



Cookbooks and Cooking for People with Disabilities

Websites

Easy to Swallow

<http://www.easytoswallow.co.uk/>

Mealtime Partner: Powered Dining Device

www.mealtimepartners.com

Enables people who cannot eat independently to feed themselves.

Plum Organics

<http://www.plumorganics.com/>

Gourmet line of frozen pureed food for those with swallowing problems.

The Paraplegic Chef

<http://www.theparaplegicchef.com/>

Erin's Cookin'

<http://erinscookin.com/>

Quadriplegic cook, a percentage of the proceeds of her e-book goes to the Reeve Foundation.

The following books and videos are available for free loan from the PRC library. For more information, please see www.paralysis.org and click the Lending Library tab.

- Achilles, Elaine. **The Dysphagia Cookbook: Great Tasting and Nutritious Recipes For People With Swallowing Difficulties.** Nashville, TN: Cumberland House, 2004.
- Blakeslee, Mary E. **The Wheelchair Gourmet: A Cookbook For The Disabled.** New York, NY: Beaufort Books, Inc., 1981.

- Davies, Ken. **Wheelchair Diet Plan.** Preston, UK: Help4U Publishing, 2001.
- **The Disabled Gourmet.** Orange Coast College Campus Colleagues Club. Costa Mesa, CA. Cookbooks by Morris Press, 1998.
- Evans, Henry and Jane Evans. **The Pureed Gourmet.** Scott Publishing, 2004.
- Greer, Rita. **Soft Options: For Adults Who Have Difficulty Chewing.** Great Britain: Souvenir Press, 1998.
- Klinger, Judith Lannefeld. **Mealtime Manual: For People With Disabilities And The Aging.** Thorofare, NJ: SLACK Incorporated, 1997.
- Schwier, Karin Melberg & Erin Schwier Stewart. **Breaking Bread, Nourishing Connections: People With And Without Disabilities Together At Mealtime.** Baltimore, MD: Paul H. Brooks Publishing, Co., 2005.
- Thomas, Charles C. **So What You Can't Chew, Eat Hearty: Recipes And A Guide For The Healthy And Happy Eating Of Soft Pureed Foods.** Springfield, IL: Charles C. Thomas Publisher, 1980.
- Weihoffen, Donna. L., Jo Anne Robbins and Paula A. Sullivan. **Easy To Swallow, Easy To Chew Cookbook: Over 150 Tasty and Nutritious Recipes For People Who Have Difficulty Swallowing.** New York, NY: John Wiley & Sons, Inc., 2002.
- Wilson, J. Randy. **I Can't Chew Cookbook: Delicious Soft-Diet Recipes For People With Chewing, Swallowing and Dry-Mouth Disorders.** Alameda, CA: Hunter House, Inc. Publishers, 2003.

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