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STAMP OUT HUNGER! SATURDAY, MAY 12TH **Letter Carriers to Deliver Your Non-Perishable Donations to Second Harvest Food Bank**

Local members of the National Association of Letter Carriers (NALC) will *Stamp Out Hunger!* on Saturday, May 12, 2012, by collecting non-perishable food donations from their regular postal routes and delivering them to Second Harvest Food Bank of Lehigh Valley and Northeast Pennsylvania for distribution to agencies serving area families in need. Letter Carriers will be aided by volunteers from Teamsters Local #773, the Rutgers Alumni Club of the Lehigh Valley, and the Northampton County Probation Department.

To participate in the drive, leave factory-sealed, non-perishable food items in a visible place by your mailbox before your regular delivery on Saturday, May 12th. Be sure to put everything in a sturdy bag that is clearly marked so your Letter Carrier knows to collect it. Truck drivers from the Postal Service and Teamsters Local #773 will then make a special delivery of your generosity to Second Harvest Food Bank, where it will be inspected and sorted for distribution to where it is so desperately needed in our neighborhoods.

The items most needed by Second Harvest include cereal, peanut butter, pasta, rice, tuna, and canned soup, fruits, or vegetables. You can also donate non-food items such as diapers and personal care items like shampoo, toothpaste, and deodorant. For safety reasons, non-glass containers are preferred.



In the weeks before the food drive, you should receive a post card announcing your area's participation. Some Letter Carriers will also be delivering specially marked paper bags in which to put your donations. If you're unsure whether or not your Letter Carrier is participating, contact your local Post Office.

Last year, Letter Carriers delivered more than 300,000 pounds of food to Second Harvest and its member agencies bringing the total collection for *Stamp Out Hunger!* history in the Lehigh Valley to more than one million pounds for families in need in the Food Bank's six-county service area. Donations provide a critical boost for Second Harvest in the summer months, a time when supplies are low and school breakfast and lunch programs are not available for area youth. "Again this year, we are counting on our good friends who are members of the National Association of Letter Carriers to join with the community in gathering food for our hungry neighbors. If it were not for this massive effort, many people would go without needed nutrition. We are grateful for all they do for the Food Bank and for our region," says Second Harvest Director, Ann McManus.

About Second Harvest

Second Harvest Food Bank distributes food and grocery product to more than 66,000 people each month through a six-county network of more than 200 member agencies including emergency pantries, soup kitchens, shelters, and child care, rehabilitation and senior citizen centers. The Food Bank also serves as an advocate for food assistance programs for people with low income and as a source of education and training for people working to improve food availability and nutrition to those in need. Second Harvest Food Bank is a program of the Community Action Committee of the Lehigh Valley and a member of Feeding America, the nation's food bank network and largest hunger relief organization.

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