



April 2024

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 (1100 Summer St., Stamford CT). Contact **Claudia Compagnoni Gibb**, at 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 / (203) 324-6584, ext. 316

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