Hadley

Kitchen Safety Basics Sample

Even with limited vision you can prepare meals safely in your kitchen. For this demonstration, we're going to prepare a fruit salad, but the safety tips and techniques provided in this workshop work for every meal.

Good lighting helps will all kitchen tasks. Lighting under the top cabinets brightens the countertop's surface. You can also work by a window to use natural lighting.

First cleaning. If dirt on fruit is hard to see, you can use a strainer to rinse it in the sink. When you're done rinsing, you can check that the faucet is turned all the way off by passing your hand under the faucet. Next, cutting. If possible, have dark and white cutting boards or use a two-sided cutting board that has white on one side and black on the other. If you cut the strawberries using a white cutting board, the contrast makes it easier to see.

**Ed:** Now that you've had a chance to learn a bit with us, we'd like to learn more about you, your name, email address, how you heard about Hadley and your relationship to vision loss. Learning more will give us a better understanding of how to personalize Hadley just for you. And don't worry, everything you share with us online will be kept safe and secure. Of course if you prefer to talk through these questions, we're just a phone call away at 800-323-4238.

Taking these few steps saves your preferences so you can continue right where you left off and track your progress every time you log on. Plus, it connects you to the Hadley community and helps sustain our funding to keep Hadley free of charge. And last but not least, it gives you direct access to experts, like me. Now, where were we?