Hadley

Stovetop and Oven Sample

Whether you love to cook fancy dinners, or just need to heat up a quick bowl of soup, using a stove top and oven with confidence means you have lots of options for preparing your meals.

Losing vision can sometimes mean losing that confidence. Stove tops and ovens can be a hazard, and no one wants to get burned or cause an accident. But if you want to stay safe and still use your stove top and oven, there are time tested techniques for cooking your meals that don't require you to use your vision.

Using these techniques means you'll stay independent in the kitchen, and have all the cooking options you're used to. First, let's talk about the stove top. If you're an experienced cook, you're already familiar with your stove top layout. If you're using a new stove top or haven't done much cooking before now, take some time to learn the location of the burners and controls.

**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'd 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?