



May 2023

## 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 collected items to the SilverSource office (2009 Summer St., Stamford CT). Contact **Claudia Compagnoni-Gibb**, at [ccompagnonigibb@silversource.org](mailto:ccompagnonigibb@silversource.org) or **(203) 324-6584 ext.316**, to agree on a convenient time to drop off the food.

**Food Drive Shopping List**...please see link to list on webpage

(Food Drive Shopping Lists, in both English and Spanish, with helpful notes)

***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 Claudia Compagnoni-Gibb at:  
[ccompagnonigibb@silversource.org](mailto:ccompagnonigibb@silversource.org) / (203) 324-6584, ext. 316

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