

# Fill a Bag. Help Feed Families.

Place healthy nonperishable food  
donations near your mailbox

Donations Stay in your Community

**Saturday, May 13, 2017**

Help Us Stamp Out Hunger,  
Spread the Word.

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[stampouthungerfooddrive.us](http://stampouthungerfooddrive.us)



PRESORT STANDARD  
POSTAGE & FEES PAID  
USPS  
PERMIT NO. G-10

**POSTAL CUSTOMER**

# Fill a Bag. Help Feed Families.

## 1. Collect and bag **HEALTHY** nonperishable\* food items

Coloque los alimentos **saludables** 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 healthy, low-sodium, low-sugar items such as beans, canned tuna in water, peanut butter, soup, vegetables, pasta, pasta sauce, cereal, oatmeal and other whole grains, canned fruit, canola or olive oil and canned meats. Please do not donate items that have expired or are in glass containers.



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## NALC Thanks Its National Partners



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From your bagger to your butcher, we're the hardworking men and women of your neighborhood grocery union. Together, we are proud to put the food on America's tables.