

# HANDLED!



## The One-Two Punch of STAFFING SHORTAGES and FOOD INFLATION



Below we share what human services agencies throughout the U.S. tell us regarding the two most pressing challenges—staffing shortages and food inflation—we’re all realizing are here to stay. Included is what’s working effectively and what we hear is really wanted/needed. My25 responded, understanding that everything shifted for you...so we did, too—strategically.

### What Providers Say Is/Would Be Most Effective Operationally & Financially

Address menu planning and grocery shopping strategically via technology, alleviating as much as possible from the hands of staff. Suggestions and wish lists include: prioritize keeping available staff with residents as much as possible; automatically link each household’s person-centered, budget-sensitive menus directly to an online grocery list; centralize grocery shopping to one person or a condensed team within the agency; maximize online and unique vendor options; utilize curbside pick-up and delivery; and more that we’re happy to share, including how to engage/educate people supported regarding grocery shopping in the “new normal.”

### My25’s Response

Maximizing Operations, Financials, Person-Centered Focus, Quality of Life, & Staff Dynamics  
**(Each household can shop where they choose with My25 menus/grocery lists, but...)**

Via **one click**, My25 person-centered, healthy and budget-sensitive menus/grocery shopping lists—scaled to household census—auto populate each setting’s Walmart grocery cart for curbside pick-up or delivery and SNAP EBT.



My25 automatically rolls up all grocery items needed across all settings for orders placed with the food services vendor of your choice.

Each of the above, including centralizing grocery management with one person or a condensed team, are possible and uniquely advantageous because of the 4 food-related dynamics My25 automatically connects and takes care of.

The My25 system—centered on value-based initiative and automatically linking together 4 food-related dynamics for LTSS settings—streamlines and foolproofs budget-sensitive, healthy menu planning; grocery shopping; meal prep; associated expense reduction, and risk mitigation (licensor citations).

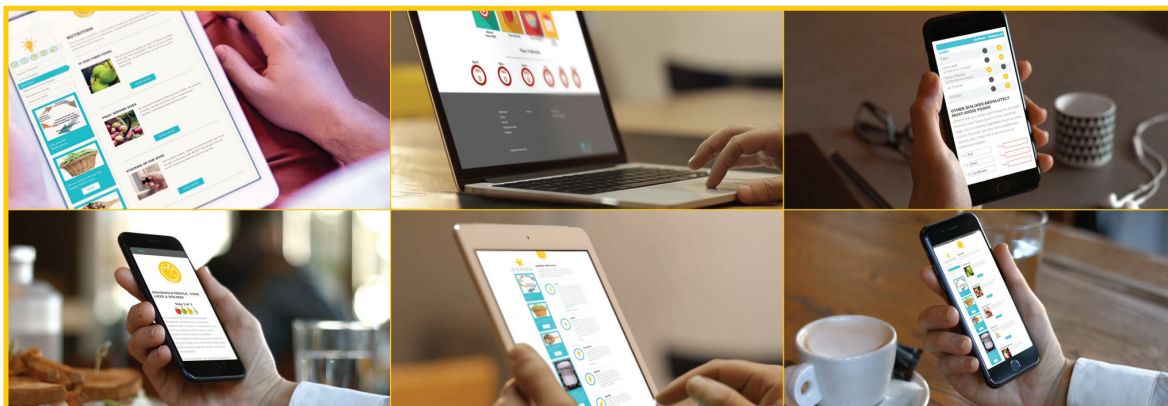
Our longstanding outcomes, throughout 36 states, are substantial.

Holistically, maximizing technology...**at net-zero cost.**



Mainstay's My25 team is comprised of respected and experienced human services, nutrition, disease management, preventive health, culinary, business, and technology professionals. Our foundational guidelines were established in partnership with the USDA and via collaboration with professionals from Northwestern University's Feinberg School of Medicine.

My25 has several products and hands-on support options to choose from at affordable, monthly subscription prices to suit various goals, budgets, and the unique needs of the people you care about.



Ask us about the first-ever Healthy Eating Score (HES) metric & tracker we created for LTSS settings. Watch our brief overview video, [click](#).



Read what DSPs, house managers, nurses, & provider leadership say about their My25 experiences & outcomes, [click](#). (use "my25" as the password)