

FOR IMMEDIATE RELEASE
May 2, 2022

Contact: Philip Bogenberger
704-492-9405

Philip.J.Bogenberger@usps.gov

Twitter: @PhilipUSPS

usps.com/news



Letter Carriers' Annual Food Drive Set for May 14

CHARLOTTE, NC – With the help of sponsors, volunteer organizations 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 14. *Stamp Out Hunger* is the nation's largest single-day food drive to collect food for distribution to needy families.

Charlotte *Stamp Out Hunger* Kickoff Event

Second Harvest Food Bank of Metrolina
500 Spratt St. B., Charlotte, NC 28206
Tuesday, May 10
10:00 a.m.

Making a donation is easy. Customers should leave their non-perishable food donations in a bag near their mailbox on Saturday, May 14, 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.

For additional information about this year's Stamp Out Hunger Food Drive visit: [Letter Carriers' Stamp Out Hunger Food Drive | National Association of Letter Carriers AFL-CIO \(nalc.org\)](#)

Food Drive TIPS

WHAT TO GIVE: 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.

The Postal Service generally receives no tax dollars for operating expenses and relies on the sale of postage, products and services to fund its operations.

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