

SHOPPING AND READING FOOD LABELS FOR ATHLETES WITH VISION IMPAIRMENTS



Grocery shopping is something all athletes need to do. However, this can be tricky for athletes with a vision impairment (VI). How can athletes with VI easily navigate obtaining food each week? Here are a few ideas:

- Order groceries online for delivery or pick-up using services such as Instacart, Amazon Fresh, Shipt
- Order from local grocery stores using store apps for pick-up
- Ask for assistance from an employee when at the store
- Go shopping with a friend or family member

Reading food labels can be a good way for athletes to better understand what is in the food they are buying. It can assist athletes with choosing the most performance-enhancing food options. Here are some ways athletes with VI can obtain nutritional information either while at the store or while ordering groceries online:

When ordering groceries:

- Look up nutrition facts on a smartphone
- Ask Siri/Alexa/Cortana for nutritional information on an item

When shopping at the store:

- Take photos of food labels and zoom in on the picture on a smartphone
- Use an Amazon Echo Show 5 when shopping (which includes a 5 inch screen and a camera): Put the camera on the nutrition fact panel and ask the Echo to read it
- Go with a friend or family member who can read for you
- Try using the app Seeing AI (free): this app can scan barcodes, using audio beeps to guide you. It allows you to hear the name and package information when available. It also speaks text as soon as it appears in front of the camera.
- Try using the app BeMyEyes (free): This is a free app that connects you with sighted volunteers and company representatives for visual assistance through a live video call.
- There are also many other free apps available!
- Use the magnifier feature on iPhones or some Android devices to more easily read labels. To set up:

On your iPhone or iPad, go to Settings > Accessibility.

Tap Magnifier, then turn it on. This adds Magnifier as an accessibility shortcut.

To quickly open Magnifier:

On an iPhone X and later, or iPad with Face ID: Triple-click the Side button. Then drag the slider to adjust the magnification level. To close Magnifier, swipe up from the bottom of your screen.

On an iPhone 8 and earlier, and iPad models with a Home button, triple-click the Home button. Then drag the slider to adjust the magnification level. To close Magnifier, press the Home button.

On Android devices go to Settings > Accessibility > Vision > Magnification.

Tap magnification to turn on.

When you need to use the magnifying glass, go to the camera app and tap the screen three times.