Hadley

Using Sharp Knives Sample

Losing some vision doesn't mean you have to stop cutting, chopping, or slicing your own ingredients. Here are some easy tools and techniques that keep you safe while preparing your meals.

First, try doing all of your prep on a baking sheet or large tray. Everything stays in one place for easy cleanup. A non-stick mat underneath will stop the tray from sliding around while you're working. Now, get everything you'll need out and ready. Pick out a cutting board with contrast in mind. A dark board for light colored food and a white or light board for dark food. Then it's easier to see what you're doing.

Think about lighting. Bright, even light that shines right on the job at hand and not in your eyes works best. Experiment a little. Use combinations of overhead and task lights to create lighting that works for you.

**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?