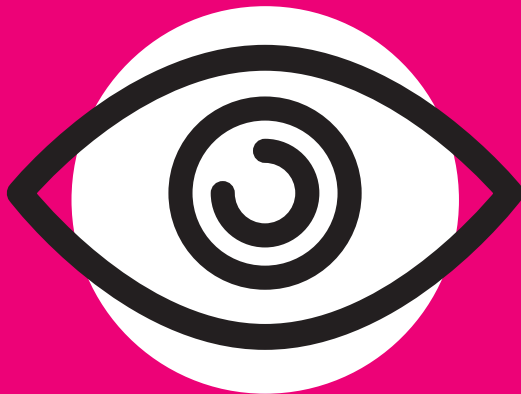


Top tips for shopping for a blind or visually impaired person during Covid-19 pandemic



Small changes can make a big difference.

Find out more at henshaws.org.uk

Registered charity number 221888

 **henshaws**

beyond expectations

A visual impairment (VI) means that someone's eyes don't work like yours. You can help with their shopping by:

- Making a shopping list together to understand their needs.
- Try to stick to brands and products that they normally use.
- Check dietary requirements and what they can cook and prepare themselves in case you need to make substitutions.
- Ask how they normally sort their shopping into bags to help.
- Agree how you are going to label some of the products to help with differentiation, such as with rubber bands or string.
- Describe the shopping once you have left it on the doorstep, over the phone if possible (including any cooking instructions).
- Follow official advice on social distancing and hand-washing.

Find out more about how to support VI customers on 0300 222 5555