



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, 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 13th**. 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.
- WHEN:** **Tuesday, May 9th – 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.
- MAKING A**
DONATION: See next page for tips on how and what to leave at your door.

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 2021-2022, Second Harvest Food Bank of Metrolina distributed over 75 million pounds of food (including over 41 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.

Loaves & Fishes/Friendship Trays

Loaves & Fishes/Friendship Trays nourishes our neighbors with food and compassion through a network of emergency food pantries as well as the primary Meals on Wheels program for Mecklenburg County. Last year, Loaves & Fishes/Friendship Trays provided groceries, meals and hope to over 106,000 neighbors in need. Over half were children and seniors.

Fill a Bag. Help Feed Families.

Bag healthy, non-perishable food items and place by your mailbox for your letter carrier to pick up and deliver to food banks and pantries in your community.

Solo empaque los alimentos que no se echan a perder y colóquelos cerca del buzón. Su cartero los recogerá y los llevará a los bancos de alimentos y almacenes benéficos locales.

*Donate items such as pasta, cereal, oatmeal, canola oil, peanut butter and canned goods, including beans, fruit, vegetables, soup, tuna in water, meat and sauce. Avoid glass containers.

**Second
Saturday
in May**



NALC Thanks Its National Partners



Premiere Partner



From your bagger to your butcher, we're the hardworking men and women of your neighborhood grocery union. Together, we are proud to put the food on America's tables.

Donating is easy. Customers should leave their non-perishable food donations in a bag near their mailbox on **Saturday, May 13**, 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.
- Cooking oil.
- 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.**

National Partners

