

**Strength in Service**



**Impact Made**



**Feeding Our Community**



**Together, we'll continue strengthening nutrition security to the elderly and disabled and expanding dignity-focused access in 2026.**

# THANK YOU

## For Believing In Our Mission

Thank you for remembering to donate to NSS as we close out 2025!



In 2025, NSS, Inc. provided 3,000 food packages totaling 126,000 pounds through its online client-choice services and food drives. Your donations are essential now more than ever to maintain services to this remarkable level in 2026.

Make your donation before December 31st, in one of two ways:

1) Use your credit card through the link on our "Donate" page on our website.

2) Donate by check to NSS, Inc. at 7 Corporate Drive, #104, North Haven, CT 06374

## Food Drives of Fresh Produce from Local Farms at Davenport Residences



## Thanksgiving Highlights at the Trinity Downtown Pantry



# WHO ARE WE?

At Nutrition Security Solutions, we provide the disabled and elderly with specialized food packages ensuring nutrition security.

Special Dietary Concerns Registered by Pantry Users

**DONATE & VOLUNTEER TODAY**  
**Make A Difference!**  
 learn more at [nssincct.org](https://nssincct.org)

This year, we focused on the complexities of food assistance for older adults and individuals with disabilities through our engaging posts on Facebook and LinkedIn. Our commitment goes beyond just awareness; we strive to foster a community that understands the vital role that families and caregivers play in this mission. It's essential to recognize that programs such as grocery delivery services, Meals on Wheels, and Congregate Meal sites are not just services—they are lifelines that can significantly enhance the quality of life for those we serve. By sharing relatable stories and enlightening statistics, we hope to inspire a sense of urgency and connection among our audience. We invite you to join this conversation, share your experiences, and reflect on how together, we can make a meaningful impact. With optimism and collective action, we can uplift the lives of vulnerable populations and ensure no one is left behind on the journey toward food security.

## Did you know?

**4100**  
 Americans over 65 died from choking in 2022.

The risk increases with aging:

- weakened throat muscles
- dysphagia
- dental problems
- decreased saliva
- eating alone
- decline in cognitive abilities

75% out of all choking deaths were elderly

## NSS Provides Autonomy of Choice.

Special Diet Food Packages for the Elderly & Disabled.

We provide safe foods like soups, puddings, and protein drinks that help prevent choking.

## DID YOU KNOW?

**50% of older adults struggle to afford food?**

- In 2025, NSS delivered 2,960 senior food packages
- In 2026, that number is expected to grow to 3X *which means...*

**9000 food packages in 2026**

**DONATE** at <https://nssincct.org/donate/>

## 4 REASONS WHY SENIORS ARE MORE SUSCEPTIBLE TO HUNGER

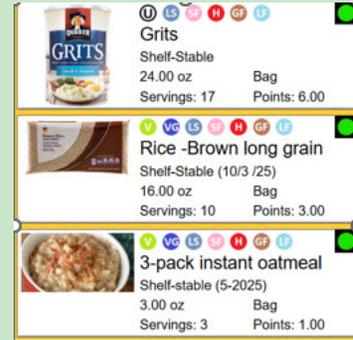
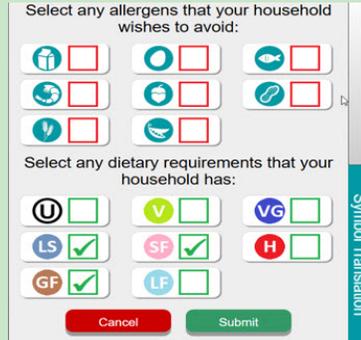
1. They don't like the food they have.
2. Cooking feels overwhelming.
3. They forget to eat.
4. They don't want to eat alone, so they don't eat at all.

The number food insecure or hungry older adults is drastically increasing!

# HOW THE NSS, INC. SPECIAL DIET ONLINE ORDERING SYSTEM WORKS FOR OLDER ADULTS

NSS, Inc., Food Services uses SmartChoice.lifePantry Software

## "IT'S EASIER THAN INSTACART!"



This month, NSS, Inc. welcomed several new and energetic individuals to our Board of Trustees. However, there is room for others who are interested in our unique mission. The NSS Board meets on the second Tuesday evening, every other month. Learn more about how you can support our mission to help older adults and people with disabilities who have special dietary requirements when requesting food assistance. We achieve our goals through innovative, creative programs supported by talented volunteers. To learn more about NSS, Inc., contact Sandra Kops, PhD, RDN, at [nss.inc496@gmail.com](mailto:nss.inc496@gmail.com) or call: **203-901-6958**.

Sign up for the NSS monthly newsletter through our website:  
[www.NSSINCCT.org](http://www.NSSINCCT.org).



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