



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.

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

NSS Food Pantry Services are **FREE** to Connecticut residents who qualify by income. NSS provides personalized service. Our inventory has many unique food supplies that are unavailable from other pantries. NSS Food Pantry services can help you or your family member comply with recommended health treatments and improve recovery time from rehabilitation or hospitalizations.

There is no time limit for using the pantry services or cap on the cost of food received in the packages.

Please leave a message at **203-901-6958** for a callback and to determine if you or a family member qualify for **FREE**

During May and June we celebrate the reawakening of our backyard and community gardens. Fresh produce is part of every NSS package or monthly food drive.

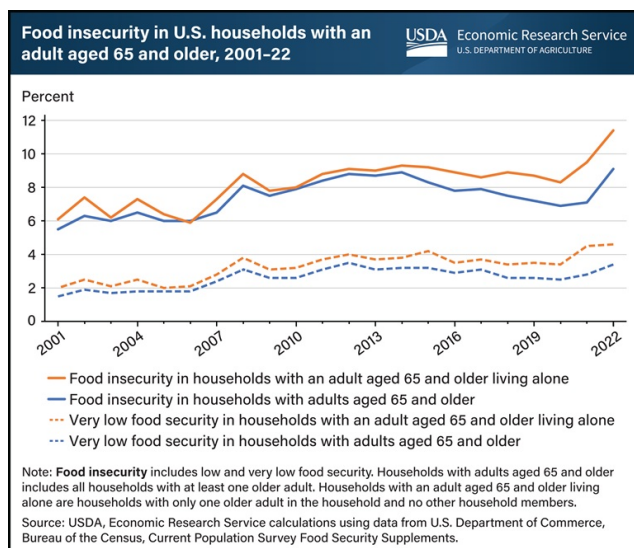


When starting your garden this year, plant an extra row of greens, a tomato plant, or a few "hills" of cucumbers or

participation in the NSS Pantry Program.

NSS, Inc. provides **FREE** pantry food deliveries to low-income individuals and their families. Pre-ordered food packages contain only requests because of special dietary requirements and concerns. When registering on the NSS pantry program, Pantry users see a particular shopping list with only items that meet their dietary eligibilities.

Food insecurity is greater in older adults aged 65+ and greater in the elderly aged 65+ living alone. See statistics from USDA below:



Many elderly or persons with disabilities have mobility problems so they cannot get to grocery stores for food. They need deliveries from our pantry service. 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

squash. Donate the veggies from these extra plantings to your local food pantry or food bank.



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



www.NSSINCCT.org

Our volunteer staff is growing! We welcome interested volunteers to our orientation session on the first Tuesday of every month at 10:30 AM at our food warehouse at 7 Corporate Drive, Unit #104 in North Haven. We need your help taking orders, preparing them, and making deliveries to homebound seniors.

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



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