

## **EQUIPMENT NEEDS FOR TEXTURE MODIFIED FOOD**

### **AND ALTERED FLUID CONSISTENCIES**

Blender – countertop or inversion type (for puree food)

Food Processor (chopped/diced, minced, or ground food)

Kitchen Knife (for chopped/diced food)

Cutting Boards (for chopped/diced food) Best practice is to have separate cutting boards for raw meats, cooked meats, and fruits/vegetables. Different color cutting boards for each category are recommended.

Measuring cups (for measuring fluids prior to adding thickener)

Measuring spoons or scoop from powdered thickening agent (for measuring thickening agent)

Spatulas, cooking spoons, etc. (for transferring mechanically altered food to serving dishes)

Forks or whisks (for mixing thickener into liquids)

### **OPTIONAL EQUIPMENT**

Sports bottles with shaker ball (for blending thickener into liquids by shaking vigorously)

Measuring cup with lid (for blending thickener into liquids by shaking vigorously)

### **ADDITIONAL SUPPLIES**

Thickening agent (powder or gel)

Broth (for blending puree food and maintaining moist foods)

Instant Potato Flakes (for thickening puree foods as needed)

Rice Flakes (for puree rice)

Cookie, cracker or breadcrumbs (for thickening puree food as needed)