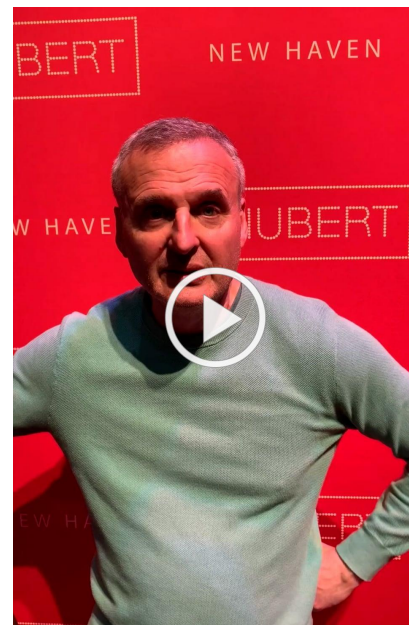




Nutrition
Security Solutions, Inc.



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.

NSS sends you and yours our best wishes for true joy during this season of togetherness and celebration!

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

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

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

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.

Nutrition Security Solutions, Inc. (NSS) has grown into a sponsor/partnering system of satellite pantries. Our mission is to provide appropriate food assistance for the elderly and persons with disabilities. Many of these individuals have health conditions requiring special dietary foods. We make deliveries to accommodate persons with mobility impairments. We rely on e-commerce management for pantry and other operations to provide valuable,

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+, individuals with disabilities, and more substantial in the elderly aged 65+ living alone. Family support is essential for successfully aging by elderly members or those with disabilities.



Many elderly and disabled people who live alone find the holidays difficult, as they miss the special family times of previous years. NSS strives to provide special holiday foods for them to use in celebration meals. If you have an elderly person in your family or a neighbor living alone, please invite them to join your holiday table.

Dr. Sandra Kops, PhD, RDN, is a nutrition scientist and founder of Nutrition Security Solutions, Inc. If you have questions about participating in

targeted, and concise services with reliability, autonomy, and dignity for our pantry users.

The NSS Food Pantry services operate in 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 arbitrarily distributed to maintain a high-quality nutrition balance over extended periods.

This strategy is a unique concept for modern food assistance, but it was used previously. If you remember the story of Joseph in Egypt 5000+ years ago, he won his freedom and acclaim by building grain silos in times when food was plentiful --> the first "Food Bank."

Learn more about the NSS Program concepts and strategies on our recent Wevideo tape:

<https://www.wevideo.com/view/3594346644>



In August, NSS celebrated its latest partnership with Trinity Lutheran Church NH to open the Trinity Downtown Pantry, a satellite online ordering site in downtown New Haven at 292 Orange Street. The

food pantry services and having a healthy diet, feel free to contact NSS, Inc. for more Nutrition Education materials and instructions on using pantry services for best nutrition and wellness.

We are producing YouTube videos and other short broadcasts on topics related to the different approaches to food pantry services from NSS and other timely viewpoints related to 'Nutrition is Medicine.' Watch for regular postings on Social Media.

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, located at 7 Corporate Drive, Unit #104 in North Haven.

We need your help in three ways:

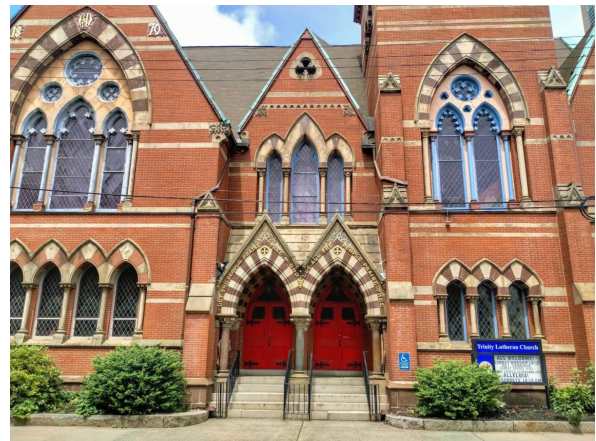
- 1) assisting with taking orders by phone.
- 2) packaging orders for delivery.
- 3) making deliveries to the homebound elderly and persons with disabilities.

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**

church parlor is open to welcome seniors in the neighborhood to drop by for coffee and time to socialize each Tuesday morning from 11:00 AM until 1:00 PM. Now, seniors can register to participate in the pantry, place orders online, and arrange to receive their client-choice package every other week.

(Photos below) Front view of the historic Trinity Lutheran Church on Orange Street - Its doors have been open for 200+ years. Pastor Ryan and parish member Bob assist with ordering and deliveries.





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



Sign up for the NSS monthly newsletter through our website:

<https://nssincct.org>

Follow us on Facebook and LinkedIn by "Clicking" on the icons below!



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

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