



Nutrition

Security Solutions, Inc.

MARCH IS NATIONAL NUTRITION MONTH! NSS celebrates good nutrition for the elderly and persons with disabilities every month and all year. This month, we feature our clients' online shopping choice, which is available for all of our pantry users. Every two weeks, our pantry clients can shop from the online screen below, with shopping points distributed over six My Plate food categories, to receive a nutritionally balanced food package.

Today's Specials

Fruits

Vegetables

Dairy

Proteins

Grains

Other

Points Bal: <https://www.sen>

Cart Points: **21.00**

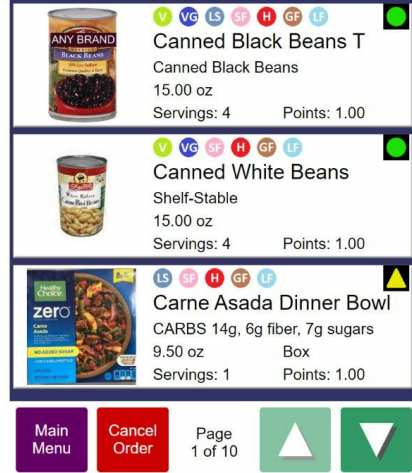
	Count	Points
Ass. Flavors of Jelly	1	3.00
Bananas(4)	1	1.00
Bread - wheat	1	1.00
Chicken Noodle Soup	1	3.00
Creamy Peanut Butter	1	2.00
Low Sodium Carrots	1	2.00
Mixed Fruit Lite	1	2.00
Pancake mix	1	3.00
whole milk	1	4.00

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Quick Trip Cancel Order Note to Staff Special Diets

Checkout

The list to the left for a protein-rich dinner bowl item provides helpful



dietary information for individuals who need to consider carbohydrates in their meal plans.



NSS, Inc. 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. Pantry users see a special shopping list with only items that meet specified dietary eligibilities when they register on the NSS pantry program.



Mealtimes are family times for all generations to prepare foods together and share time together. The picture at the left shows one of the meal kits available to NSS Pantry shoppers.

NSS, Inc. sponsors fresh produce food drives once a month at drop-off pantry facilities for the elderly and handicapped residents who cannot access community mobile food distributions. Older adults can change their intake of wholesome foods when provided with fresh fruit and vegetables. This is our idea of operating a local "fresh food truck"!



We welcome interested volunteers to our orientation session on the first Tuesday of every month at 10:30 AM, located at our food warehouse at 7 Corporate Drive, Unit #104 in North Haven. We need your volunteer effort to assist with online ordering, package "customized" orders, and make deliveries to homebound seniors. Our pantry service is unique because we only offer requested healthy foods with expert guidance, not provided by other pantries, to meet special dietary requirements and

concerns.

Visit our website at www.NSSINCCT.org

This month, NSS welcomes Mr. Osbourne Myrie as our new transportation and storeroom clerk. He will take on many of our special food assistance deliveries to homebound elderly and persons with disabilities who cannot access other resources for the foods they need for optimal nutrition.



Nutrition Security Solutions, Inc. | 7 Corporate Dr, Unit #104, North Haven, CT 06473 (203)-901-6958

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