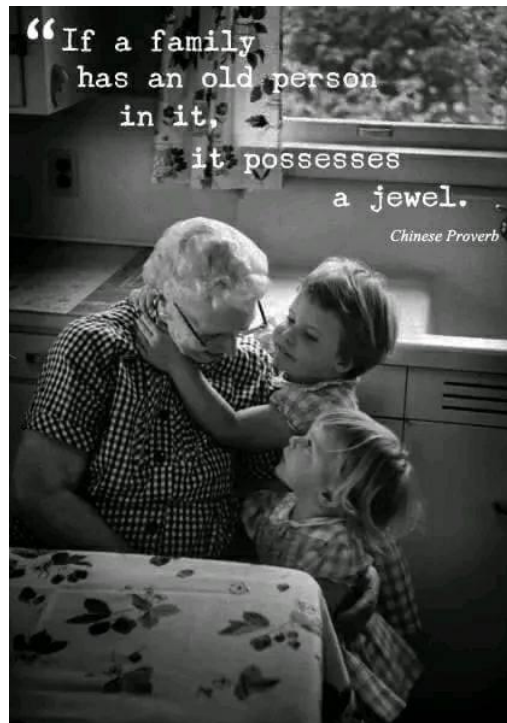




Nutrition Security Solutions, Inc.



Families with senior members have all the ingredients for successful and healthy daily living. NSS's "meal kit" packages can facilitate nutritious family meals and connections. Everyone in the home can participate in meal preparation from quality ingredients, engage in lively conversation, and clean up as "together" times.

NSS provides FREE pantry food deliveries to low-income individuals and their families, containing only pre-ordered food items they request because of special dietary requirements and concerns. Most individuals asking for NSS food assistance are elderly or disabled. We are receiving feedback that the pantry users are delighted. Many testify that the NSS pantry service has made a real difference in their lives.

Donations are **vital** to ensure that people needing grocery deliveries have nutritious food. NSS provides foods unavailable from other area pantries. By donating, you are helping to bridge the gap between what seniors or disabled individuals can afford and what they need to stay healthy. Your donation also

helps to combat social isolation among seniors and others who cannot leave their homes to shop. **To make contributions, visit "Donate" on our website.**
www.NSSINCCT.org



Follow us on [FaceBook](#) for all the NSS, Inc. events and other informative postings and action Reels.

Posts from NSS also appear on [LinkedIn!](#)



Become a volunteer for NSS!

Attend our volunteer orientation the 1st Tuesday of each month, 10:30 AM at our North Haven warehouse. RSVP to

Another way to be a supporting donor -

.....
Featured in every NSS Newsletter
in 2024
A "**Silent Auction**"
.....

During the rest of December until midnight on January 31st, you can make a bid for this unique "FISH" vase (approximately 6"x12") pictured on the left, created by a regional artisan potter, [Vicki Finkel](#). Vicki does much of her work for charitable causes like NSS, Inc. Food Pantry Programs. Her work will be presented in many 2024 silent auctions.

To place your bid, send an email to: NSS, Inc496@gmail.com
Enter: *Bid for the FISH Vase* in the subject line.

Bidding on this month's beautiful FISH vase starts at \$200

Have a special dietary request?
contact: [Sandy Kops, PhD, RDN](#)

You can join one of the following teams:

- Assist pantry users with online shopping using our "Hotline".
- Help assemble the pre-ordered packages.
- Become a delivery volunteer.
- Help seniors at an NSS pantry drop-off satellite site for pick up of online orders or shop during once per month "Fresh Produce" event.



Meet some of the NSS, Inc team in action, working hard to make it happen





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