



Wheel Cooking Media Sheet

Blurb (for newsletter, individual emails, etc.)

Submit to the Wheel Cooking cookbook project! We are looking for recipes, cooking strategies, and accessibility tips from wheelchair users—and also from individuals who may have a connection with the disability community and want to share their ideas.

The cookbook is about *people* as much as it is about *cooking*, as we will be featuring a short bio on individuals who are accepted into the book, along with their words of experience on living well with limited mobility.

Go to includas.com to submit or e-mail author Sarah: wheelcooking@gmail.com with questions. Submissions can be made [online](#), through [email](#) (Word doc), by [mail](#) (print PDF), or over the phone (818.350.3652).

Thank you and bon appétit! #wheelcooking

Social Media Post (Facebook, Instagram, Tumblr, etc.)

Are you a wheelchair user who loves to cook or bake? Then submit your ideas to be featured in the cookbook WHEEL COOKING! Submission guidelines are at includas.com. You can email author Sarah: wheelcooking@gmail.com or call 818.350.3652 with direct questions. #wheelcooking

Mini Post (Twitter, etc.)

Are you a wheelchair user who loves to cook or bake? Submit to the cookbook: Wheel Cooking at includas.com #wheelcooking

Media Image/Other

Click for the [cookbook flyer](#) or the [horizontal banner](#) (when page opens, right click & “Save Image As”).

For flyers with the [Triumph Foundation logo click for the cookbook flyer](#) or for the [horizontal banner](#).

Sign up for [Cookbook Updates](#) to keep updated on the latest news about the project!

Fact Sheet

About INCLUDAS Publishing

[INCLUDAS Publishing](#) is all about bringing inclusiveness and diversity into the book world by representing authors who identify with a particular ability status, or books with fictional characters or real voices of various abilities. Completely founded on the principles of inclusion of those with disabilities, they are excited to publish a cookbook focused on kitchen accommodations, fast & easy recipes, and stories that can help people live healthier lives.

About Sarah (the cookbook author)

Sarah Brindle, Ph.D., is a rehabilitation psychologist working primarily with spinal cord injured individuals and others with physical disabilities at the Long Beach Veterans Administration Hospital as well as through her private practice, [Inclusivity Clinical Consulting Services](#). She is also an active community volunteer with Triumph Foundation and other disability community organizations in Southern California.

About Triumph Foundation

The Triumph Foundation helps spinal cord injured individuals move forward in their lives by providing support, care packages, resources, and events. As a collaborative partner, they are active in recruiting submissions for the cookbook project and will be an important part of the book launch event, where profits from the cookbook will be donated to the [Triumph Foundation](#).

Promo Opportunity

If you or your organization would like to be included in the Resources Page of the cookbook, please [submit your info](#). It's free to be part of this opportunity, but please keep the information summary to less than 350 words.