



{inclusion outreach}

1031 Lucas Avenue  
Victoria, BC V8X 5L2  
Tel 250-595-2088

[www.inclusionoutreach.ca](http://www.inclusionoutreach.ca)

## VISION FOR MEALTIMES: Tips to Support Students with Visual Impairment

- Be **consistent** with strategies; have the student sit with peer(s) each meal, have peer identify who they are to the student
- Make sure the student is **positioned** to be able to **SEE** to use their vision most optimally
- Make sure that there is appropriate lighting during mealtime. If possible, turn off overhead fluorescent lights and use lighting that doesn't shine in their face; have their back to windows
- Use high **contrast** and brightly coloured utensils, cup and placemat to help focus
- **TALK** to the student, tell them what is happening, what they are about to eat, discuss some of the taste and texture; let them know when you are bringing the food to their mouth
- Present food slightly to the right or left of midline, depending on their vision needs
- Start by letting the student **smell** the food, provide **time** to **process** what is happening, then bring the food to their lips
- When presenting with a liquid, let the student prepare themselves to control the liquid. Bring the drink to their lips, provide time to smell it and then slowly support them to take the liquid
- Introduce 1-2 different tastes/textures at a time, to provide time to process anything new in the mouth and on their hands
- When giving finger foods, provide hand under hand support. Let the student take the lead, and encourage them
- For students learning to self-feed teach 1-2 skills at a time and try to prompt from the elbow