



NEWS RELEASE



FOR IMMEDIATE RELEASE

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HELP STAMP OUT HUNGER!

Letter Carriers to Collect Donations for Food Bank in 16th Annual Food Drive

RALEIGH- Spring is all about renewal and replenishment. At the Food Bank of Central & Eastern North Carolina, spring and summer historically have been the time when community food donations are the weakest and demand is the greatest. Forty-eight percent of food drive donations occurred *during the holiday season* (October through January) while the Food Bank's five branches distribute *daily* throughout central and eastern North Carolina. Restocking the Food Bank shelves is critical and a continuous process. On **Saturday, May 10, 2008**, local letter carriers and the National Association of Letter Carriers (NALC), the National Rural Carriers Association, in conjunction with the United States Postal Service, will be collecting non-perishable food donations in an effort to fight hunger during the **16th Annual Letter Carriers Food Drive** called "**Stamp Out Hunger**". All local donations will go to the Food Bank of Central & Eastern North Carolina branch in your neighborhood (**Durham, Greenville, Raleigh, Sandhills (Southern Pines) and Wilmington**).

"This event is our community's and the nation's largest one-day effort to fight hunger. We are thankful to our local letter carriers for helping us collect food, particularly since the economy is affecting many more in our service area," said Peter Werbicki, President and CEO of the Food Bank of Central & Eastern North Carolina. "The Letter Carriers Food Drive collects one fifth of all of our annual food drive donations. Last year, **more than 200,000 pounds** of food were donated by caring citizens in the 34 counties of central and eastern North Carolina."

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HOW TO HELP

- Look for a reminder postcard in your mailbox.
- Look for bags in your mailbox.
- On Saturday, May 10th simply place bags filled with nonperishable food items like canned meats and fish, canned soup, juice, pasta, vegetables, cereal and rice next to your mailbox.
- Your letter carrier will do the rest!

List of Items Most Needed *(Please no glass)*

- Canned Meals: Stews, Soups, Tuna, Ravioli, etc.: *Pop-top cans a plus!*
- Canned Fruits and Vegetables
- Rice
- Cereal
- Paper Products: Toilet Paper, Paper Towels, etc.
- Hygiene Items: Toothpaste, Shaving Items, Soap, etc.
- Diapers and “Attends”
- Elderly Nutrition Drinks: “Ensure”
- Infant Formula *(No loose glass and plastic jars of baby food as they will have to be discarded due to health regulations)*

GET OTHERS INVOLVED

(Go to www.HelpStampOutHunger.com and download Can Collection Charts, Pledge Sheets, Flyers, sample emails)

- Host a school food drive and see which class can fill the most bags and deliver the food to the Food Bank or your local post office on May 10th.
- Host a food drive at your office and have different teams compete to see which team can fill the most bags and deliver the food to the Food Bank or your local post office on May 10th.
- Distribute grocery bags for the drive to colleagues, classmates, or civic groups and ask them to fill the bags with food donations and leave them by their mailbox on Saturday, May 10.
- E-mail your clubs and organizations and tell friends and neighbors to place food donations in a bag by their mailbox on Saturday, May 10 before the letter carrier arrives.

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THE NEED IN FOOD BANK SERVICE AREA

- According to the most recent **US Census 2006 Annual Total Population Estimates**, in our 34-county service area, there are now nearly 450,000 (up from 400,000) individuals who are not able to access adequate food resources and the need continues to grow.
- More than 149,000 are children (up from 120,000) or 33% (up from 30%).
- There are enough children at risk of hunger in the Food Bank's service area to fill the basketball arenas at Carolina, Duke, ECU, NC Central, NC State and UNC Wilmington twice with children...and almost one thousand full school buses waiting outside
- Another 42,000 are elderly.
- The most recent data obtained from the **US Census 2006 Annual Total Population Estimates** reflects more than 250,000 individuals 18 to 64 live at or below the poverty level. Many being hardworking parents who are having difficulty making ends meet.

To learn more about the Food Bank of Central & Eastern North Carolina, log on to www.foodbankcenc.org or call (919) 875-0707. For more information about Stamp Out Hunger, go to www.HelpStampOutHunger.org.

Food Bank of Central & Eastern North Carolina at Raleigh (Main Office and Warehouse)
3808 Tarheel Drive
Raleigh, NC 27609
911.875.0707

Food Bank of Central & Eastern North Carolina at Durham
708 Gilbert Street
Durham, NC 27701
919.956.2513

Food Bank of Central & Eastern North Carolina at Greenville
497 West 9th Street
Greenville, NC 27834
252-752-4996

Food Bank of Central & Eastern North Carolina at Sandhills
195 Sandy Avenue
Southern Pines, NC 28387
910-692-5959

Food Bank of Central & Eastern North Carolina at Wilmington
1314 Marsteller Street
Wilmington, NC 28401
910-251-1465

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About the Food Bank of Central & Eastern North Carolina

The Food Bank of Central & Eastern North Carolina is a nonprofit organization that provides food for people who are hungry in 34 counties in central and eastern North Carolina. The Food Bank serves a network of more than 890 partner agencies offering soup kitchens, food pantries, shelters, and programs for children and adults. In fiscal year 2006 - 2007, the Food Bank distributed more than 32.6 million pounds of food and non-food essentials to these agencies. Sadly, hunger remains a serious problem in central and eastern North Carolina. In these counties, more than 400,000 struggle each day to provide enough food for their families. www.foodbankcenc.org