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HELP LETTER CARRIERS *STAMP OUT HUNGER!*
ON SATURDAY, MAY 8TH
LEAVE NON-PERISHABLE FOOD BY YOUR MAILBOX

On Saturday, May 8, 2010, local members of the National Association of Letter Carriers (NALC) aided by volunteers from Teamsters Local #773 will again *Stamp Out Hunger!* in your neighborhood 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 families in need. Now in its 18th year, this single-day food drive is the largest in the nation.

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 8th. Be sure to put everything in a sturdy bag that is clearly marked. Letter Carriers will collect your donations as part of their regular mail routes. 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 area.

The items most needed by the Food Bank and its network of member agencies include cereal, peanut butter, tuna, soup, pasta, and rice. It would also be helpful to give non-food items typically bought in the grocery store. Possible non-food donations include diapers and personal

care items, such as shampoo, toothpaste, and deodorant. For safety reasons, non-glass containers are preferred.

“The Letter Carriers and their partners do a phenomenal job. They make it possible for our member agencies to provide for many more mouths during the summer,” says Second Harvest Director, Ann McManus. In 2009, the NALC Food Drive resulted in a record collection of 73.4 million pounds of food nationwide. Locally, Letter Carriers collected 165,000 pounds of food for Second Harvest. These donations give the Food Bank a boost for summer months, a time when supplies are low and school lunch programs are not available for area youth.

Second Harvest Food Bank distributes food and grocery product to more than 60,000 people each month through a six-county network of about 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, (formerly named America’s Second Harvest), the nation’s largest hunger relief organization.

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