

IDENTIFYING AND LABELING HOUSEHOLD SUPPLIES

- Place a rubber band around a can of corn to distinguish it from a can of green beans.
- Use a black wide-tip marker, a laundry marker, or a felt-tip pen to write in large, bold letters on plain white 3" x 5" index cards.
- Use these index card labels to differentiate household supplies that are stored in similar spray containers, such as window and bathroom cleaners. Attach each card to the appropriate container with a rubber band.
- Use brightly colored electrical or plastic tape, pipe cleaners, Velcro, fabric or craft paint, or velour pads/furniture protectors to place markers on canned goods.
- Create tactual labels for bolts, nails, or paper clips in individual containers by gluing one of each item to the outside of the container.
- Place a different number of rubber bands around each different container.

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This and other vision loss information is also available online at VisionAWARE.org, a "Self-Help for Vision Loss" website. VisionAWARE is a program of AWARE.

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IDENTIFYING AND LABELING HOUSEHOLD SUPPLIES *(cont.)*

- Use specialty labeling products for people who are blind or have low vision:
 - Can-Do Bumps
 - Hi-Marks 2000 Tactile Pen
 - Touch-To-See Letters
- You can find these products in the VisionAWARE online store at www.visionaware.org/product-catalog

You can also identify kitchen products without labeling them:

- **By weight:** A container of breadcrumbs and a container of powdered drink mix are easily differentiated by weight.
- **By location:** Group similar items together, such as fruits, soups, or vegetables; store foods or supplies in alphabetical order.
- **By sound:** A can of fruit cocktail sounds different from a can of tomato paste when shaken.
- **By size and shape:** A can of tomato paste differs in size and shape from a can of stewed tomatoes.

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