



## HOW TO HOST A FOOD DRIVE

*THANK YOU FOR HELPING US TO PROVIDE GROCERIES  
TO OLDER ADULTS IN NEED*

Food insecurity profoundly threatens older adults living on extremely limited incomes.

### **Four easy steps to conduct your own Food Drive on behalf of SilverSource:**

- 1) **Set date(s) & location for drop-off** – Set a date and time/timeframe (one specific day -OR- period of time (e.g., 1 week) for drop-off, and arrange for a drop-off table, box(es) or large receptacle(s) for food collection.
- 2) **Spread the word** – Tell family, friends, colleagues and community members about your Food Drive and the food items most needed. You can spread the word via social media posts, emails, flyers, texts and/or phone calls.
- 3) **Collect the food** – Collect all of the food items and box or bag them up.
- 4) **Contact SilverSource** – Contact SilverSource to schedule a date/time to deliver the collected items to the SilverSource office in Stamford (2009 Summer Street). Contact Meleisa Holek, at [mholek@silversource.org](mailto:mholek@silversource.org) or (203) 324-6584, ext.311, to schedule a mutually agreeable time to drop off the food.

### **Food Drive Shopping List...of items most needed:**

- Breakfast items (cold cereal, granola bars, oatmeal packets, pancake mix)
- Canned soup (*low sodium*)
- Canned tuna or chicken
- Pasta and sauce
- Rice and beans (canned or dried beans)
- Peanut butter and jelly
- Canned fruit and/or vegetables (*low sugar and sodium*)

### ***PLEASE HELP US TO CHOOSE HEALTHY OPTIONS for OLDER ADULTS***

Please try to avoid foods high in calories and added sugars, sodium and saturated fats.

Any questions or need more information, please contact Marianne Delaney at:

[mdelaney@silversource.org](mailto:mdelaney@silversource.org) / (203) 324-6584, ext. 302

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