



NEWS RELEASE



FOR IMMEDIATE RELEASE

May 8, 2014

Triangle LETTER CARRIERS TO PERFORM DOUBLE DUTY ON SATURDAY DURING “STAMP OUT HUNGER” FOOD DRIVE

Triangle Letter Carriers Team up for 2014 Stamp Out Hunger Challenge

RALEIGH - On Saturday May 10, Letter Carriers in the Triangle, and across the country, will perform double duty on their routes – deliver the mail and collect food items during the **22nd Annual STAMP OUT HUNGER FOOD DRIVE**. Food donations in the Triangle will benefit the Food Bank of Central & Eastern North Carolina. In 2013, Letter carriers collected more than 625,000 pounds (527,000 meals) in the Food Bank’s 34-county service area. **Triangle** Letter Carriers collected more than 333,500 of the 625,000 pounds.

For the past few years, Triangle Letter Carriers issue a challenge to see which city, Raleigh or Durham, has the greatest percentage increase over the previous year. A trophy and bragging rights are at stake with thousands of Triangle families in need being the true winners. Durham Letter Carriers won the challenge in 2011. Raleigh Letter Carriers won the challenge in 2012 and 2013. Which city will come out on top in 2014?

On Stamp Out Hunger Day, the public is asked to simply place bags filled with nonperishable food items next to their mailbox. For the third year, bags have been donated by AARP. A Letter Carrier will collect the donation and take it back to their postal branch where Food Bank volunteers will be on site throughout the day to unload the postal trucks.

MOST NEEDED ITEMS LIST INCLUDES:

- Canned Meals: Stews, Soups, Tuna, Ravioli, etc. *(Pop-top cans a plus!)*
- Peanut Butter
- Cereal
- Canned Fruits and Vegetables
- Rice, Pasta and Dried Beans
- Hygiene Items: Toothpaste, Shaving Items, Soap, etc.
- Paper Products: Toilet Paper, Paper Towels, etc.
- Infant Products: Diapers, Wipes, Formula, Infant Cereal

NO GLASS, PLEASE!

Penny Houze, City of Raleigh Letter Carrier and 2014 Stamp Out Hunger Coordinator for Raleigh has known hunger.

Houze went from sleeping in her car with young children, to living in a one bedroom apartment while living on public assistance, to living in a three bedroom apartment in the projects and now owning her own home.

“There are children out there who are hungry. They can’t learn unless they eat. Their parents can’t work unless they have a meal, too”, said Houze.

For Penny Houze being hungry and homeless was a reality.

After receiving assistance from a food pantry years ago when her family was hungry, participating in Stamp Out Hunger allows Houze to continue to make good on her promise to give back to those in need if she ever had a chance.

The Stamp Out Hunger Food Drive comes at a critical time when holiday food drive donations are long gone and children who depend on free and reduced breakfast/lunch programs at school will lose access to those meals during summer break.

The Food Bank of Central & Eastern North Carolina has more than 560,000 individuals in their 34-county service area who struggle to put and keep meals on the table. More than 50 percent are children and seniors.

Go to www.foodbankcenc.org for more information.

ATTACHMENTS

- Stamp Out Hunger Logo
- Stamp Out Hunger_mailbox

About the Food Bank of Central & Eastern North Carolina

The Food Bank of Central & Eastern North Carolina is a nonprofit organization that has provided food for people at risk of hunger in 34 counties in central and eastern North Carolina for 30 years. The Food Bank serves a network of more than 800 partner agencies such as soup kitchens, food pantries, shelters, and programs for children and adults through warehouses in Durham, Greenville, New Bern, Raleigh, the Sandhills (Southern Pines) and Wilmington. In fiscal year 2012-2013, the Food Bank distributed nearly 52 million pounds of food (43 million meals) and non-food essentials through these agencies. Sadly, hunger remains a serious problem in central and eastern North Carolina. In these counties, more than 560,000 struggle each day to provide enough food for their families. www.foodbankcenc.org. Twitter: @FoodBankCENC

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Stamp Out Hunger

FOOD DRIVE