



# NEWS RELEASE

**FOR IMMEDIATE RELEASE**

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## LETTER CARRIERS SET TO “STAMP OUT HUNGER” THIS SATURDAY IN WILMINGTON AND HAMPSTEAD

**WILMINGTON, NC** - On Saturday, May 14, Letter Carriers in Wilmington and the surrounding areas will perform double duty on their routes – deliver the mail and collect food items to benefit the Food Bank of Central & Eastern North Carolina at Wilmington during the **19<sup>th</sup> Annual STAMP OUT HUNGER FOOD DRIVE**. Last year, more than 300,000 pounds of non-perishable food items were collected along postal routes in the Food Bank’s 34 counties. Letter Carriers in Wilmington collected more than 38,000 pounds of food items in 2010.

On May 14, simply place bags filled with nonperishable food items like canned meats and fish, canned soup, juice, pasta, vegetables, cereal and rice next to your mailbox and your letter carrier will do the rest!

**Volunteers** will be on site at postal branches throughout the day on Saturday to unload the postal trucks. The food will then be loaded onto food bank trucks and taken back to the Food Bank warehouse.

**List of Items Most Needed** (*Please no glass*)

- Canned Meals: Stews, Soups, Tuna, Ravioli, etc.: *Pop-top cans a plus!*
- Canned Fruits and Vegetables
- Rice
- Cereal
- Paper Products: Toilet Paper, Paper Towels, etc.
- Hygiene Items: Toothpaste, Shaving Items, Soap, etc.
- Diapers and “Attends”
- Elderly Nutrition Drinks: “Ensure”
- Infant Formula (*No loose glass and plastic jars of baby food as they will have to be discarded due to health regulations*)

Reports from emergency food providers (pantries, soup kitchens, rescue missions) served by the Food Bank indicate that they have seen the need increase from 30% to 60% in those seeking emergency food assistance during the economic downturn.

The Wilmington Food Bank warehouse is located at 1314 Marstellar Avenue.

Go to [www.foodbankcenc.org](http://www.foodbankcenc.org) for more information.

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