

## **ARTHRITIS NEWS REVIEW**

### **EASI-GRIP KNIVES AND GRATER**

The Peta Easi-Grip knives look most peculiar. The handle is almost at right angles to the blade. Holding them felt distinctly odd at first, especially as the indentations on the grip were for larger fingers than I have. However, using them was a dream. The strange shape of the handle actually made the knife much easier to control – even for my left-handed daughter. Both knives cut smoothly and cleanly, and needed little pressure from my wrist or fingers. I tried them first on bread, then roast meat, raw onion and tomato. Since then they have become the first choice out of the drawer. I would like to have a smaller one for vegetable preparation.

*Jan Cantle*

My mum has one of these graters and I've been trying to nab it for ages. Initially I thought it would be entirely unsuitable for people with arthritis, but I couldn't have been more wrong. Because you hold it by a handle you can get greater adaptability which can help cut down pain. It is very efficient grater as well which makes the job much quicker. Unlike the four-sided grater, this grater only allows for fine grating. This is great for cheese but probably not so great for carrots.

The device is really easy to clean which makes a refreshing change for the graters of old. This is a welcome addition to my kitchen.

*Kate Llewelyn*

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