



FOR IMMEDIATE RELEASE



Contacts:

Christy L. Simmons
Manager of Public Relations
Food Bank of Central & Eastern NC
(919) 865-3050 (office)
(919) 906-4798 (mobile)

Sherry McGowan
Customer Relations Coordinator
USPS Raleigh Post Office
(919) 420-5148 (office)
(919) 538-1903 (mobile)

LETTER CARRIERS TO PERFORM DOUBLE DUTY ON SATURDAY DURING HELP STAMP OUT HUNGER FOOD DRIVE

RALEIGH - On Saturday May 9, letter carriers in the Triangle will perform double duty on their routes – deliver the mail and collect food items to benefit the Food Bank of Central & Eastern North Carolina during the **17th Annual STAMP OUT HUNGER FOOD DRIVE**. Last year, more than 240,000 pounds of non-perishable food items were collected along postal routes. The Food Bank of Central & Eastern North Carolina has branches located at 3808 Tarheel Drive in Raleigh and 708 Gilbert Street in Durham.

On May 9, 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 and your letter carrier will do the rest!

More than 200 volunteers will be on site at postal branches throughout the day on Saturday to unload the postal trucks. The food will then be loaded onto food bank trucks and taken back to the Food Bank warehouses.

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*)

Reports from emergency food providers (pantries, soup kitchens, rescue missions) served by the Food Bank indicate that they have seen the need increase from 25% to 40% and even 60% in some cases during the past 12 months.

Go to www.HelpStampOutHunger.com or www.foodbankcenc.org for more information.

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