



# NEWS RELEASE



**FOR IMMEDIATE RELEASE**

May 5, 2015

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

*Triangle Letter Carriers Team up for 2015 Stamp Out Hunger*

**RALEIGH** - On Saturday May 9, 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 **23<sup>rd</sup> Annual STAMP OUT HUNGER FOOD DRIVE**. Food donations in the Triangle will benefit the Food Bank of Central & Eastern North Carolina. In 2014, Letter carriers collected more than 378,000 pounds (318,000 meals) in the Food Bank’s 34-county service area. **Triangle** Letter Carriers collected more than 199,000 of the 378,000 pounds.

On Stamp Out Hunger Day, the public is asked to simply place bags filled with nonperishable food items next to their mailbox. This year bags are donated by Publix. 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 2015 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 651,000 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](http://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 more than 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 distribution centers in Durham, Greenville, New Bern, Raleigh, the Sandhills (Southern Pines), and Wilmington. In fiscal year 2013-2014, the Food Bank distributed more than 53 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 651,000 people struggle to access nutritious and adequate amounts of food necessary for an active and healthy life.

[www.foodbankcenc.org](http://www.foodbankcenc.org).

#### **USPS/Letter Carrier Contact:**

Sherry C. McGowan  
Customer Relations Coordinator  
Raleigh Postmaster's Office  
(919) 420-5148 (telephone)  
(919) 623-9482 (mobile)  
[sherry.c.mcgowan@usps.gov](mailto:sherry.c.mcgowan@usps.gov)

#### **Food Bank Contacts:**

Jennifer Caslin  
Coordinator of Marketing, Public & Branch Relations  
(919) 865-3063  
(910) 508-0547  
[jcaslin@foodbankcenc.org](mailto:jcaslin@foodbankcenc.org)  
Twitter: @FoodBankJenC

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**NATIONAL ASSOCIATION  
OF LETTER CARRIERS**

**Stamp  
Out  
Hunger**

**FOOD DRIVE**