

# Make 'n Take Sheet

*Discover How Easy It Is To Make Your Own Assistive Technology!*

## Cutting Board

This cutting board is for anyone who has the use of only one hand. It has stainless steel nails to hold vegetables in place. PVC corner guards help prevent food from sliding off the board. It has a non-slip material to keep the board from sliding.

### Materials:

- |                                |   |
|--------------------------------|---|
| 1 - Plastic Cutting Board      | 1 - Small Package of Easy Liner shelf paper or any type of non-slip material that can be glued to plastic |
| 2 - PVC Pipe (around 4 inches) |   |
| 3 - Long Nails (1¾ inch)       | Glue  |
| 4 - Screws (½ inch)            | Screwdriver / Drill   |
|                                | Hammer  |

### Directions:

1. Pre-drill 2 small holes on each piece of PVC pipe
2. Place the two PVC pipes at the corner of the cutting board (as shown below) then using the ½ inch screws tighten the PVC pipe to the cutting board
3. Pre-drill 3 small holes at the opposite end of the PVC pipes in the shape of a triangle.
4. Using the 1¾ inch nails, hammer them into the pre-drilled holes.
5. Glue the non-slip material to the bottom of the cutting board.



**Purchase Price: \$36.25**



**Make-N-Take Price: \$7.00**

**Helpful Hints:** No drill? Ask at a home improvement store to help pre-drill the holes or use a hammer and nail to start a small hole for the screws. No saw? Ask your home improvement store to pre-cut your PVC pipes.

Oklahoma ABLE Tech, the statewide Assistive Technology Act Program, is funded through the Administration for Community Living of the U.S. Department of Health and Human Services, and maintains coordination and collaboration efforts with partners throughout the State of Oklahoma.

To contact Oklahoma ABLE Tech call 1-800-257-1705