Hadley

Tips for Cutting Meat

Mealtime is the perfect time to relax and enjoy your family, friends, and favorite foods. But if you’re worried about what’s being served – and whether your knife and fork skills are up to the challenge – we’re here to set you up for mealtime success.

With a few tips and tricks, you’ll be able to handle main dishes like steak, chicken – and even ribs – no matter your level of vision.

A good way to begin is to practice with easier cuts of meat – without bones – like slices of ham or turkey, boneless chicken or steak, or even hamburger patties. That way, you can perfect your knife-and-fork technique before you try something more complicated. And practicing on food without sauce or gravy helps you stay neat.

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?