



# RESOURCES FOR PROVIDERS, MCOs, ACOs & STATE DHS

**STRATEGIC  
MEALTIME™**  
&



**TECHNOLOGY-  
SUPPORTED  
MEALTIME™**

REGARDING

**LTSS Settings...Waiver, ICF, Independent Living & Home-Based  
People with IDD, TBI, SPMI & Behavioral Challenges**





is the name of our company.



is our core brand, defining our content-based resources—all delivered electronically.



Email



Text



Web /  
Mobile

**No, we don't  
sell food.**





is utilized in 30 states, among the nation's most progressive human services leaders.

- ◆ Providers
- ◆ MCOs
- ◆ ACOs
- ◆ State DHS
- ◆ State Association Groups





We laser focus on the human services industry and acceleration of critical outcomes.

**It's all we do.**





**My25** resources are uniquely synergistic with value-based, managed care, CMS, CQL, and state licensing expectations.



**Mainstay's** team is made up of experienced and respected human services, nutrition, preventive health, disease management, culinary, business, and technology professionals.

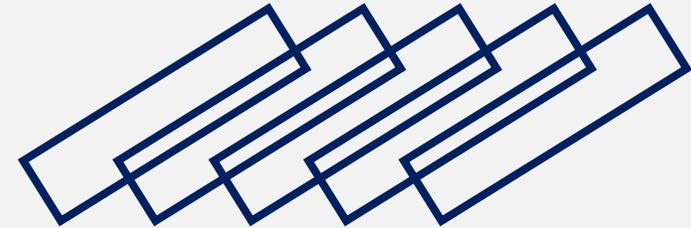
# DEMONSTRATING REDUCED SUPPORTS OVERALL

The following **linear relationship** is demonstrated daily...

mirroring dominoes falling in favorable progression once the first domino is in place and well anchored.



# DEMONSTRATING REDUCED SUPPORTS OVERALL



**Enhanced Nutrition**



**Health & Quality of Life Improvement**



**Jobs/  
Volunteering  
Opportunities**



**Socialization  
& Community  
Involvement**



**Substantially Reduced Expenses**—Food, Labor, PRNs, Acute Care, Prescription Medications, Risk & Compliance, **and Supports overall**

# DELIVERING VALUE FOR MULTIPLE STAKEHOLDERS

**Health**

**Expenses**

**Streamlined  
Day**

**Industry  
Synergy**

**Holistic**

Health

Expenses

Streamlined  
Day

Industry  
Synergy

Holistic

## DELIVERING VALUE FOR MULTIPLE STAKEHOLDERS



Clinical health, quality-of-life, **and** person-centered choice improvement for people supported – including elevation of social determinants of health... jobs, community involvement, wellness activities and socialization.

Health

Expenses

Streamlined  
Day

Industry  
Synergy

Holistic

## TODAY

throughout the industry\* approximately  
**70%** of people supported  
are moving away from  
a normal BMI

& unnecessarily struggling with  
**2-3x** the mainstream  
rates of obesity  
and diabetes

largely as a result of  
**eating the wrong foods  
in the wrong amounts.**

\*where My25 is not in place



Health

Expenses

Streamlined  
Day

Industry  
Synergy

Holistic



Subscribers report that within 6 months and 18 months, respectively, approximately 50% and 70% of people supported **are at or moving toward a normal BMI**

**6**  
months



**18**  
months



Health

Expenses

Streamlined  
Day

Industry  
Synergy

Holistic



Subscribers report that within 6 months and 18 months, respectively, approximately 50% and 70% of people supported **are at or moving toward a normal BMI**

...with similar, positive impact along additional health parameters, such as A1c levels, blood pressure readings, and medication dosage.

Health

**Expenses**

Streamlined  
Day

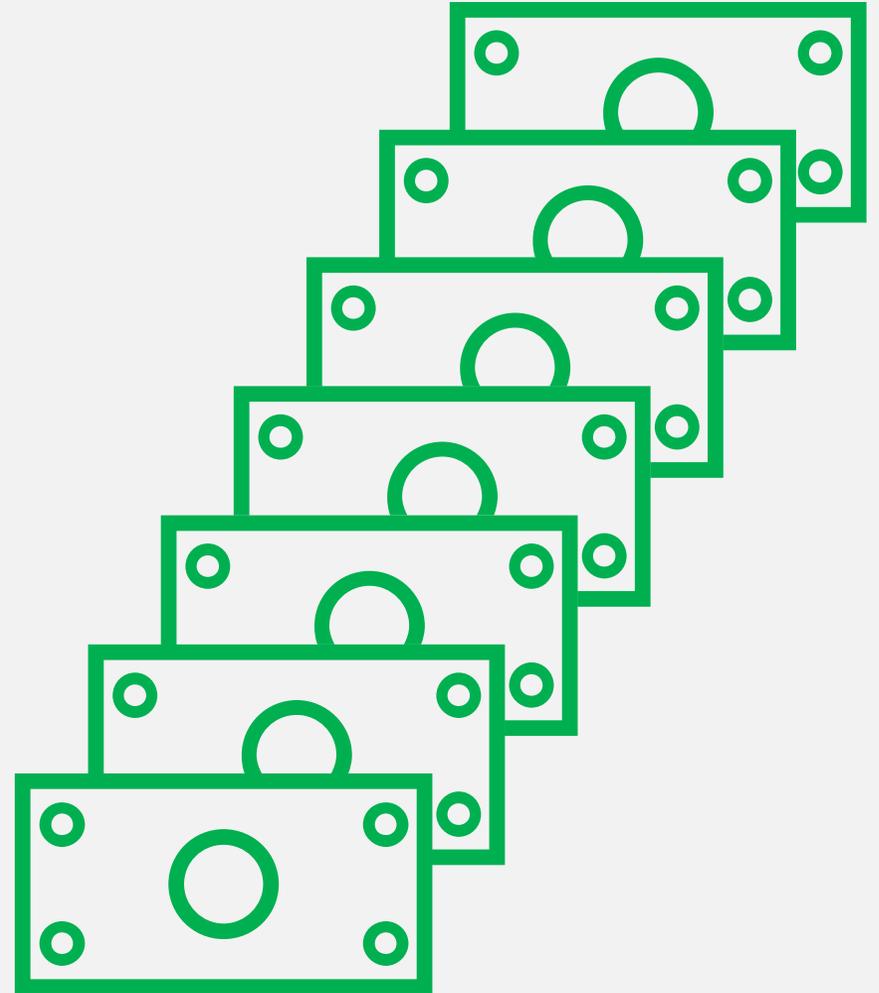
Industry  
Synergy

Holistic

## **DELIVERING VALUE FOR MULTIPLE STAKEHOLDERS**

Substantially reduced  
expenses regarding

- ◆ Food
- ◆ Labor
- ◆ PRNs
- ◆ Acute Care
- ◆ Prescription Medications
- ◆ Risk & Compliance-Related



Health

Expenses

Streamlined  
Day

Industry  
Synergy

Holistic

## DELIVERING VALUE FOR MULTIPLE STAKEHOLDERS

A streamlined day - embedding  
**consistency and accountability**  
- surrounding mealtime for busy,  
often inexperienced and high  
turnover, staff/caregivers.\*



\*Many of whom also report improving health  
as a result of *My25* interface.

Health

Expenses

Streamlined  
Day

Industry  
Synergy

Holistic

## **DELIVERING VALUE FOR MULTIPLE STAKEHOLDERS**

### **Support & solutions for pressing, industry-wide challenges and trends**

- ◆ Labor shortages/inexperience ► risk & compliance \$ and vulnerability
- ◆ Value-based purchasing and managed care expectations
- ◆ Single-capitated rate and human services evolving into health services
- ◆ Funders recognizing clinical health improvement as priority #1 based on out-sized acute care costs and the fact that a majority of people supported can improve their health via improved, tailored nutrition
- ◆ Perpetual food cost escalation

Health

Expenses

Streamlined  
Day

Industry  
Synergy

Holistic

## DELIVERING VALUE FOR MULTIPLE STAKEHOLDERS

Establishment of a holistic  
cornerstone centered on  
**education, skill-building,  
and engagement** regarding  
nutrition, preventive health,  
& enjoyment of life.





# Products

**4 products** address pressing needs regarding people with IDD, TBI, SPMI, and behavioral challenges in waiver, ICF, independent living and home-based settings.







**My25 Choice resources are emailed on a weekly basis or can be accessed online through our proprietary software.**



✓ **Menus**

✓ **Recipe Prep Steps**

✓ **Grocery Shopping Lists**

✓ **Nutrition & Therapeutic Detail**

**Mainstay's experienced My25 Support team builds long-lasting relationships over the phone and email and provides ongoing training, inservices overviews, and proactive outreach... at no additional cost - ever.**



**Licensors and surveyors are highly complimentary regarding the My25 Choice toolkit and its person-centered focus.**





# Menus



**Intake form summarizes key information to establish safe, healthy, budget-sensitive, and person-centered choice guidance for menu creation.**



# Menus



- ✓ **Customized for each individual**, no matter how complicated, such as for: food likes/dislikes, overweight and underweight status, diabetes, GERD, lactose intolerance, allergies, dysphagia, and more.
- ✓ **Customized for the routines of each setting**, such as: staffing patterns, pizza night every Friday, breakfast bonanza each Saturday, and more.
- ✓ **Average \$3.99/person/day** at the grocery store for all meals, snacks and beverages.
- ✓ **Must-have recipes?** My25's nutrition experts and chef incorporate longstanding household / staff / family favorites.



# Menus

No two settings have the same menu.

We highlight specific, individual needs, so nothing slips through the cracks.

MON 1/15	TUE 1/16	WED 1/17	THU 1/18	FRI 1/19	SAT 1/20	SUN 1/21
<b>Breakfast</b>						
Waffles, from frozen Low cal syrup Skim milk Whole milk for DK 2% milk for LS Apple juice	Oatmeal Whole wheat bread Jelly, grape Apple juice	Egg Skim milk Whole wheat bread Margarine Apple juice	Raisin Bran Cereal Skim milk Whole wheat bread Margarine Orange juice	Yellow Corn Grits Skim milk Whole wheat bread Margarine Orange juice	Huevos Rancheros Skim milk Orange juice	Pancakes (from mix) Low cal syrup Turkey sausage Skim milk Orange juice
<b>Lunch</b>						
BLT Sandwich Celery sticks Fig bar cookie Low or 0 cal drink	Roast Beef Sandwich Carrots, raw Applesauce Low or 0 cal drink	Peanut Butter & Sugar-Free Jam Sandwich Graham crackers Banana Bottled water	Ham Sandwich Peaches, canned Pudding cup Bottled water	Turkey Sandwich Granola bar, soft and low-sugar Orange Fruit of choice for VT Bottled water	Chef's Salad Lo-cal dressing Garlic bread Pear Low or 0 cal drink	Tuna Melt Green beans Veg of choice for VT Wheat crackers Banana Low or 0 cal drink
<b>Snack</b> Beverage: very low or zero calories 100 cal. snack pack	<b>Snack</b> Hot Chocolate	<b>Snack</b> Beverage: very low or zero calories 100 cal. snack pack	<b>Snack</b> Hot Chocolate	<b>Snack</b> Beverage: very low or zero calories 100 cal. snack pack	<b>Snack</b> Hot Chocolate	<b>Snack</b> Hot Chocolate
<b>Dinner</b>						
Cheesy Meatball & Veg sandwich Baked beans Spinach	Teriyaki Chix Kabobs Brown rice Green beans	Baked Pollock Parmesan Mixed	Tukey Enchiladas			



# Menus



- ✓ **Cycle new every 35 days**, reflecting the season and celebrations on the calendar.
- ✓ **Perpetually adjusted to address consumers' health status** (we help track), census changes, grocery budget goals, and requests by staff and consumers regarding food likes/dislikes and ease-of-preparation needs (such as slow cooker crock pot meals). **No additional charge for changes - ever.**
- ✓ **Subscribe to the Dietary Guidelines for Americans** and moderation vs. deprivation.
- ✓ **All meals, snacks and beverages option or dinner only option.**
- ✓ **Yes, we collaborate with dietitians and nurses all the time.**



# Grocery Shopping Lists

Grocery savings range between 9.8%– 20.7% among My25's nationwide base of customers intent on reducing food expense.

Organized by aisle, specifying exact quantities needed & estimate of item and grand total cost.

A simple comparison of store receipts to My25 grocery shopping lists provides much-needed oversight regarding adherence to menus and budget, theft of food, and more. We often pitch in with these eye-opening comparisons.

A photograph of a printed shopping list from Mainstay. The list is titled 'Briar Court Shopping List' and is dated '9/8-9/14'. It features a table with columns for 'Category', 'Ingredient', 'Quantity', and 'Cost'. The categories include Produce, Canned Fruit, and Refrigerated, Dairy. A fruit skewer is shown in the top right corner of the list. The Mainstay logo is in the top left corner of the list.

Category	Ingredient	Quantity	Cost
Produce	Apples	15 ea.	\$ 5.22
	Bananas	2 ea.	\$ .45
	Canaloupe melon	2 - ½ ea.	\$ 2.98
	Inexpensive fruit of choice	38 ea.	\$10.37
	Cabbage	2 - ½ lb.	\$ 3.52
	Cucumber	1 ea.	\$ .72
	Garlic, minced, 4.5 oz jar	½ jar	\$ 2.58
	Onions, yellow	11 ea.	\$ 2.46
	Red skin potatoes	3.00 lb.	\$ 1.50
			\$ 3.97
Canned Fruit	Applesauce, single serve 4 oz. containers	12 ea.	\$ 8.46
	Mandarin oranges, 11 oz. can	13 ea.	\$ .78
Refrigerated, Dairy	Pineapple, 20 oz. can	1 ea.	\$ 1.84
	American cheese, 16 oz. pkg	½ pkg.	\$ 0.81
	Biscuits, plain or buttermilk in tube	12 ea biscuits	
	Eggs, large	5 dozen	
	Milk, 2%		
	Milk, skim		



# Recipe Prep Steps

Easy-to-follow prep steps

include reminders regarding special (and often safety-related) accommodations for individuals in the setting.

 Mainstay™

### Columbia Drive Recipe Prep Steps

Sunday 8/12

Meal	Menu Item	Ingredients	Quantity	Prep Steps
Dinner	Spaghetti with red meat sauce. Alfredo sauce for DC & JH	Spaghetti pasta, whole wheat	24 oz.	Cook the pasta according to package directions. While the pasta is cooking, warm the olive oil in a non-stick skillet over medium heat on the stove top and add the diced onions. Cook the onions for 1 to 2 minutes, stirring often. Add the ground turkey meat to the skillet and brown, stirring occasionally. Remove meat and onions portion for DC & JH to another skillet, adding alfredo sauce as well. Add the red spaghetti sauce to the original skillet. Stir together the sauces and meat in each skillet and simmer each over medium heat on the stove top for about 10 to 15 min.
		Olive oil	3 T	
		Onions, yellow, diced	2 C	
		Ground turkey	4 lb.	
Mandarin spinach		Alfredo sauce (from jar)	1-1/2 C	Warm the olive oil in a large nonstick skillet over medium heat on the stove top. Add the spinach to the skillet and cook for about 5 minutes, stirring occasionally. Add the soy sauce to the skillet and mix together with the spinach. Add the oranges to the skillet and gently toss together all the ingredients to blend the flavors. Cook for 1 or 2 minutes more.
		Spaghetti sauce (from jar)	4 C	
		Olive oil	3 T	
		Spinach (from frozen)	3 lb.	
Cantaloupe		Soy sauce, low sodium	3 t	Slice the cantaloupe into 8 equal wedges. Each person gets 1 wedge. Either remove the rind of the cantaloupe from each wedge before serving or use a knife to loosen the cantaloupe from the rind, so it is easy to use a spoon or fork to remove the melon when eating.
		Mandarin oranges, drained (from can)	3 C	
		Cantaloupe melon, large	1 ea.	

JD and BM get 2%; DC, DK and RS get whole; and RK, LR and BN.



# Therapeutic Specifics

## Portioning guidelines

spelled out by individual (totally customized and personalized). This tool is a surefire mechanism regarding health improvement.

 Mainstay™

**Jackson Street Therapeutic Detail**  
Saturday 2/4

Meal	Menu Item	1800 cal	1500 cal DB	PJ	ADA low salt	chop	ground	pureed
Breakfast	Whole wheat French toast							
	Low calorie syrup	2 sl	2 sl	1½ sl	1½ sl	2 sl chp	2 sl grd	2 sl puree
	2% milk (skim milk for DB & PJ)	2 T	1½ T	1½ T	1½ T	2 T	2 T	2 T dilute
	Apple juice (from concentrate)	1 C	¾ C	¾ C	¾ C	1 C	1 C	1 C
Lunch	Chicken nuggets	½ C	½ C	½ C	½ C	1 C	1 C	1 C
	Italian flavored orzo	3 oz	3 oz	2½ oz	2½ oz	3 oz chp	3 oz grd	3 oz puree
	Broccoli (peas for AB & PJ)	¾ C	¾ C	¾ C	¾ C	¾ C chp	¾ C grd	¾ C puree
	Banana	¾ C	¾ C	¾ C	¾ C	¾ C chp	¾ C grd	¾ C puree
	Powdered drink choice (low or 0 cal)	1 ea	1 ea	¾ ea	¾ ea	¾ C chp	¾ C grd	¾ C puree
	Snack	1 C	1 C	1 C	1 C	1 ea. chp	1 ea. grd	1 ea. puree
	Snack beverage (low or 0 cal)	1 ea	1 ea	1 C	1 C	1 C	1 C	1 C
	Fig bar (rice cake for DB)	1 C	1 C	¾ ea	¾ ea	1 C	1 C	1 C
	Juicy apple pork	3 ea	3 ea	2 ea	2 ea	3 ea. chp	3 ea. grd	3 ea puree
	Red skin ranch mashed potatoes	3 oz	3 oz	2½ oz	2½ oz	3 oz chp	3 oz grd	3 oz puree
Dinner	Mixed vegetables (corn for DB)	1 C	1 C	¾ C	¾ C	1 C	1 C	1 C
	Orange (fruit choice for AB)	¾ C	¾ C	¾ C	¾ C	¾ C chp	¾ C grd	¾ C puree
	2% milk (skim milk for DB & PJ)	1 ea	1 ea	¾ C	¾ C	¾ C chp	¾ C grd	¾ C puree
	Snack	1 C	¾ C	¾ C	¾ C	1 ea chp	1 ea grd	1 ea puree
	Snack beverage (low or 0 cal)	1 ea	1 ea	¾ C	¾ C	1 C	1 C	1 C
	Grabe...							



# Nutrition-by-Daypart Detail

**Fulbright Avenue House Nutrition By Daypart**  
Sunday 12/2

Meat	Menu Item	Calories	Fat	Carbs	Fiber	Sodium	Cost
Breakfast	Oatmeal (cereal choice for TP)	134.00	0.96	27.00	4.40	22.66	0.10
	Whole wheat bread	103.74	2.27	21.59	2.86	145.52	0.11
	Margarine	44.50	5.04	0.00	0.00	65.94	0.05
	2% milk (skim milk for AR)	122.50	4.53	11.47	0.00	100.45	0.17
	Apple juice (from concentrate)	47.31	.03	11.69	0.11	9.50	0.09
	<b>Breakfast Total / Person</b>	<b>452.05</b>	<b>13.13</b>	<b>96.75</b>	<b>7.89</b>	<b>343.39</b>	<b>0.48</b>
		274.74	6.70	44.03	5.71	682.30	0.80
Lunch	Ham sandwich (nitrate-free for AR)	34.05	0.20	8.20	2.40	59.00	0.14
	Raw carrots	126.25	4.90	18.41	2.99	187.81	0.15
	Wheat crackers	0.00	0.00	0.00	0.00	0.00	0.13
	Bottled water	0.00	0.00	0.00	0.00	0.19	0.06
	Snack-beverage, low or zero calories	89.71	4.35	16.14	1.01	72.84	0.19
	Snack-granola bar (w/out nuts)	<b>524.84</b>	<b>16.15</b>	<b>86.78</b>	<b>12.11</b>	<b>1002.14</b>	<b>1.57</b>
	<b>Lunch Total / Person</b>	271.19	6.94	10.40	0.10	168.91	0.98
Dinner	Teriyaki chicken breast	179.31	6.99	27.14	2.91	10.40	0.24
	Herb potatoes (rice for AA)	36.92	0.41	6.70	4.26	34.08	0.36
	Broccoli (veg choice-RI)	35.00	0.00	11.41	2.50	5.00	0.27
	Orange	122.50	4.83	11.47	0.00	100.45	0.17
		0.09	0.00	0.00	0.00	0.19	0.06
	134.81	3.44	22.21	1.80	84.11	0.13	
					<b>403.14</b>	<b>2.21</b>	

Nutrient values  
highlighted for  
each meal, each day.



# Ongoing Scaffolding

Supportive resources proactively, routinely provided by our Support team, based on needs and challenges in each residence.

**Starch & Protein Substitutions**  
The Person-Centered Way

(When substituting, always follow your organization's guidelines re: noting the substitution.)

As often as possible, fill your plate with ¼ lean protein, ¼ healthy starches, and ½ vegetables (or make that ¼ vegetables and ¼ fruit).

Within each of the blocks below, you may substitute any of the other foods noted in that same block. Additionally, any food with an asterisk\* indicates a low net carbohydrate food that most health care professionals advocate, particularly for people with diabetes.

**starches**  
...& higher

**My25's Famous Bump-Up-Veggie-Flavor Chart**

Add a dash, pinch, smidge, to 1/2 your plate at mealtimes is scrumptious!

<p><b>peas</b></p> <p><b>SPICE</b> Italian seasoning Basil Onion, minced or powder Thyme Cumin Chili powder</p> <p><b>FRUIT</b> Mandarin oranges</p> <p><b>JUICE</b> Pineapple juice Lemon juice</p> <p><b>DRESSING</b> Soy sauce Ranch dressing Honey</p>	<p><b>broccoli</b></p> <p><b>SPICE</b> Italian seasoning Garlic, minced or powder Onion, minced or powder Miso, Dash Curry powder Teriyaki</p> <p><b>FRUIT</b> Pineapple chunks</p> <p><b>JUICE</b> Pineapple juice Orange juice Lemon juice</p> <p><b>DRESSING</b> Soy sauce Ranch dressing French dressing Oil &amp; vinegar dressing</p>	<p><b>spinach</b></p> <p><b>SPICE</b> Italian seasoning Garlic, minced or powder Onion, minced or powder Turmeric Curry powder Nutmeg</p> <p><b>FRUIT</b> Mandarin oranges</p> <p><b>JUICE</b> Apple juice</p> <p><b>DRESSING</b> Soy sauce Teriyaki sauce Oil &amp; vinegar dressing</p>
<p><b>green beans</b></p> <p><b>SPICE</b> Italian seasoning Garlic, minced or powder Onion, minced or powder Basil Parsley</p> <p><b>FRUIT</b> Pineapple chunks Mandarin oranges Tomatoes, sliced</p> <p><b>JUICE</b> Pineapple juice Orange juice</p> <p><b>DRESSING</b> Soy sauce Teriyaki sauce Chicken broth Ranch dressing Oil &amp; vinegar dressing</p>	<p><b>mixed veggies</b></p> <p><b>SPICE</b> Italian seasoning Garlic, minced or powder Onion, minced or powder Cumin</p> <p><b>FRUIT</b> Pineapple chunks Mandarin oranges</p> <p><b>JUICE</b> Orange juice Apple juice</p> <p><b>DRESSING</b> Soy sauce Teriyaki sauce</p>	<p><b>carrots</b></p> <p><b>SPICE</b> Cinnamon Nutmeg Ginger</p> <p><b>FRUIT</b> Garlic, minced or powder Onion, minced or powder Cumin Basil Mustard</p> <p><b>JUICE</b> Lemon acid</p> <p><b>DRESSING</b> Honey</p>

**My25 Tips for Success**

**Grocery Shopping Tips To Save Money & Time**

Grocery expense may go up within the first month or so as you start up the My25 program and may even creep up slightly again down the road. Initial increases are generally because you are purchasing items you probably haven't stocked previously (such as certain spices, veggie flavoring ingredients, whole wheat items, etc.). And expense may go up at any time because you aren't paying close attention to the tips noted below.

1. Check your cupboards and refrigerator/freezer before going to the store. You're looking for items that are on the shopping list and that you may not have time around

If you just don't see a very expensive

fresh fruits) will increase grocery bills. Fresh is more expensive, spoilage is much higher, and nutrition values are similar between fresh and frozen (with frozen even providing better nutrient values in some instances).



# Progress Reporting

**My25's Support team provides periodic overview reports for leadership, outlining outcomes progress.**





**Dave Wyher, President/CEO of Delta Community Supports (leading provider with LTSS settings in NJ & PA), received a recent My25 progress report and immediately emailed his leadership team.**



**Team:**

**This is an amazing amount of consultation for the expense. *My25 adds so much value to the support you are giving to Delta people;* it would be a serious failure to not take advantage of the insights and action steps they are providing. We could not otherwise find a source of such customized, tailored guidance. Please impress on all our staff how important it is to cooperate and follow the advice of *My25/Mainstay* personnel.**

**Dave Wyher**



# **For people supported, family members, staff, case managers, and more**

**The person supported has a greater likelihood of improving, and sustaining, their health when everyone in their sphere is on the same page as far as eating better and preventive habits.**

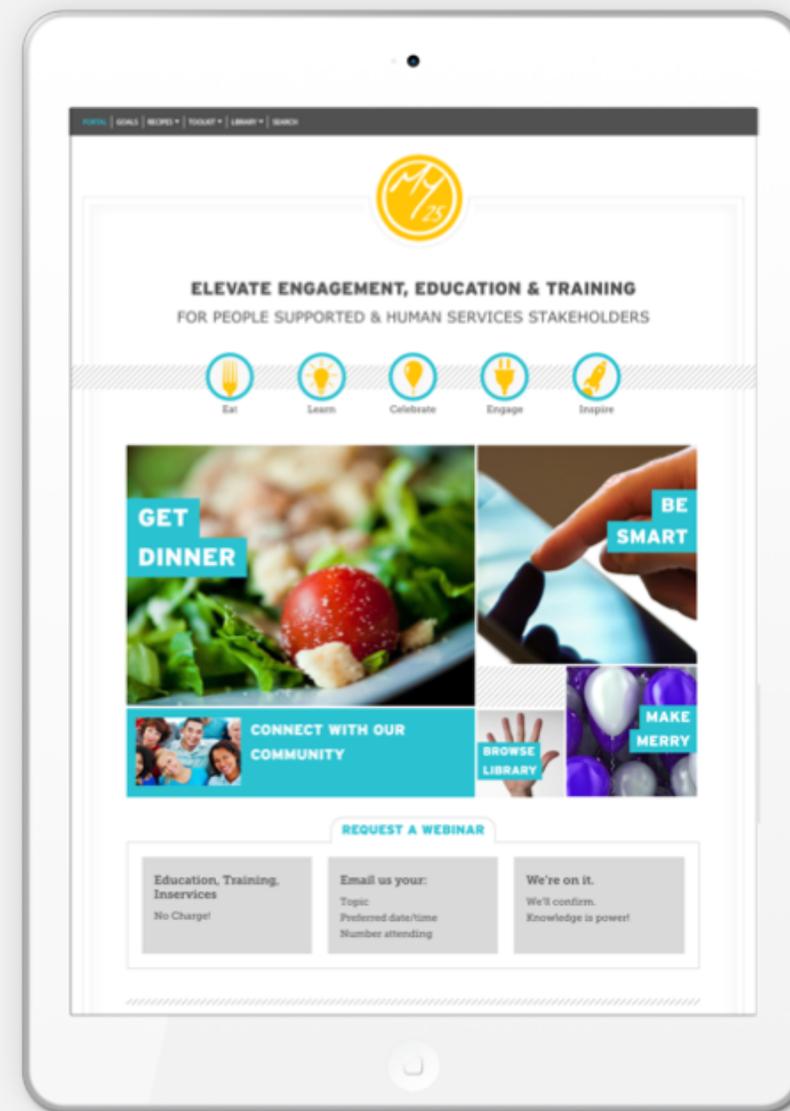
**We grew to understand this, which led to the development of the web-based, mobile-optimized My25 Elevate Portal.**



# My25 Elevate Portal

## Dynamic & Responsive

- ◆ Engagement & education centered on preventive health, eat-better resources, independent living skills development, and enjoyment of life.
- ◆ Multi-media content in 81 different languages, refreshed weekly.
- ◆ Hundreds of resources available on-demand in the Library section. Also... request a topic/curricula - we create it and post it within 7 days for ongoing access!

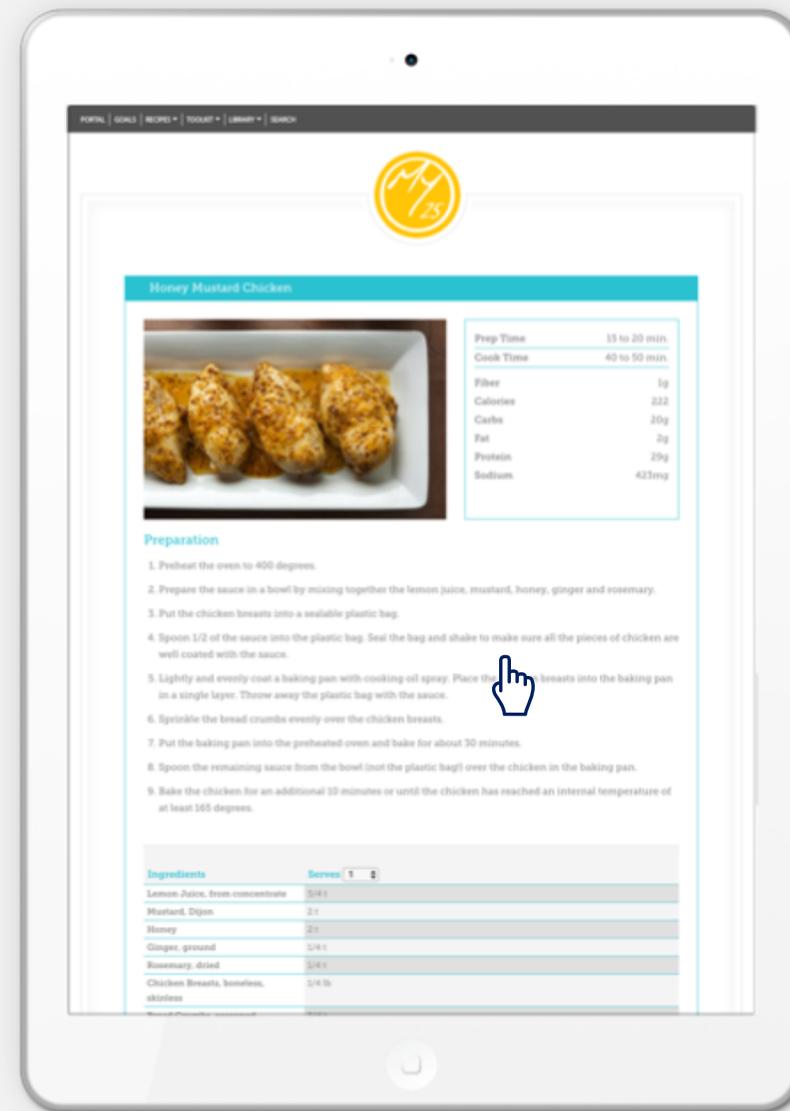




# My25 Elevate Portal

Standardized  
Dinner Menus,  
Grocery Lists  
& Recipes

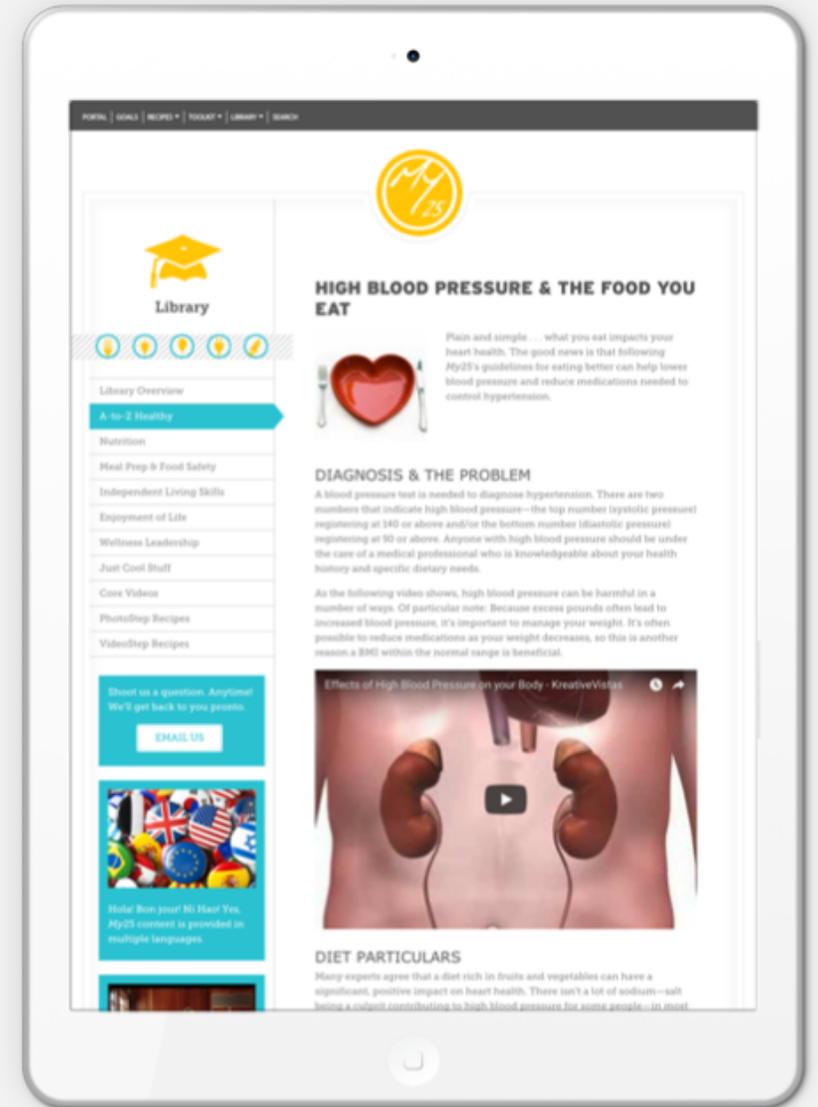
For both general  
and diabetic needs.





# My25 Elevate Portal

Insightful  
Overviews





# My25 Elevate Portal

Informative  
Videos





# My25 Elevate Portal

## Enjoyment of Life

Eating better is easier when fun and celebration are in the mix.





# My25 Elevate Portal

## ISP: GROCERY SHOPPING



Following are a series of suggestions that providers can use to develop an ISP around grocery shopping. Understanding that instruction will vary between individuals and provider organizations, our tips are a general guide from which to make your own unique adaptations.

### Timing

The tasks noted below should be broken up over time into multiple sessions that occur close together, and with consistent review and repetition for reinforcement.

### Goals

The sho

## ISP: COOKING SKILLS & CONFIDENCE IN THE KITCHEN



Following are a series of suggestions that providers can use to develop an ISP around building cooking skills and confidence. Understanding that instruction will vary between individuals and provider organizations, our tips are a general guide from which to make your own unique adaptations.

## Making Veggies Taste Good



# Independent Living Skills Development



# My25 Elevate Portal

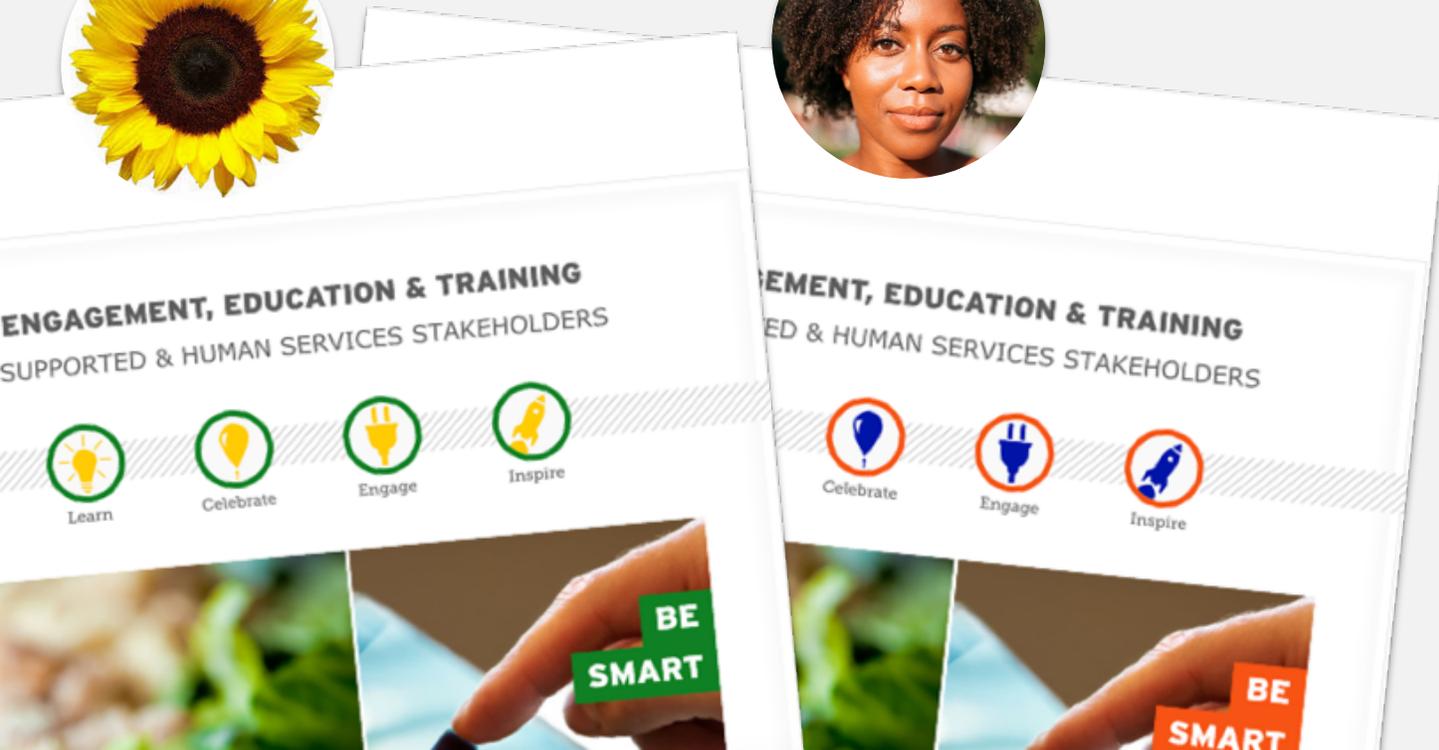
## White Labeling for Organizations

Optional white labeling (logo, colors, URL) for human services organizations, allowing them to overnight link their brand - in bold technicolor - to health leadership and create a holistic cornerstone of their very own, for their entire constituency.





# My25 Elevate Portal



## White Labeling for Individuals Supported and/or the Setting

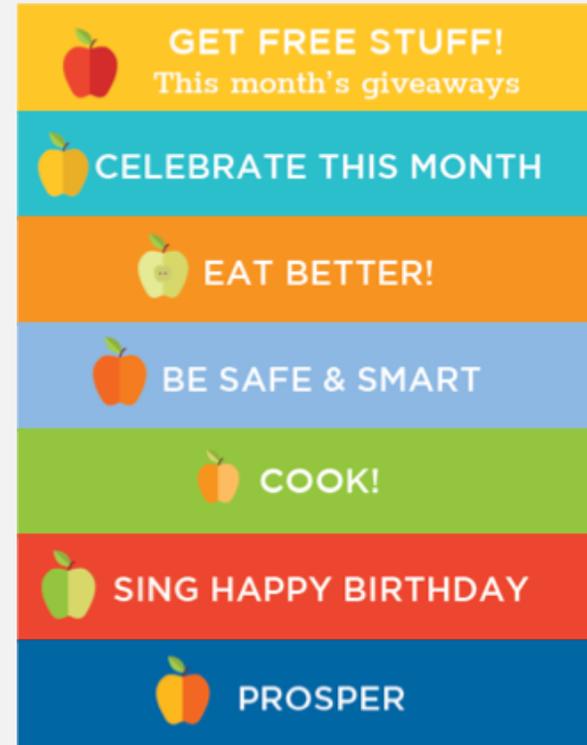
Optional white labeling for individuals supported and/or for the setting (favorite headshot, hobby, image, colors, url) to increase the personalized appeal - and frequency of use - of this dynamic resource.

# First-Ever Lifestyle Communication for Human Services



Geared to the human services sphere, centered on preventive health and enjoyment of life.

Emailed monthly, direct to people supported, guardians/family members, staff, and industry leadership.





# My25 Flex



Jeans – that fall sweater  
atop your new denim...  
jaw dropping!



## Engagement & Encouragement

Includes giveaways, contests,  
and rewards to spur involvement  
in preventive health.



# My25 Flex

## Ticklers, Tied to the Season

 **CELEBRATE THIS MONTH**

### TOUCHDOWN AT THE TAILGATE!



Youth, college and professional athletes are the tailgate party animal in all forms. When it comes to cooking for your next pre-game party, we have some ideas for you. These bandwagon-building recipes will bring out your inner fan.

First, it helps to look the part. Go to [www.fanatics.com](http://www.fanatics.com) so you show spirit and support for your favorite team.

 **COOK!**



Chili is tasty as all get out and chock full of fiber. This winning recipe is a great way to get your daily fiber intake.



# My25 Flex



## BE SAFE & SMART

We really don't like when people talk about doing this and that in the kitchen and we have no idea what all the fancy chit chat is about. So we're gonna keep learning. And we'll share; let's get smart together.



### How To Read A Nutrition Facts Label

Reading the nutrition facts label on food packages is important. Remember: We suggest eating at least 25 grams of fiber a day, as often as you can. If you know how to read a nutrition facts label, you'll know how much fiber is in the foods you're eating. And that's hip, hip hooray knowledge. [See what we learned.](#)



### We've Got Your Back

Whether you're craving [chicken apple hash](#), [cinnamon apples](#), [apple cider greens](#) or a [kale apple smoothie](#)—or simply want to push ahead when it comes to cooking and preparing healthier meals, we've got your back—big time...

[Quick, cheap, tasty recipes perfect for the season](#)

[Our big ol' recipe box](#)

[Weekly menu plans with grocery lists](#)

[Our popular PhotoStep Recipes](#)

(step-by-step recipes with photos and text, ranging from the very basic to more complex)

## Education & Skill Building



**My25**  
**Flex**

## White Labeling for Organizations

Optional brand-strengthening, white labeling for organizational partners.



# Text Messaging

Personalized text messages direct to the person supported - and optionally anyone in their sphere, such as case managers, guardians/family members, etc.





**My25**  
**Bullseye**

## Pinpointed for Individual Needs

Pinpointed messaging options based on individual health improvement needs - diabetes, overweight or underweight status, hypertension, GERD, lactose intolerance, independence in the kitchen, nutrition knowledge scaffolding, and more.



**SMART CLICK  
TEXTS**



**SMART CLICK  
+ DRIVE TEXTS**



**DRIVE  
TEXTS**



## **We Keep Innovating**

We're constantly learning and aligning with dynamic partners - which fosters our ongoing development of new resources and pathways to further drive outcomes benefitting multiple stakeholders . . . health improvement for people supported, enhanced efficiencies, and reduced food, labor, PRN, acute care, prescription medication, and risk & compliance-related expenses.



“

No question, we've saved money and improved peoples' health. *My25* professionals are **innovative, enthusiastic and highly responsive**. Our experience over many years has been as win-win as it gets.

**Carl LaMell**  
CEO, Clearbrook

“

Thank you for your great service, style and—most importantly—your person-centered approach to **encouraging self-driven, healthy living choices**.

**Hannah Jurewicz**  
State Director, Dungarvin

# Thank you!



How To Implement Strategic  
Mealtime & Technology-  
Supported Mealtime

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Roiling the Human  
Services Industry

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