also provide adjustable storage for other wall areas.

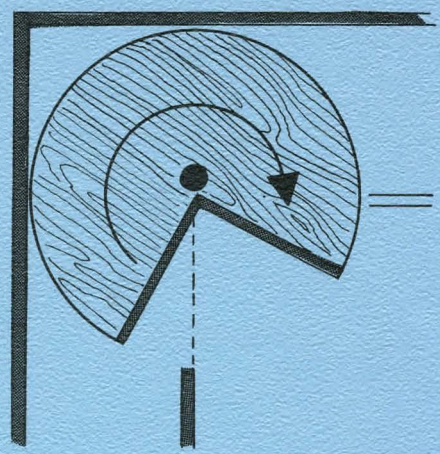
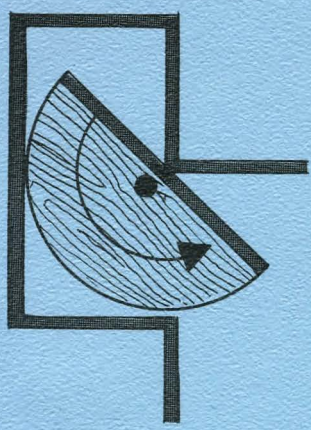


Screw-in hooks in easy reach areas on walls and door backs provide hanging storage for pot holders, pans, measuring cups and long handled utensils. Magnetic hooks applied to metal surfaces can be moved merely by pulling them off one metal surface and switching them to another.

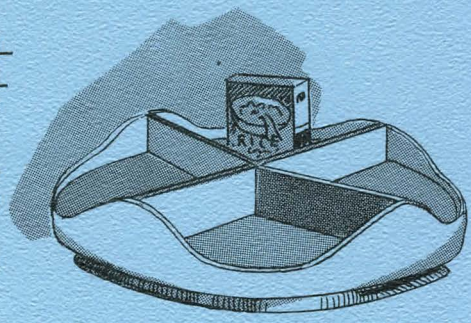
Magnetized knife and tool racks are helpful. You need only touch the knife or tool to the rack and the permanent magnetism grips it securely until you need it again.

Revolving shelf units are useful in difficult to reach corner areas. An upper cabinet which extends to the counter top brings more shelves into reach and eliminates an inaccessible counter area. Knee space adjacent to these corner shelves provides easier to reach storage for a seated homemaker.





Individual revolving turntables and revolving bins for storing numerous items such as condiments, spices, canned goods, laundry and dishwashing products may be purchased. They sit on shelves and need no installation.



Arrange storage units to fit the articles to be stored. Recommended inside heights of storage units for various types of supplies are:

- 3" to 3 1/2" - Silver, small tools, spices
- 3 1/2" to 4" - linens for sink and table
- 6" to 7" - saucepans, canned foods
- 10 1/2" to 11 1/2" - canisters, large packaged foods
- 11 1/2" to 12 1/2" - shallow utensils stored vertically



The time, effort and energy you need are reduced when good storage arrangements save you trips across the kitchen. Adequate storage units and the placement of kitchen items within your reach while working greatly simplifies your kitchen tasks.

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