



## Four Extraordinarily Robust, Engaging Training Resources for My25 Subscribers

### Training, Education & Skills Go Through The Roof

Below you'll find information about four training and education-centered resources only available to My25 subscribers. The most successful health, financial and quality outcomes are achieved when your My25 Choice mealtime system is used in combination with some or all of the following. Foolproof!

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#### My25 Foundational Videos

Beneficial for staff to review during orientation and every so often as a refresher. . .

- **Access Brian's Story here:**  
[vimeo.com/119971540](https://vimeo.com/119971540)  
A motivational overview regarding My25's outcomes—helps to get everyone charged up!
- **Access the My25 Choice Start-Up Training video here:**  
[vimeo.com/123876422](https://vimeo.com/123876422)  
A brief overview of the streamlined mealtime resources you receive weekly.
- **Access the My25 Basics video here:**  
[vimeo.com/138072820](https://vimeo.com/138072820)  
A simple overview of nutrition and eat-better basics.

A brief video overview of the web-based My25 Portal is available here:  
[vimeo.com/139461974](https://vimeo.com/139461974)



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#### My25 Lite & Library Portal

Content is updated weekly by our professional staff and is available from any computer or mobile device, in 81 different languages.

My25 Library, accessed from the home page of the Portal, houses hundreds of training resources that are available on-demand, in multi-media format.

Our most popular My25 Library training resources cover these topics: nutrition basics; mealtime plating; meal prep; food & kitchen safety; ISPs; independent living skills development; quizzes; fiber; snack tips; diabetes; mechanical soft; communicating with families; lactose intolerance; GERD; eat better fast food; enjoyment of life & community engagement; and more.

Providers use the information to educate staff and people supported, while also engaging additional constituents, such as: employees, family members, residents in independent living settings, and individuals served through day & home services.

A monthly subscription affords on-demand access by the entire organization, including family members. Ask us for your affordable subscription fee for the My25 Portal.



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### My25 Chef Live!

Chef Charles, a graduate of one of the top culinary schools in the country, and long experienced at working with DSPs and people supported, comes into your residential settings (or one central location, such as your activity room)—virtually—to educate, engage, and interact with your consumers and staff.

Cooking demonstrations, recipe prep tips, nutrition info, kitchen skill building, and live Q & A. We either pick the topic or we're happy to customize according to your needs and wishes. It's a dedicated session with back-and-forth conversation, just for you. Chef Charles sees and hears you, and you see and hear him.

We instruct you on the basic set-up, so you can easily broadcast Chef Charles onto a television screen, monitor or blank wall. Ask us for your affordable subscription fee for My25 Chef Live!

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

A simple one-page guide—created by My25's chef and nutrition experts—spells out how to easily amp up the flavor of vegetables, so the likes of broccoli and carrots always taste scrumptious. The handy Chart is taped to refrigerator and kitchen cabinet doors throughout the U.S. Accessible on the Portal, or just ask and we'll send the Bump-Up Chart to you at no charge.



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