



Peanut Proud, NC Peanut Growers Donate Seven Pallets of Peanut Butter to Local Food Bank

Five Reasons Peanut Butter Deserves a Place at Your Table

July 24, 2013 – (Raleigh, NC) Peanut Proud, Inc., a Georgia-based humanitarian organization representing all segments of the peanut industry, sent their most recent donation of 22 pallets of peanut butter on a road trip from Georgia, to Columbia S.C., Raleigh, N.C and Norfolk, Va. before a final stop in Greensboro, NC. The North Carolina Peanut Growers Association, a member of the Peanut Proud, Inc. network, donated seven of the 22 pallets of peanut butter to the Food Bank of Central & Eastern North Carolina in Raleigh, NC in July. [PHOTO ATTACHED].

The donation is timely since the Food Bank is coming to the end of its 6th annual summer campaign now called “Stop Summer Hunger” which focuses on providing meals to children who lose access to the free and reduced-cost meal programs when school ends. The donation of 8,064 jars will provide 85,721 servings of peanut butter. The Stop Summer Hunger campaign kicked off in June and ends on July 31.

“The donation today from the Peanut Proud, Inc. family is an effort for peanut farmers to give back to their community to ensure that people in need have quality food,” said Robert Sutter, CEO, North Carolina Peanut Growers Association.

Peanut Proud produces and provides nutrient-dense, shelf-stable peanut butter to address both chronic hunger through regular deliveries to food banks and similar organizations and through quick response to disasters with high volume donations of peanut butter.

Peanut butter is a highly versatile source of protein for families. Below are five reasons to add it to your table (www.aboutpeanuts.com):

- **It’s NUTRITIOUS**
 - There are some important nutrients found in peanut butter. In varying amounts, just about any type of peanut butter will contain niacin, vitamin E, calcium, copper, potassium, iron, and magnesium.
- **It’s CHOLESTEROL FREE**
 - Peanuts and peanut butter are naturally cholesterol-free.
- **It has STAYING POWER**
 - As a non-perishable food item, peanut butter is easy to store and transport.

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- **It's A PROTEIN POWERHOUSE**
 - Peanuts and peanut butter are protein powerhouses – providing 15% (7.6g) of the Reference Daily Intake (RDI) level (50g) of protein per serving (one ounce of peanuts or two tablespoons of peanut butter). Protein is necessary to build muscle and keep the body strong.
- **It's A FILLING and Delicious SNACK**
 - Peanut butter is a stick-to-the-ribs kind of food. Peanut butter is a much more filling snack and it tastes good too!

PHOTO ID (L to R): Carter Crain, Food Bank CENC Food Resources Manager; Robert Sutter, CEO, N.C. Peanut Growers Association; Rodney, driver for SouthernAG Carriers, Inc. pose in Food Bank of Central & Eastern N.C. main warehouse in Raleigh with 8,000 jars of peanut butter.

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For more information about the Food Bank of Central & Eastern North Carolina, go to www.foodbankcenc.org.

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 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.

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