

# Living with Vision Loss

## Kitchen Safety Tips and Products

[www.VisionAware.org](http://www.VisionAware.org)

**Get back in the kitchen! With just a few modifications and products, navigating your kitchen with vision loss can be made safer and easier. 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. For cold liquids, place the tip of your finger over the edge of the glass and stop pouring when you feel the liquid. For hot or cold liquids use a liquid level indicator. Find more information about pouring at [visionaware.org/GSpouring](http://visionaware.org/GSpouring).



**Color Contrast Cutting Board**



**Proper Pouring Technique  
On A Level Surface**

**VisionAware**<sup>™</sup>

For independent living with vision loss

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High Contrast Cupboard



Large Print Timer



Double Spatula

- Mark your appliances. Use tactile dots or pens that leave raised marks on dials to mark settings you commonly use on your oven, stove, microwave, dishwasher and more.

## For safe cooking, try these ideas:

- Use color and contrast. For example, try using a dark-colored shelf liner for your kitchen cupboards if you have white plates or vice versa.
- Use long oven mitts to protect hands and arms from hot surfaces.
- Use a low-vision timer with large, raised, high-contrast numbers, such as white numbers on a black background.
- Use a boil alert disc to know when water is boiling and to keep liquid from boiling over.
- Place a pot on the burner before turning it on. Be sure to turn it off before removing the pot.
- Use a double spatula to avoid spills when turning foods.

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Highly Contrasting Kitchen

- Use individually sized or stacked measuring cups to scoop desired amounts of flour, sugar, or other ingredients.
- Stay organized. After using kitchen utensils and ingredients, return them to where you had them stored.

For more kitchen tips, visit [visionaware.org/GSkitchen](http://visionaware.org/GSkitchen). For more cooking tips, visit [visionaware.org/GScooking](http://visionaware.org/GScooking).

## **Try a cooking class or read a new recipe**

Local vision rehabilitation agencies and Independent Living Centers offer classes and one-on-one instruction. The Hadley Institute for the Blind and Visually Impaired offers correspondence cooking classes. Find providers through the VisionAware™ Directory of Services at [visionaware.org/GSdirectory](http://visionaware.org/GSdirectory).

If you're having trouble reading your recipes, try using an optical or electronic magnifier. Learn more at [visionaware.org/GShelpfulproducts](http://visionaware.org/GShelpfulproducts).

**Find more tips at**  
**[visionaware.org/gettingstarted](http://visionaware.org/gettingstarted)**

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