



LIBRARY

The affordability, at-your-fingertips accessibility, and usefulness of *My25* Library will simply knock your training & wellness socks off.

The most robust training & programmatic resource for leading providers

benefitting

TRAINING

QUALITY

RESIDENTIAL

DAY & HOME
SERVICES

HUMAN
RESOURCES

My25 Library

My25 Library affordably helps staff fulfill general education requirements and fosters critical knowledge, skills development and wellness initiatives for people supported, DSPs, additional employees and family members.

We bolster: nutrition, food safety & meal prep knowledge; independent living skills; socialization & enjoyment of life; and wellness leadership. My25 resources are available in a variety of languages and are expertly developed by our full-time chef, nutritionist consultant, preventive health professionals & change management specialists. As a result of such meaningful collaboration, My25 information is engaging and uniquely insightful.

My25 Library is available in conjunction with our two foundational programs: My25 Choice & My25 Lite.

www.my25.com
847-784-8812
sonicboom@my25.com

For the past six years, leading providers throughout the nation have been using My25's tailored resources to accomplish affordable preventive health, streamlined meal planning & preparation, and eat-better habit change for the people they support. We're the only solution accomplishing sustainable weight & diabetes management outcomes for individuals with I/DD in residential settings. Based on our achievements and what we learned along the way, we expanded our wellness efforts to similarly impact provider employees. We succeeded, again.

A monthly subscription allows the organization's entire constituency on-demand access to all of My25 Library's content. Information is available via any computer or mobile device and can be easily printed off for hard-copy distribution.



LIBRARY

Sample My25 Library Topics & Resources

*Available Via
On-Demand Access*

ARTICLES

VIDEOS

WEBINARS

PHOTOSTEP® RECIPES

VIDEOSTEP® RECIPES

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My25 is powered by Mainstay, Inc.



The full My25 Library includes hundreds of topics, and we add more each week.

Our suggestions & guidelines are ever mindful of providers' busy days & budget consciousness.

Nutrition, Food Safety & Meal Prep

How To Make Veggies Taste Good	Food Safety 101: Refrigerated Foods
Easy, Healthy Bag Lunches	Grilling Safety & Tips
Eat Better In A Fast-Food Restaurant	Chop An Onion Without Tears
Writing A Healthy-Eating IPP	How To Stock Your Shelves
Healthy Snacks For People With Diabetes	Going Gluten Free
Drink Healthy	Make Healthy Dinners Fast
Managing GERD	How To Read A Nutrition Facts Label
Mechanical Soft Made Easy & Tasty	Cracking An Egg—No Shells!
Lactose Intolerance Ins & Outs	Get Consumers To Eat More Vegetables
How To Temp Meats For Doneness	The Juicy Secrets of Fiber
Measuring Ingredients	Best-Bet Snacks
Storing Foods Safely	Fresh, Frozen, Canned Veggies—All Good!
Quick, Healthy Breakfasts & Lunches	Warm-Weather, Healthy Snacks
Food Safety 101: Meat	Transform Frozen Pizza Into A Healthy Meal

Socialization & Enjoyment of Life

Integrate-With-The-Community Tips	Food Photography Pointers For Consumers
Basic Table Manners & Setting The Table	Movie Night Just Got Spicy
Kentucky Derby Trail Mix	How Do Stanley Cup Winners Eat
1-2-3 Holiday Crafting	Play Ball & Eat Healthy
Host A Simple Potluck	Super Bowl Touchdown Snacks
Grow An Indoor Herb Garden	Mardi Gras Party Time
Host A Cookie Exchange	Oktoberfest!
Picnic Fare & Fun	Head To The Farmer's Market
Get The Household Cooking Together	Tell A Joke At Thanksgiving

Wellness Leadership

Engagement On A Shoe-String Budget	Donuts Schmonuts
How To Engage Family Members	Organize A Cold Appetizer Contest
Lunch Bunch Mojo	Organize A Chili Cook-Off
The New Rx For Employee Wellness	Organize A Seed Swap
What Is Metabolic Syndrome?	Organize A Food Photography Contest
When Staff & Consumers Say, "No!"	Organize A Win-Win Food Drive

PhotoStep® Recipes

Task-analyzed recipes, that pair step-by-step text & visual prompts, cover the basics and more advanced meal prep. Included are hundreds of PhotoSteps, such as how to: wash hands, boil water, temp meats for doneness, cook a hot dog in the microwave, prepare cooked veggies, make scrambled eggs, toss a salad, whip up spaghetti, fix orange juice from concentrate, etc.