Hadley

Games

Grocery Shopping Series: Planning Ahead

Eggs, milk, dish soap, carrots … looks like someone’s getting ready for a trip to the grocery store. And making a list is a great way to start.

But there’s a lot more you can do to save time and make your grocery shopping go smoothly, no matter your level of vision. Let’s take a look at some tips for planning ahead before you go to the store. And let’s begin with that list.

You might be used to writing your grocery list with pen and paper. It’s helpful to write in bold, large print. Start with a pen that has a bold tip and dark-colored ink, and use paper with bold lines. If other members of your household are adding to your list, remind them to write in bold, large print, too. You can also write your list in braille.

Another handy way to get your grocery list started is to use an audio device, like a recorder, your smartphone, or even a digital assistant, like Alexa on the Amazon Echo.

(Narrator): Now that you've had a chance to learn a bit with us, we'd like to learn more about you. Your email address, name, 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 are 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 the Hadley team. So now is your chance to sign up and join us.