Hadley

Tips for Soup and Salad

When you’re heading out to a dinner party or a meal at a nice restaurant, it’s good to know you can focus on the company and the conversation – and not how to handle certain foods with your eating utensils.

We’ve got a few tips to help you manage your soup and salad with skill, no matter what’s on the menu – and no matter your level of vision. Now, let’s get ready to eat.

We’ll start with the salad. It’s not easy for anyone to manage a large piece of lettuce without making a mess – but here are a few tips on how to cut that problem down to size.

First, it’s easier to cut up a salad before you add the dressing. That way, it isn’t too slippery – and your food stays on the plate while you move your fork and knife around. If you ask for your salad dressing on the side, you can always add it when you’re ready.

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?