



**Nutrition**  
Security Solutions, Inc.

<https://nssincct.org/donate/>

# This Is Our Year-End Appeal

\$100.00

\$150.00

\$250.00

**NSS Food Pantry Services** are **FREE** to the elderly and persons with disabilities who qualify by income in Connecticut. These services can help you or your family member comply with recommended health treatments and improve recovery time from rehabilitation or hospitalizations. We are dedicated to appropriate food assistance for the populations we serve: the elderly, and people with disabilities who struggle with malnutrition problems.

Our small pantries are making a significant impact on the elderly and persons with disabilities who are health-dependent on special foods to meet dietary requirements and concerns. This need for special attention to elderly nutrition often results from lifelong poor nutrition and health conditions. Currently, there are **334** participants registered in our pantry programs.

**81%** of NSS food pantry users have registered at least one special dietary concern that determines the foods they pre-order for a food assistance package:

- **Low-sugar** foods for diabetes
- **Low-salt** foods for high blood

## **WE ARE A CENTRALIZED OPERATION AND DELIVER OUR SERVICES TO MANY OUTSIDE LOCATIONS!**

The NSS Food Pantry services operate from a centralized food warehouse in North Haven, easily accessible to all regions of Greater New Haven. NSS's program strategy is that of a mini-food bank, where food supplies from multiple sources are gathered, assessed for quality and nutritional value, safely stored, and distributed to maintain a high-quality nutritional balance over extended periods.

**WE NEED \$10,000 TO HIT THE**

## GROUND RUNNING IN JANUARY 2025!

- pressure and renal impairment
- **Low (fat) cholesterol** foods for blood lipid disorders
- **Lactose-free** foods for lactose intolerance
- **Gluten-free** food gluten sensitivity or for IBS symptoms
- **Vegetarian and vegan diets**

Our inventory is stocked with high-quality food items unavailable from other pantries. We specialize in bringing customized services directly to our pantry users who need them. **77%** of packages we deliver each week contain items for one or more of the above special diet requirements. This requires careful attention to packing specific items in the order before sending the package to the pantry user.

Below are foods in the NSS inventory that support special diets unavailable from other pantries! Your donations help stock these items in our inventory.



Our packages contain balanced, high-quality, **nutritious foods**, with nutrition information and easy preparation suggestions. Complete **meal kits** are available (pictured below).



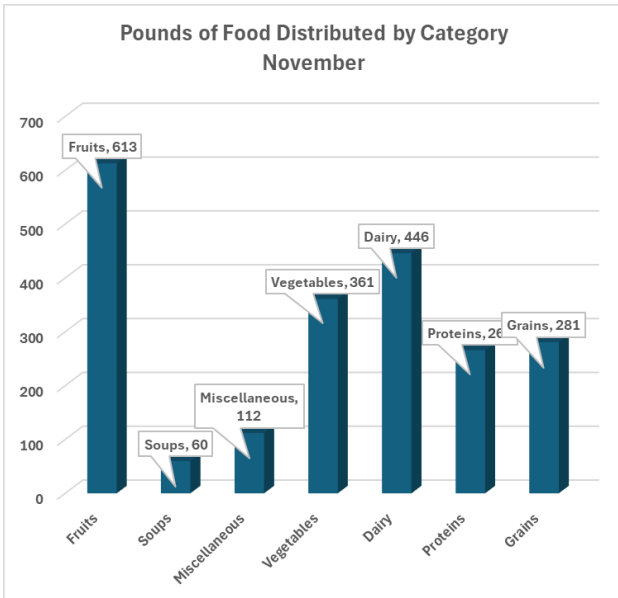
**ABOVE: FOOD ASSISTANCE PACKAGES WAITING AT TRINITY DOWNTOWN PANTRY OPEN HOLIDAY PANTRY FRIDAY, DECEMBER 20TH 10:00 AM -12:00 PM**







Photos of volunteers amid packaging and dispatch activities from the North Haven warehouse (above and below).



Note the pounds of Fruits and Vegetables in our **November** packages!



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

- We need your help in three ways:
- 1) assisting with **placing orders** by phone.
  - 2) **trained packaging** for customized orders.
  - 3) **make deliveries** to the homebound elderly and persons with disabilities.



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.

Learn many ways to volunteer by calling our Hotline:

**203-901-6958**



Sign up for the NSS monthly newsletter through our website:

<https://nssincct.org>

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

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