Hadley

Pouring Liquids Sample

Some practice and a little bit of planning go a long way to pouring hot and cold liquids safely and accurately.

If possible, line up squarely with the surface in front of you. This helps you line up with what you're pouring and makes the job easier. If you're worried about spilling a little, think about working on a tray. If you do, any spills are on your tray and not on your work surface, and trays are easier to clean up. If you use a different color tray from your cups or bowls, it creates contrast which is really helpful for any kitchen task with low vision.

Pouring coffee into a light-colored cup is easier to see than pouring it into a dark-colored cup. Don't be afraid to experiment with lighting. Can you add a stand-alone lamp to create a brighter work area in your kitchen?

**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 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?