



NEWS RELEASE



FOR IMMEDIATE RELEASE

May 9, 2013

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

Triangle Letter Carriers Team up for 2013 Stamp Out Hunger Challenge

RALEIGH - On Saturday May 11, 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 **21st Annual STAMP OUT HUNGER FOOD DRIVE**. Food donations in the Triangle will benefit the Food Bank of Central & Eastern North Carolina. Last year, Triangle Letter Carriers issued a challenge to see which city, Raleigh or Durham, would have the greatest percentage increase over the previous year. Durham Letter Carriers won the challenge in 2011. Raleigh Letter Carriers won the challenge in 2012. Which city will come out on top in 2013?

On Stamp Out Hunger Day, the public is asked to simply place bags filled with nonperishable food items next to their mailbox. For the second 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.

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.

Penny Houze, City of Raleigh Letter Carrier and 2013 Stamp Out Hunger Coordinator for Raleigh has known hunger.

In 1989, Houze began her career as a letter carrier with the West Hartford post office where she worked for 16 years. During the spring of 2006, Houze arrived in Raleigh, North Carolina.

This former single parent went from sleeping in her car, to living in a one bedroom apartment while living on public assistance, to living in a three bedroom apartment in the projects to owning her three bedroom condo.

Houze's participation with the Stamp Out Hunger Food Drive actually began when she was a letter carrier in Connecticut when she served as the food drive coordinator for one year.

Her commitment is still strong today.

“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 even homeless was a reality.

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

The Stamp Out Hunger Food Drive comes at a critical time for the Food Bank when holiday food drive donations are long gone.

Go to www.foodbankcenc.org for more information.

ATTACHMENTS

- Stamp Out Hunger Logo
- Stamp Out Hunger_mailbox

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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 2011-2012, the Food Bank distributed nearly 45 million pounds of food 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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