



On Saturday, May 8 the largest one-day food drive will reach the Valley when more than 5,000 local city and rural letter carriers collect non-perishable food donations across local neighborhoods.

Valley of the Sun United Way urges Valley residents to help fight hunger by donating to the 18th Annual National Association of Letter Carriers (NALC) "Stamp Out Hunger" Food Drive.

The annual drive provides vital resources to our Valley's major food banks – St. Mary's Food Bank Alliance, St. Vincent de Paul and the United Food Bank.

- It's easy to help!
- City and rural letter carriers deliver grocery bags to your mailbox.
- Fill the grocery bag with non-perishable food items and place the bag next to your mailbox.
- A full bag weighing 12 pounds can provide approximately eight meals to someone in need.
- Letter carriers pick up donations deliver them to local food banks.
- You can also donate online at www.stampouthungeraz.org.
- According to the Arizona Association of Food Banks, a \$10 donation can feed a family of four for three days. Financial donations enable food banks to leverage resources and purchase food in larger quantities at discounted prices.

