



# NALC Fact Sheet

Department of Legislative and Political Affairs — National Association of Letter Carriers, AFL-CIO  
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## About us: NALC and our members

The National Association of Letter Carriers (NALC) represents 285,000 active and retired letter carriers who live or work in virtually every community in the country. We serve as the exclusive collective-bargaining representative for the 195,000 active city letter carriers employed by the U.S. Postal Service (USPS) and champion the interests of some 90,000 retired members. NALC is also dedicated to ensuring that the constitutionally mandated Postal Service remains the most trusted and efficient provider of universal mail service in the world.

**We are hard workers:** Letter carriers are more productive than ever before. With delivery points increasing by about 1.8 million per year and the number of letter carriers lower than in years past, letter carriers must work hard and efficiently. In 2024, letter carriers delivered more than 376 million pieces of mail and packages each day to nearly 169 million delivery points nationwide. This means that USPS processes and delivers nearly half (44 percent) of the world's mail.

**We are veterans:** Letter carriers are dedicated citizens, many of whom have traded a military uniform for a letter carrier uniform. The Postal Service is one of the largest employers of veterans in America, along with other employers, including the Department of Defense, Lockheed Martin and IBM. Thirty percent of NALC members are veterans. These retired servicemen and women worked hard to protect this country, and they work just as hard to ensure the mail is safe and secure and delivered efficiently.

**We are diverse:** Letter carriers are as diverse as the communities we serve. Women comprise 35 percent of the letter carrier workforce; and Postal Service-wide, African Americans make up 29 percent; Latinos, 14 percent; Asian American/Pacific Islanders, 8 percent. The average age of letter carriers is 38, and the average job tenure of our members is about 10 years.

**We are community leaders:** Each year, countless letter carriers donate time and effort to innumerable causes, partnering with community allies to strengthen the neighborhoods we serve. Along with the Postal Service, NALC holds the annual "Stamp Out Hunger" Food Drive each May, the nation's largest single-day drive. Since the collection began in 1993, NALC has collected more than 1.9 billion pounds of food. In 1952, NALC became the first national sponsor of the Muscular Dystrophy Association and remains a top fundraiser for the organization.

**We are neighbors:** No one knows America's neighborhoods like letter carriers do because the Postal Service's unique delivery network relies on letter carriers' ability to reach every residential and commercial address six—and often seven—days a week. As a result, letter carriers are often first on the scene when something is wrong: coming to the rescue or spotting fires, injuries and thefts along their delivery routes. Often the only source of daily contact for homebound Americans, thousands of letter carriers participate in the Carrier Alert program, a voluntary community service effort to help monitor the well-being of elderly and disabled mail patrons.

Letter carriers are the trusted public face of the USPS, which is consistently ranked as one of the most popular federal agencies by the American people.

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