

United Way of  
Monroe County



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For Immediate Release

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### **Stamp Out Hunger At Your Mailbox on Saturday, May 12**

**Monroe County**— Local letter and postal carriers will again be doing their part to help feed the hungry on Saturday, May 12, during the 20<sup>th</sup> annual National Association of Letter Carriers Food Drive. Donations will go to area food pantries to help those in need during the continuing recession.

Last year about 30,000 pounds of food were collected in East Stroudsburg and Stroudsburg alone, according to Letter Carrier Dan Murray of the East Stroudsburg Post Office. He is one of the coordinators of the “Stamp Out Hunger” effort throughout Monroe County.

“We are hopeful of another large food drive this year,” Murray said. “A big thanks to everyone who makes a donation and to the rural letter carriers who also help with the collections.”

Pocono residents can put a bag or bags of non-perishable food next to their mailbox. In communities with cluster boxes, donations can be left on top of the boxes.

“Stamp Out Hunger” is coordinated by the NALC with partners that include the United States Postal Service, Campbell Soup Company, Valpak, Feeding America, AARP, United Way Worldwide and local United Ways such as the United Way of Monroe County. The National Rural Letter Carriers Association assists with the event.

Items to be donated include canned meats/fish, soup, juice, pasta, canned vegetables/ fruits, cereal, peanut butter, crackers, pudding, and rice. Diapers, boxed baby food and paper goods are other options. Postcards on the food drive are being mailed to residents in collection areas and for the second year, AARP is helping to supply bags.

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Post offices in East Stroudsburg Borough, Stroudsburg and Mount Pocono are the main distribution/collection centers and contributions can also be brought there. Post offices in Canadensis, Pocono Summit, Tannersville, Scotrun, Reeders and Blakeslee are among outlying locations that will accept donations. Besides downtown residents, rural residents with an East Stroudsburg or Stroudsburg mailing address can leave food at their mailbox.

“We appreciate the community’s support of our food drive and our neighbors in need,” said Murray. “For 20 years we have been proud to fill the shelves of local pantries during the month of May.”

Area nonprofits that usually receive items include: the Salvation Army, Bushkill Outreach, Pleasant Valley Ecumenical, Christian Awareness Ministries Ecumenical, Pocono Mountain Ecumenical Hunger Ministry, Top of the Mountain Ecumenical, Shawnee Presbyterian, Innovation Church and St. Paul’s Lutheran Church of Smithfield Township.

“Given our challenging economy, the demand for food and other assistance keeps rising,” said Mathilda Sheptak, executive director of the United Way of Monroe County. “We receive calls every day from people who are having a tough time making ends meet,” she said. “United Way is honored to be a partner with our letter carriers.”

Filled bags should be placed at mailboxes before letter carriers arrive. Food items that have expired or are in glass containers should not be contributed.

The NALC’s food drive is the biggest one-day drive in America. Nearly 49 million Americans, including more than 16 million children, are facing hunger, according to national statistics. For more information or to volunteer, visit [www.helpstampouthunger.com](http://www.helpstampouthunger.com), call your local post office, or call United Way of Monroe County at 570-629-5657.

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