Hadley

Organizing the Home: Kitchen

A simple meal is all you had in mind. Four simple ingredients. But it took more time to find a can of tomato paste than it did to make the entire meal.

Nothing saves you time and effort more than having an organized kitchen. This becomes especially true when you have limited vision. Knowing where things are means searching less. With some new tips and techniques, you’ll be able to create a system that works best for you. And even if you already have a good system, there may be some new tips here for you to consider.

One of the first things you can do is keep a small flashlight in a handy place to use when trying to find something in a dark cabinet. Or, install battery operated touch light in an area you always need some extra light, like a pantry.

To create better contrast in your pantry, line the back wall with construction or wrapping paper.

Ed Haines: 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 logon.

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?