

Living with Vision Loss:

Kitchen Safety Tips and Products

www.VisionAware.org



Color Contrast Cutting Board



Liquid Level Indicator



Marked Dials on Stove

Are you experiencing vision problems that make everyday tasks like cooking difficult?

VisionAware™ can help. With just a few modifications and products, your kitchen can be made safer and easier to use. Here are a few tips:

- Use cutting boards in colors that contrast with your food. For example, keep a white board for slicing watermelon or carrots, and a dark board for onions or bread.
- Never overflow a glass again. Place the tip of your finger over the edge of the glass and stop pouring when you feel the liquid. Or, use a liquid level indicator that hangs over the side of the glass and beeps when the glass is full.
- When pouring from one container into another, line up your containers, checking by touch to tell when you have the container you are pouring from near the center of the cup or pan you are filling. Tip the container slowly and either listen as the liquid flows into the cup or scoop the contents carefully into the pan.
- Mark your appliances! It is often very difficult to see the dials on a stove and other appliances. Use tactile dots or pens that leave raised markings to mark settings you commonly use on your oven, stove, microwave, dishwasher and more.



Kitchen Safety Tips and Products



Large Print Timer



Pot Handle Turned Inward



Highly Contrasting Kitchen

For cooking more safely, try these ideas:

- Use color and contrast effectively in your kitchen.
- Use long oven mitts to protect hands & arms from hot surfaces.
- Use a low vision timer with large, raised, high contrast numbers.
- Use a boil alert disc to know when water is boiling.
- Use a double spatula to avoid spills when turning foods.
- Turn handles of pans inward to avoid knocking them off the stovetop.
- Stay organized and methodical. Remember to check once, then twice, for best results and avoidance of accidents.

Interested in cooking classes and recipes that are accessible?

Local vision rehabilitation agencies or Independent Living Centers offer classes or one-on-one instruction. The Hadley School for the Blind offers correspondence cooking classes.

If you are having trouble reading your recipes, try using an optical or electronic magnifier in the kitchen. You can also use your computer to find recipes on the Internet or via e-mail subscriptions. Use access technology to enlarge recipes on your computer, listen to them, or print them out in an easy-to-use font.

To find more kitchen tips and where to buy products, visit **VisionAware** at www.VisionAware.org or visit the AFB Center on Vision Loss in Dallas, Texas. For an appointment, call 214-352-7222.

