



Stay Fit, Stay Healthy, Stay Happy

Helpful Equipment

Combination Talking Microwave Oven, as used by Kathryn in her Baked Potato recipe. Pictured here, is Alisha using her Talking Microwave at school.

Costs £299.95 from RNIB, postage free (ref no DK181)



Heat Resistant, Non-Slip Oven Gloves, used by Chris in his daily living. Costs £3.99 per glove. Stockists Amazon and Ebay.

Audible and Vibratory Liquid Level Indicator, as used by Chris in his daily living. Costs £9.50 from RNIB (ref no DK127)



Single Talking Induction Hob, as used by Simmie in her Veggie Chilli and Herby Rice recipe. Costs £75. from RNIB, postage free (ref no DK182)

Double Talking Induction Hob. Costs £140 from RNIB, postage free (ref no DK183).

5 Piece Measuring Spoons, as included in the Well-Being Club kit. Cost £3.70

If products are purchased through RNIB, VAT is excluded for people who are Blind or Severely Sight Impaired.



Antibacterial Chopping Board set of 2, as used by Melissa for her Spicy Kebab recipe. Costs £7.99 from RNIB (ref no DK179)

Talking Kitchen Scales with measuring jug. Costs £49.99 from RNIB (ref no DK152)

Talking Kitchen Scales with bowl. Costs £41.95 from RNIB (ref no DK96)

Talking Kitchen Timer. Costs £12.49 from RNIB (ref no DK192-WK)

Food Chopper, as used by Alex in his Korma and Pizza recipes. Costs £10 to £14 (for chopping onions, fresh herbs, garlic and nuts) Easy to use, no batteries or electric cord.

Spiralizer as used by Hannah and Katie in their Courgetti Bolognese recipe. Costs £10 to £14. Stockists include Amazon, Asda, Ebay, JML and Tesco.

Hot-Shot Water Dispenser as used by Chris in his daily living. Costs £40 to £90 depending on the make and model. Stockists include Amazon, Argos, Asda, Tesco and other electrical retailers.

