



**Coming soon**—information to help you determine whether your agency is at risk regarding nutrition, preventative health, meal preparation and food purchasing patterns. Based on new legislation, studies confirming unnecessary problems associated with being overweight for people with DD, increased scrutiny from funders and the legal community, concerns from worried family members, and ever increasing grocery expenses, it's necessary to shore up food operations, especially in group home environments where problems are ongoing and costly.



Quality, comprehensive and evidence-based preventative health isn't going to be a yes/no option any longer for providers; instead it will be demanded—through legislation, financial constraints, moral rationale and other opportunistic measures—as a given.

Mainstay is, admittedly, one answer to preventative health. Unlike any other solution, however, the tool kit we have thoughtfully assembled is tailored to a provider's unique circumstances and population. We took the time to devise and refine a program that, with the support of an organization's dedicated management and staff, drops money to the bottom line—quickly and sustainably. Significant health improvements and enjoyment surrounding mealtime for consumers are similarly guaranteed for the short and long term.

Establishing preventative health using Mainstay's proven program is the most logical, strategic decision providers can make—the sooner, the better.