



Nutrition

Security Solutions, Inc.

Please make NSS, Inc. part of your ongoing giving to help provide our special pantry services to the elderly and persons with disabilities with individualized attention to their nutrition vulnerabilities. Donate through our website:

www.NSSINCCT.org

Not only does NSS utilize your dollar contributions, but giving your time as a volunteer to deliver food packages is essential:

NSS Food Pantry Services are **FREE** to the elderly and persons with disabilities residing in Connecticut who qualify by income. These services can help you or your family member comply with recommended health treatments and improve recovery time from rehabilitation or hospitalizations.

A comment from a recent pantry client's family member;

"Fantastic organization. I highly recommend [this service]! I used it for my loved one until she got into congregate housing. It was straightforward to apply/order and so helpful. ☐"

Nutrition Security Solutions, Inc. (NSS) has grown into a sponsor/partnering system of satellite pantries and is changing the **NSS** entity into **Nutrition Security Systems (NSS)**. Our mission to provide special dietary food assistance to the elderly and persons with disabilities remains constant, and our distribution methods accommodate persons with mobility impairments. We rely on e-commerce management for pantry and other operations to provide valuable, targeted, and concise services with reliability, autonomy, and dignity for our pantry users.

There is no time limit for using the pantry services or cap on the cost of food received in the packages. However, our services are currently localized to specific communities due to funding.

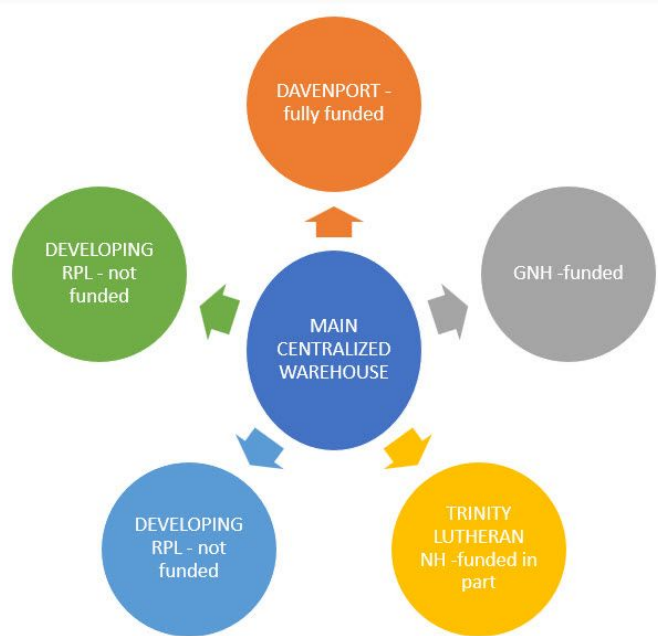
Please leave a message at **203-901-6958** for a callback and to determine if you qualify for **FREE** participation in the NSS Pantry Program.

When registering on the NSS pantry, you can pre-order a food assistance package that will support any of these special dietary needs or concerns:

- low sugar foods for diabetics
- low sodium foods
- low (fat) low cholesterol foods
- lactose-free foods
- vegetarian diets
- vegan diets

Our inventory contains healthy food items, not available from other pantries.

Food insecurity is more significant in older adults aged 65+ and more substantial in the elderly aged 65+ living alone. Family support is essential for successfully aging by elderly members or those with disabilities.



The Five Satellite Pantry Plan in Greater New Haven 2024-2025 (above):

Currently open and operating-

- DAVENPORT DUNBAR RESIDENCES drop-off site/ Hamden
- HAMDEN RESIDENTIAL SPECIAL NEEDS SENIORS home deliveries
- TRINITY DOWNTOWN PANTRY(Orange Street Ordering and Drop-off Site)



Simple-to-prepare Meal Kits,



Many elderly or persons with disabilities living alone have mobility problems, so they cannot get to grocery stores for food. They need deliveries to their homes or nearby places to quickly pick up a food assistance package.

To meet this growing need, NSS is developing satellite pantry sites in neighborhoods where many individuals need NSS services. Pantry users can place orders at these sites and pick up their pre-ordered packages within a few days or arrange for home deliveries.

If you have time on Thursdays, Fridays, or Saturdays, consider visiting and making grocery deliveries. Most seniors living alone look forward to NSS in-person deliveries.

Dr. Sandra Kops, PhD, RDN, is a nutrition scientist and founder of Nutrition Security Solutions, Inc. If you have questions about participating in food pantry services and having a healthy diet, feel free to contact NSS, Inc. for more Nutrition Education materials. We are producing

which contain all the ingredients for meal preparation (e.g., the Fruited and Nut Oatmeal Breakfast Fruit Kit pictured above), are now available to order. All meal kits also contain recipes for preparation and serving, leftover storage, and special dietary and nutritional values.

Other meal kits presently available include:

- Split Pea Soup Kit
- Lentil and Sausage Soup Kit,
- Summer Garden Salmon with Garbanzo Beans and Summer Vegetables

More meal kits are being developed every month.



www.NSSINCCT.org

Pictured below: Home deliveries on a Friday afternoon by a student volunteer and a volunteer from

YouTube videos and other short broadcasts on topics related to 'Nutrition is Medicine.' Watch for regular postings on Social Media.

Sit back and watch the WPAA-TV interview with Drs. Sandra Kops, MS, PhD, RDN, and Robert Hansen, PhD, in May as they talk about our food supplies and the concepts behind Nutrition Security Systems. (open by clicking on this message)

Our volunteer staff is growing! We welcome interested volunteers to our orientation session, which is held on the first Tuesday of every month at 10:00 AM at our food warehouse, located at 7 Corporate Drive, Unit #104 in North Haven.

We need your help in three ways:
1) assisting with taking orders by phone.
2) packaging orders for delivery.
3) making deliveries to the homebound elderly and persons with disabilities.

Agency on Agency's AmeriCorp assembling packages at our warehouse - Seniors helping Seniors:



Sign up for the NSS monthly newsletter through our website:
www.NSSINCCT.org.



Nutrition Security Solutions, Inc. | 7 Corporate Dr Unit #104 | North Haven, CT 06473 US

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