

Cooking -- LIBRARY MATERIALS

Title	Collection	Call Number
Lyndey Milan's Taste of Ireland	Adult DVDs	641.59415 Lyndey
A Few Great Bakeries	Adult DVDs	641.815 Few
James and Thom's Pizza Pilgrimage	Adult DVDs	641.824 James
A Few Good Pie Places	Adult DVDs	641.86 Few
Julie and Julia	Adult DVDs	Comedy Julie
Cuisine At Home	Adult Magazines	Cuisine At Home
Fine Cooking	Adult Magazines	Fine Cooking
Food & Wine	Adult Magazines	Food & Wine
Food Network	Adult Magazines	Food Network
Rachael Ray Every Day	Adult Magazines	Rachael Ray Every Day
Southern Living	Adult Magazines	Southern Living
Taste Of Home	Adult Magazines	Taste of Home
The 8x8 Cookbook : square meals for weeknight family dinners, desserts and more--in one perfect 8x8-inch dish by Kathy Strahs 8 x 0.5 x 8 inches / 188 pages / 12.6 ounces Does not lay flat, but is very lightweight and does not tug on the hands. Not every page has a photo, but those that do are full-page and beautiful.	Adult Nonfiction	641.5 Str
Stuffed : the ultimate comfort food cookbook : taking your favorite foods and stuffing them to make new, different and delicious meals by Dan Whalen 7.7 x 0.7 x 8.9 inches / 208 pages / 1.2 pounds Lays flat. Most recipes include a full-page photo of the completed dish.	Adult Nonfiction	641.5 Wha
Taste of Home Simple, Easy, Fast Kitchen: 429 Recipes for Today's Busy Cook. by Editors at Taste of Home 7 x 0.7 x 9 inches / 256 pages / 1.4 pounds Does not lay flat. Lots of color photos of prepared dishes. Recipes are in very tiny print.	Adult Nonfiction	641.555 Tas
Home at 7, Dinner at 8 by Sophie Wright 8.4 x 0.6 x 10.1 inches / 176 pages / 1.6 pounds Full-page photos opposite of recipes.	Adult Nonfiction	641.555 Wri
The Best of Country Cooking Recipes are in very small print; however, each one has a full-color photo of the completed dish.	Adult Nonfiction	641.5973 Bes
Most Requested Recipes 2018 11.1 x 8.4 x 0.6 inches / 240 pages / 1.9 pounds	Adult Nonfiction	641.5973 Mos 2018
Frouncesen Desserts by The Editors at Williams -Sonoma 8.5 x 0.7 x 9.5 inches / 128 pages / 1.6 pounds Large photos opposite of recipes. Recipes included toppings for frouncesen desserts	Adult Nonfiction	641.862 Fro

Title	Collection	Call Number
<p>Cool Lunches To Make & Take : easy recipes for kids to cook by Lisa Wagner 7.8 x 0.2 x 7.8 inches / 32 pages / 7.2 ounces Easy to hold, but does not lay flat on a table. The book begins with a 2-page spread of photos of kitchen tools followed by common ingredients. Recipes do not involve actual cooking. Numbered steps in directions with large photos. This book is part of a series including Cool World Cooking and Cool Cookies and Bars.</p>	Children's Nonfiction	J 641.5 Wag
<p>How to Cook : [delicious dishes perfect for teen cooks] by Maggie Mayhew 8.7 x 0.6 x 10.1 inches / 127 pages / 1.5 pounds Simple recipes. Step by step instructions. Illustrations show food prep as well as finished dishes. Pages might be a little busy for some.</p>	Children's Nonfiction	J 641.512 How
<p>Kids' Fun & Healthy Cookbook by Nicola Graimes 8.9 x 0.6 x 11.1 inches / 128 pages / 1.4 pounds All recipes have numbered steps, an illustration for each step, and a finished photograph.</p>	Children's Nonfiction	J 641.5123 Gra
<p>The Forest Feast for Kids : colorful vegetarian recipes that are simple to make by Erin Gleeson 8 x 0.6 x 11 inches / 112 pages / 1.5 pounds Simple layout with recipes on the left page and a large photograph on the right. Very little text.</p>	Children's Nonfiction	J 641.5636 Gle
<p>Grilled Pizza Sandwich by Kristi Johnson 10 x 0.2 x 8.2 inches / 32 pages / 10.4 ounces Each recipe is on a single 2-page spread with a single large photo. Numbered steps in recipes. Includes a list of things to gather before beginning.</p>	Children's Nonfiction	J 641.5636 Joh
<p>Kids In the Holiday Kitchen : making, baking, giving by Jessica Strand 8.2 x 0.4 x 9 inches / 95 pages / 13.6 ounces Full-page photos opposite of recipes. Mostly lays flat.</p>	Children's Nonfiction	J 641.568 Str
<p>Baking With Kids : make breads, muffins, cookies, pies, pizza dough, and more! by Leah Brooks 8.8 x 0.5 x 8.8 inches / 160 pages / 12.8 ounces Photos show children working in the kitchen and hands preparing food.</p>	Children's Nonfiction	J 641.815 Bro
<p>Dandy Desserts by Kari Cornell 8.5 x 0.5 x 9.5 inches / 32 pages / 9.6 ounces Recipes have numbered steps. The photos can be a bit busy. Most recipes are on a 2-page spread and include a large photo.</p>	Children's Nonfiction	J 641.86 Cor
<p>Super Simple Desserts : easy no-bake recipes for kids by Nancy Tuminelli 9.5 x 0.2 x 8 inches / 32 pages / 11.4 ounces Each recipe is a 2-page spread with numbered steps. There is a large photo of the finished product accompanied by photos of some of the steps being done. No-bake recipes.</p>	Children's Nonfiction	J 641.86 Tum
<p>Awesome Snacks and Appetizers 8.5 x 0.2 x 9.2 inches / 32 pages / 8 ounces Recipes have numbered steps. The photos can be a bit busy. Most recipes are on a 2-page spread and include a large photo.</p>	Children's Nonfiction	J 642 Cor

Cooking – ACTIVITIES

- Have them read the recipe or portions of it to you; e.g. “What does it say to do next, right there?”
- List favorite foods. They may enjoy writing the list. Use the list to choose what to make and offer choices at mealtimes.
- Set the table.
- Gather ingredients.
- Peel and chop vegetables (if it is safe to use a knife).
 - If you are concerned about them using a knife, perhaps slice a banana, make butter pats, or jello squares with a butter knife.
- Pull apart refrigerator biscuits and arrange them in a pan.
- Use pre-made cookie dough and let them ‘bake cookies’ to share with a neighbor, friend, or visitors—particularly children.
- Prepare simple foods like fruit kabobs or sandwiches or put toppings on pizza.
- Do part of a task: put icing on cupcakes, stir ingredients, strain or rinse foods, knead dough, dish up food, etc.
- Participate in clean up.
- Do simple kitchen tasks: fill the sugar bowl, sort cutlery, fold napkins (folding and sorting are very satisfying activities).

Tips

Monitor every day what today’s abilities are.

Always practice safety first. Be aware of current abilities and offer tasks that are safe and attainable—not beneath current abilities and not above.

Plan ahead so that you can enjoy time together during the activity. While you are together, focus on your natural relationship. Work together in the kitchen as companions.

Encourage involvement in daily life. Activities that help the individual feel like a valued part of the household — like setting the table — can provide a sense of success and accomplishment (from the Alzheimer’s Association’s website).

Dementia causes a person to not recognize their own abilities. Even more than the average person, they need to hear affirmations. While doing common tasks is a great time to give small praises, such as “I like the way you took care of that”, or, “did that”. Even small compliments can make a big difference.

Benefits

Preserves dignity in providing for themselves and others.

A useful activity naturally provides a feeling of being useful.

A sense of being a part of a group.

To place requests on these materials or materials on a different topic, please call Champaign Public Library at 403-2070.

If you are looking for more information or help, please feel free to reach out to the Alzheimer's Association 24.7 Helpline at 800-272-3900. They have trained professionals available who can help you set-up or adjust these activities, make local referrals, and provide emotional support.

These suggested activities and materials are not intended as medical information. The caregiver is responsible for deciding which activities and information are safe and appropriate to the situation.