
CENTER FOR DISABILITIES AND DEVELOPMENT

Possibilities in Education and Training

A quarterly publication of the Center for Disabilities and Development, Iowa's University Center for Excellence on Disabilities at the University of Iowa Children's Hospital, Iowa City, Iowa 52242-1011

LET'S COOK! **Healthy Meals for Independent Living (2010)**

Elizabeth D. Riesz, Ph.D. and Anne Kissack, MPH, RD
Mankato, MN: Appletree Press

JUST PUBLISHED: a cookbook, for teens and adults with disabilities!

Why is the book useful for those with special needs?

Recipes (54):

- a. Steps..... numbered, with photos, easy to read
- b. Sections What I Need, What I Use, What I Do
- c. Organization..... by food group

Format of recipe page:

- a. Each page..... color coded by food group
- b. Photos..... kitchen procedures, finished recipe & complete meal
- c. Healthy meal tip . described for each recipe

Food and kitchen safety steps: examples:

- a. Remove meat wrappers. Put in trash. Wash my hands.
- b. Wrap or box unused ingredients and store in refrigerator.
- c. Brown meat until there is no pink at all

Explanation and photos of portion sizes:

e.g.: 3 ounces of meat, the size of your palm

Other suggestions:

- a. Healthy snacks, from home and from vending machines
- b. Guidelines for a healthy restaurant meal
- c. Labeled photographs of kitchen equipment

The story behind the cookbook

Our daughter, Sarah, now 38, has Down syndrome. Looking to the future, I knew that when she moved out of our home she would want to continue eating healthy meals. I hoped that she would leave us with basic cooking skills and recipes that she enjoyed. As a teenager, she began to expand her cooking skills using recipes her teachers and I developed with an easy to follow format. Life Skills, Inc. of Iowa City coached her twice a week in our home.

Anne Tabor, MPH, RD, at the University of Iowa Center for Disabilities and Development (CDD), suggested that Sarah's recipes be published. Anne Tabor's intern, Anne Kissack, MPH, RD, added food and kitchen safety steps to the recipes, developed a meal planning tool and prepared nutritional analyses as part of her master's project. Mary Hubbard at the CDD assisted me in identifying possible publishers. Linda Hachfeld, publisher at Appletree Press, recognized the need for such a cookbook and transformed the typed recipes into a vibrant and user-friendly book.

For Sarah, having had two heart repairs, keeping her weight under control is vital to her good health. For everyone, maintaining proper weight wards off diabetes, cardiovascular disease and other health problems. Over the last 50 years, increased life expectancy for those with disabilities emphasizes the importance of a healthful life style.

Sarah, supervised by staff in her Reach for Your Potential supported living home, now shares cooking responsibility with two housemates.

PRICING SCHEDULE

Discounts for quantity orders

(shipping added; contact the publisher for 144+ books)

1 copy:	\$24.99/book	+ \$5.00 shipping
2+	\$20/book (20% discount)	+ \$8.00 shipping to same address
24+	\$15/book (40% discount)	(a full carton) Call for shipping rate.
144+	\$12.50/book (50% discount)	(6 cartons) Call for shipping rate.

Appletree Press

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Linda Hachfeld, MPH, RD. Publisher and CEO

Another Look . . . at the Disability Resource Library

The Center for Disabilities and Development **Disability Resource Library:**
A lending library and health information center for lowans

To order materials from the Disability Resource Library, call **1-800-272-7713**

Another look: defining respect in healthcare

VisionPoint Training Systems

This is a marvelous training instrument on bias in the healthcare setting. If you think that your organization is open to differences in populations and settings – take another look with this film. Realistic portrayals of everyday experiences reveal mindsets that invite re-evaluation of respect and cultural competence.

#4617

The culture of emotions: a cultural competence and diversity training program

Koskoff, Harriet and Francis Lu.

Explores the variety of ways the diverse cultures of America understand mind and body, and the disorders to which mind and body are subject. Designed to introduce cultural competence and diversity skills to mental/behavioral health professionals and students. Introduces a diagnostic system (the DSM-IV “Outline for Cultural Formulation”) for the assessment and treatment of psychiatric disorders across cultural boundaries and diagnostic categories. – Producer.

#3422 (DVD)

Victims with disabilities: the forensic interview

Baladerian, Nora J., et al. Produced, written, and directed by Greg Byers.

This training DVD will acquaint law enforcement and protective services professionals with principles and techniques to use when conducting an in-depth forensic interview with a crime victim with a cognitive or communication disability.

#5383 (DVD + training manual)

Serving crime victims with disabilities: the time is now ... meet us where we are

Mercurio, Robyn Gonzalez.

Designed to assist the efforts of victim advocates to reach out and assist crime victims with disabilities in matters of abuse, financial fraud, homicide, drunk driving and many other crimes. People with disabilities and their service providers should view this film to know that crime victims have rights and that help is available.

#4119 (DVD)

Fuertes y fuera de peligro II: víctimas y testigos de agresiones sexuales: ¿Que hacer? ¿Que esperar?

Lucaswrites Educational Media

The process of reporting a sexual assault, meeting with victim advocates, and going to trial.

#3985 (DVD)

Becoming DateSmart: abstinence and the art of saying “No.” Part I & II.

James Stanfield Co.

Depicts boundary-setting situations that are designed to help students who are at risk for unsafe or undesirable dating experiences.

#4738 & 4739 (DVD kit)

A [boy’s guide (OR) girls guide] to puberty and personal safety

Marsh Media Group

Designed for junior high or older students with developmental delays, learning disabilities, behavioral disabilities, or communication disorders. Details anatomy and function, includes a definition of sexuality with emphasis on privacy and maturity, describes boundaries with appropriate behaviors and societal expectations, and staying aware of safety issues regarding touching, secrets, and strangers.

Appropriate for school or home viewing.

#3808 (DVD – Girls) & 3809 (DVD – Boys)

Education is the jewel that
casts brilliance to the future.

Mari Evans

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click on "Disability Resource Library"

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