

RECLAIM YOUR KITCHEN!

1. Use a Tray

- **Pour drinks over the tray to catch spills that might otherwise trickle onto the floor**
- **Make your snack or set your cutting board on the tray to catch crumbs or the carrot coins that might otherwise roll away.**
- **If you find you constantly are hunting for measuring spoons, spice bottle lids and other items that you just set down while working; use a specific corner of the tray to keep track of items.**



2. Take Control of the Pantry!

- Buy food packages that are distinct in shape, size and color. You won't have to ask what's in the package if you are familiar with the package.
- Label with large print on a scrap of paper taped to the box if that works for you. Consider also labels that don't need reading such as a rubber band wrapped around the package, a magnet stuck on top of a can or an intentionally torn label to help you tell by touch which can is the soup and which is the beans.



- **Only buy what will comfortably fit in your pantry. Each item has its designated spot on the shelf. Over-stocking can cause items to be stuck anywhere there is room — this leads to chaos!**

3. Confront the Fridge!

- **Limit the number of condiments you use or keep your favorites separate from everyone else's.**
- **Stay on top of your leftovers by keeping them in one of the drawers or a large plastic tub. If it's in the tub, it needs to be eaten or used up. If the tub is empty, go ahead and cook from scratch.**
- **Store common items in the same spot. "Milk on the left and orange juice on the right of the top shelf".**

4. Adapt Your Workspace and Tools

- Keep a new cookbook of your favorite recipes by having them produced in large print. Use a photocopier to enlarge them or type them into a computer (or find a volunteer who can) and print in large print. Explore audio cookbooks from your local library or the NLS Talking Book Library**
- Add better lighting and use more color contrast to help you make your kitchen workspace as easy to work in as possible.**
- Expect to take more time and use more concentration. Clear the kitchen of distractions. Work carefully and plan ahead where you will set hot items, messy spoons and ingredients.**

5. Safety First!

- Sharp knives are safer than dull ones. Store in a knife block instead of loose in a drawer.**

Temporarily stick dirty knives behind the kitchen faucet with the blade down and the handle towards the right (if you are right-handed).

- **Consider using a slighter larger pot or mixing bowl than needed if you are concerned with liquids boiling over or if you have trouble telling if you are picking things up with them held level.**
- **Don't hang a towel on the oven door—it might get caught in the oven door without you noticing and catch fire**
- **Don't leave the kitchen if you have a pot on the stove—always keep your attention fully on what you are doing.**

For best results, seek out instruction from a vision rehabilitation professional to keep cooking confidently and safely in your kitchen.