Hadley

Family Style Meals Sample

Eating together with family and friends often involves family-style meals. The host or hostess serves dishes of food to the table and guests pass them around and serve themselves. Does this sound like it may be a challenge for you? It needn't be. So, let's get to it, shall we?

Ask the person next to you to help you out by telling you each dish they're passing along. As the platter or bowl gets passed to you, use the backs of your fingers to find the edge and avoid touching the food. Then grab the dish with two hands for stability.

Now, if possible, reduce the distance the food has to travel from the serving dish to your plate by placing the platter or bowl directly next to your plate with the edges touching. But, if there isn't room to put the dish down, just ask the person passing the dish to hold it for you as you serve yourself.

**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 of 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?