| **Item** | **Image** | **Cost** | **Where to find it** |
| --- | --- | --- | --- |
| ETAC food preparation board |  | $152.00 AUD  Shipping $18.15. | Google “ETAC food preparation board”  One site is: -  <https://www.patienthandling.com.au/product/etac-fix-food-preparation-board/> |
| Homecraft Kitchen Workstation |  | $250.00 AUD  Shipping $18.15. | Google “Homecraft Kitchen Workstation”  One site is: -  <https://www.patienthandling.com.au/product/homecraft-kitchen-work-station/> |
| Jar opener – Electric |  | $28 - $60 AUD  Free shipping on some sites | Ebay or Google “Electric Jar opener” or order from Temu  Temu has them cheaper, but quality is not as good.  Brand “OneTouch” is the better quality.  One site is: -  [https://www.ebay.com.au/itm/165913476617](https://www.ebay.com.au/itm/165913476617?chn=ps&_ul=AU&_trkparms=ispr%3D1&amdata=enc%3A1fJr5busBSxSgu-Cw4hkjjw9&norover=1&mkevt=1&mkrid=705-139619-5960-0&mkcid=2&mkscid=101&itemid=165913476617&targetid=&device=c&mktype=pla&googleloc=9071345&poi=&campaignid=15984321586&mkgroupid=&rlsatarget=&abcId=9300814&merchantid=7364522&gclid=CjwKCAjwl6OiBhA2EiwAuUwWZdHQFH7eFxXIj3J3OUr3yYKiUnSTFbYYdfMaZQHoi0RT6jWh6n8P9hoCHv0QAvD_BwE) |
| Can opener – Electric |  | $24.00-50.00 AUD  Shipping included with Prime | Google “Electric Can Opener” – two options appear.  1. “Touch and Go” and  2. The cheaper “Temu” one or Amazon for around $25.  One site is: -  [https://www.kogan.com/au/buy/mighty-ape-touch-and-go-electric-can-opener](https://www.kogan.com/au/buy/mighty-ape-touch-and-go-electric-can-opener-20926983/?utm_source=google&utm_medium=product_listing_ads&gclid=CjwKCAjwl6OiBhA2EiwAuUwWZbEyLPkB-V_SgUWg39etlc4RdrUtGkMcW-Sf-lKON7Qe2j_-PpV4fRoCrwUQAvD_BwE) |
| One hand salad servers |  | $4.00 - $30.00  Plastic to Metal | Try your local 2-dollar shop for a plastic one.  Here is a more expensive ($22.60) two-for-one metal ones from Amazon. And can be used in hot water or BBQ to scoop up food.  [https://www.amazon.com.au/Stainless-Serving-Kitchen-Catering-Barbecue](https://www.amazon.com.au/Stainless-Serving-Kitchen-Catering-Barbecue/dp/B08PNQHLTV/ref=pd_sbs_d_sccl_3_1/355-8253724-5250465?pd_rd_w=sYBtg&content-id=amzn1.sym.ae8439ba-7e91-4b6d-8a6e-bd32d75c1366&pf_rd_p=ae8439ba-7e91-4b6d-8a6e-bd32d75c1366&pf_rd_r=C9ZW4N7NY4P64ZRCFBSF&pd_rd_wg=Nlvl1&pd_rd_r=e099630f-f930-4f92-984e-820b1b4dd76a&pd_rd_i=B08PNQHLTV&th=1) |
| Electric salt / pepper grinder |  | $15.00 - $50.00  Plus shipping | Google electric pepper grinder, or Temu below.  [https://www.temu.com/au/-electric-salt-pepper-grinder-set-with-led-light](https://www.temu.com/au/-electric-salt-pepper-grinder-set-with-led-light-adjustable-coarseness-dual-charging-base-stainless-steel-large-capacity-g-601099668244204.html?_oak_mp_inf=EOyNzeGm1ogBGgppemlxcWh3ZmVxIN62irzkMg%3D%3D&top_gallery_url=https%3A%2F%2Fimg.kwcdn.com%2Fproduct%2Ffancy%2F8e5c13e6-cde4-42f2-95d8-0a385a9858b2.jpg&spec_gallery_id=2438883561&refer_page_sn=15498&refer_source=0&freesia_scene=2&_oak_freesia_scene=2&_oak_rec_ext_1=MTUwMw&_oak_gallery_order=1752830110%2C154806768%2C157059439%2C1887697750%2C338069459&refer_page_el_sn=223143&_x_vst_scene=adg&_x_ads_channel=google&_x_ads_sub_channel=search&_x_ads_account=4710393590&_x_ads_set=22444657804&_x_ads_id=178999933138&_x_ads_creative_id=746102295814&_x_ns_source=g&_x_ns_gclid=Cj0KCQjwzYLABhD4ARIsALySuCTOepPHC04fr32iMQDSJdt6zXH2hXHcUSneFz3HzUgZAMiZnUyHKaMaAp78EALw_wcB&_x_ns_placement=&_x_ns_match_type=e&_x_ns_ad_position=&_x_ns_product_id=&_x_ns_target=&_x_ns_devicemodel=&_x_ns_wbraid=Cj4KCAjwzYLABhAIEi4A__qqt7GOpNi2ebD69Lwmi5DV9OFNRCpDGD9c4tLHkQ6_AEWjiaYy1okIJVzvGgKGSw&_x_ns_gbraid=0AAAAAo4mICGxg_1N-STJl96TclL7cbMAE&_x_ns_keyword=one-handed%20kitchen%20gadgets&_x_ns_targetid=kwd-2271574867629&_x_ns_extensionid=&refer_page_name=kuiper&refer_page_id=15498_1744956464550_z6uqcwlb5t&_x_sessn_id=p2c64njke9%20%20%20) |
| Glass/cup  cleaning Brush |  | $16.00  Shipping included with Prime. | Amazon but might be cheaper elsewhere.  [https://www.amazon.com.au/Bottle-Cleaning-Suction-Bristle-Kitchen](https://www.amazon.com.au/Bottle-Cleaning-Suction-Bristle-Kitchen/dp/B07XRJB7XF?pd_rd_w=JY1mQ&content-id=amzn1.sym.f210235e-2ece-4335-86b6-b07c183e0c4a&pf_rd_p=f210235e-2ece-4335-86b6-b07c183e0c4a&pf_rd_r=C4NWM82Y11PN3BHDNBF0&pd_rd_wg=OMdLN&pd_rd_r=bdef91ae-58c2-421b-b4c2-73dfe42333ef&psc=1&ref_=pd_bap_d_csi_prsubs_0_i) |
| Pasta basket  (Chef Inox 20cm round) |  | $35.00 AUD  On special in the Kitchen Warehouse store.  But look around for other options.  $9.95 shipping | [https://www.kitchenwarehouse.com.au/Chef-Inox-Round-Fry-Basket-20cm](https://www.kitchenwarehouse.com.au/Chef-Inox-Round-Fry-Basket-20cm?utm_source=google&utm_medium=CSE&utm_campaign=google_shopping&gclid=Cj0KCQjw-tXlBRDWARIsAGYQAmeComgEnt9_xKeiViV3hCtZX1FTKun7PKbRPiARa28waMPf9SHIfJUaAiBSEALw_wcB) |
| Mattress lifter |  | $10  Free shipping on some sites | Ebay or Harris scarfe or Temu  [https://www.harrisscarfe.com.au/home/storage-household/home-essentials/living-today-2-piece-mattress-lifter](https://www.harrisscarfe.com.au/home/storage-household/home-essentials/living-today-2-piece-mattress-lifter/652489?utm_medium=organic&utm_source=google&utm_campaign=feed_clicks&utm_content=shopping_listings&gad_source=1&gclid=Cj0KCQjwzYLABhD4ARIsALySuCSF0N8HEcpRLFVGLLNgdDMb6Ffw2HL7bXXh1z54oH3J78ODl9bUtugaAlImEALw_w%20%20cB&gclsrc=aw.ds2-hqspk_7eUCx-sVxJsqc-FqodofiU0MERoCrpkQAvD_BwE) |
| Laundry basket – self standing with carry handles |  | **$14.94 AUD**  Plus shipping, plus minimum spend | Search on Google, can be found on Temu  [https://www.temu.com/ul/kuiper/un9.html?subj=goods](https://www.temu.com/ul/kuiper/un9.html?subj=goods-un&_bg_fs=1&_p_jump_id=894&_x_vst_scene=adg&goods_id=601099726493566&sku_id=17593021081897&adg_ctx=a-76ed0c9c~c-a9e36fa4~f-eda63c67&_x_ads_sub_channel=shopping&_p_rfs=1&_x_ns_prz_type=-1&_x_ns_sku_id=17593021081897&_x_ns_gid=601099726493566&mrk_rec=1&_x_ads_channel=google&_x_gmc_account=710728018&_x_login_type=Google&_x_ads_account=5483888441&_x_ads_set=21827885911&_x_ads_id=167729483943&_x_ads_creative_id=717695651743&_x_ns_source=g&_x_ns_gclid=Cj0KCQjwzYLABhD4ARIsALySuCQ5phUhQo3HixaZ-XntA31d92Z8PYzs9tku_g2PHNVpzcQ_DbrXdDcaAqO0EALw_wcB&_x_ns_placement=&_x_ns_match_type=&_x_ns_ad_position=&_x_ns_product_id=710728018-17593021081897&_x_ns_target=&_x_ns_devicemodel=&_x_ns_wbraid=Cj4KCAjwzYLABhAIEi4A__qqt5UgWixeRohTtCMseM-F8Bdc1-GNej-wZDSE7atnSHTXm1jGXtvMVqIEGgKBWQ&_x_ns_gbraid=0AAAAAo4mICEHOfZFg86H0L7D1x5D8Xcn-&_x_ns_targetid=pla-2366558771186&gad_source=1&gclid=Cj0KCQjwzYLABhD4ARIsALySuCQ5phUhQo3HixaZ-XntA31d92Z8PYzs9tku_g2PHNVpzcQ_DbrXdDcaAqO0EALw_wcB) |
| Stapler – Electric (cordless) |  | $30-40 AUD  Free shipping on some sites | Google “electric stapler” to look for specials. Also try Amazon  [https://www.amazon.com.au/Swingline-Automatic-Stapler-Battery](https://www.amazon.com.au/Swingline-Automatic-Stapler-Battery-S7042132/dp/B002M9KFD4/ref=asc_df_B002M9KFD4?mcid=9a5a5b98fa7d3adcaa12f2e241d520a5&tag=googleshopdsk-22&linkCode=df0&hvadid=712294932898&hvpos=&hvnetw=g&hvrand=13723602652589238654&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9071345&hvtargid=pla-350605805885&gad_source=1&th=1) |
| No tie shoelaces |  | $5 - $11 | Google “No tie shoelaces”  KMART  <https://www.kmart.com.au/product/no-tie-laces-black-71564463>  Chemist Warehouse  [https://www.chemistwarehouse.com.au/buy/102644/synxlace-no-tie-laces-black](https://www.chemistwarehouse.com.au/buy/102644/synxlace-no-tie-laces-black?gad_source=1&gad_campaignid=12689003271&gbraid=0AAAAADsSoYF6ulHhJUojAFosi96FV3S62&gclid=CjwKCAjwiezABhBZEiwAEbTPGGGa92or9FdIGrhz7p3wiETZuKsmvbpTRrzkjNXJd0Md9eP4QvIRohoC5SYQAvD_BwE&gclsrc=aw.ds) |
| Book on one-handed in a two-handed world |  | $100 - $270 | By the same author – one is a newer edition (both are spiral bound to lay flat).  These are not cheap books. Maybe check local libraries.  On Amazon  <https://www.amazon.com.au/One-Handed-Two-Handed-World-Tommye-Mayer/dp/0965280535> |