



# Media Alert



## CHARLOTTE **STAMP OUT HUNGER** FOOD DRIVE **KICK-OFF EVENT PRESS CONFERENCE**

**WHO:** National Association of Letter Carriers, Second Harvest Food Bank of Metrolina, and Partner Food Pantry Agency Nourish Up (formerly Loaves & Fishes/Friendship Trays)

**WHAT:** **Kick-Off for the Charlotte Letter Carrier's Food Drive**  
With the help of Food Banks, sponsors, volunteers and U.S. Postal Service employees in 10,000 communities nationwide, the National Association of Letter Carriers (NALC) **will conduct its annual Stamp Out Hunger Food Drive on Saturday, May 11<sup>th</sup>**. The drive is the nation's largest single-day food drive to collect food for area Food Banks for distribution to families struggling with food insecurity. The drive benefits Second Harvest Food Bank of Metrolina and Nourish Up (formerly Loaves & Fishes/Friendship Trays), one of the Food Bank's 950 partner agencies in their 24 county service area.

**WHEN:** **Tuesday, May 7<sup>th</sup> – 10:00 a.m. to 10:30 a.m.**

**WHERE:** Second Harvest Food Bank of Metrolina – Front of Building  
\*Rain Location will be inside the main lobby\*  
500-B Spratt Street, Charlotte, NC 28206

**CONTACT:** Donna Ragan at [dragan@secondharvest.org](mailto:dragan@secondharvest.org) or 704.805.1724  
Courtney Oates at [coates@nourishup.org](mailto:coates@nourishup.org) or 704.763.8796

### MAKING A

**DONATION:** **See next page for tips on how and what to leave at your door.**

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#### About Second Harvest Food Bank of Metrolina

As part of Feeding America, Second Harvest Food Bank of Metrolina - serves 24 counties in North and South Carolina. In FY 2022-23, Second Harvest Food Bank of Metrolina distributed over 78 million pounds of food (including over 47 million pounds of fresh produce, meat, and dairy) and household items to over 950 hunger feeding agencies including emergency pantries, soup kitchens, senior programs, shelters and low-income daycares. The Food Bank has been serving our neighbors in need since 1981.

**About Nourish Up (formerly Loaves & Fishes/Friendship Trays)** nourishes our neighbors with food and compassion, providing groceries, meals and hope through a network of 35+ food pantries, grocery home delivery and as the primary Meals on Wheels program for Mecklenburg County. In 2023, Nourish Up provided groceries to 137,806 people – the highest in our 48-year history.



**Donating is easy.** Customers should leave their non-perishable food donations in a bag near their mailbox on **Saturday, May 11**, before their letter carrier arrives. In the days leading up to the food drive, letter carriers will be delivering reminder cards along with the mail to remind customers how to make donations. Food collected during Saturday's drive will be delivered to local community churches, food banks and food pantries for distribution.

While all non-perishable donations are welcome, **foods that are high in protein** such as canned tuna, salmon, beans and peanut butter are most needed. Canned fruits and vegetables, whole grain, low sugar cereals, macaroni and cheese dinners and 100% fruit juice also top the list of most needed items.

### Food Drive TIPS

#### Most-wanted foods include:

- Canned meats (tuna, chicken, salmon).
- Canned and boxed meals (soup, chili, stew, macaroni and cheese).
- Canned or dried beans and peas (black, pinto, lentils).
- Pasta, rice cereal.
- Canned fruits.
- 100 percent fruit juice (canned, plastic or boxed).
- Canned vegetables.
- Boxed cooking mixes (pancake, breads).

#### What NOT to give:

- Rusty or unlabeled cans.
- Glass containers.
- Perishable items.
- Homemade items.
- No expired items
- Noncommercial canned or packaged items.
- Alcoholic beverages or mixes or soda.
- Open or used items.



PUT YOUR NON-PERISHABLE DONATION IN A BAG BY YOUR MAILBOX.  
WE'LL DELIVER IT TO A LOCAL FOOD BANK.

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