Hadley

Grocery Shopping Series

At the Store Sample

When you’re heading out to the grocery store, it’s always great to feel confident that you’ll find what you need and check out smoothly, without spending more time than you’ve planned. And with a little know-how, you can do just that, no matter your level of vision. Let’s look at a few tips that can help.

One way to make your grocery shopping easier is to shop with an assistant, whether it’s someone you know or a store employee.

If you’ve called ahead to work with an employee, they’ll let you know where to meet them—usually in front of the store or at the customer service desk.

When you do shop with an assistant, it’s handy to use a grocery cart, even if you’re picking up just a few items. Your assistant can hold the side of the cart, navigating through the store and letting you know when to expect a turn or a stop. And you can walk behind the cart, holding the handle. If you have a guide dog, you can continue to hold their harness with one hand.

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 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?