

# Fill a Bag.

Llena una bolsa.

# Help Feed Families.

Ayuda a alimentar a las familias.

Bag healthy, non-perishable food items and place by your mailbox for your letter carrier to pick up and deliver to food banks and pantries in your community.

**Donations Stay in Your Community**

## Second Saturday in May

Help Us Stamp Out Hunger.  
Spread the Word.

Ayúdanos a erradicar el hambre.  
Envía el mensaje.

 [Facebook.com/StampOutHunger](https://www.facebook.com/StampOutHunger)  [@StampOutHunger](https://twitter.com/StampOutHunger)



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**POSTAL CUSTOMER**

# Fill a Bag. Help Feed Families.

Bag healthy, non-perishable food items and place by your mailbox for your letter carrier to pick up and deliver to food banks and pantries in your community.

Solo empaque los alimentos que no se echan a perder y colóquelos cerca del buzón. Su cartero los recogerá y los llevará a los bancos de alimentos y almacenes benéficos locales.

\* Donate items such as pasta, cereal, oatmeal, canola oil, peanut butter and canned goods, including beans, fruit, vegetables, soup, tuna in water, meat and sauce. Avoid glass containers.

**Second  
Saturday  
in May**



## NALC Thanks Its National Partners



Premiere Partner



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.