Fill A Bag. Feed Families.

Donations Stay in Your Community.

Saturday, May 10, 2014

Help Us Stamp Out Hunger, Spread the Word.

Facebook.com/StampOutHunger  @StampOutHunger
On May 10, 2014, letter carriers across the country will be collecting food for families in need.

It's easy to help:

1. Collect and bag non-perishable* food items
   Coloque los alimentos no perecederos* en una bolsa junto a su buzón de correo

2. Place by mailbox for letter carrier to deliver to a local food bank or pantry
   El cartero las entregará a un banco de alimentos local

*Donate items like canned meats, fish, soup, juice, vegetables, pasta, cereal, peanut butter and rice. Please do not include items that have expired or are in glass containers.

*Done artículos como carnes enlatadas, pescado, sopa, jugo, verduras, pasta, cereales, manteca de cacahuete y arroz. No incluya artículos vencidos ni en envases de vidrio.

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