



NORTHEAST IOWA  
**FOOD BANK**

## **Help Fight Hunger May 9 Through Stamp Out Hunger Food Drive Benefiting Northeast Iowa Food Bank**

**WATERLOO, Iowa (April 20, 2026)** - On Saturday, May 9, the National Association of Letter Carriers will host its annual Stamp Out Hunger® Food Drive, one of the nation's largest one-day food drives. Community members are encouraged to place nonperishable food donations by their mailbox by 9:30 a.m., where letter carriers will collect the items along their routes.

Held each year on the second Saturday in May, the drive has collected more than 1 billion pounds of food nationwide since 1993, supporting thousands of food assistance programs. Locally, donations from Cedar Valley residents and surrounding communities will benefit the Northeast Iowa Food Bank, which serves 16 counties across the region. All contributions will stay local, supporting the Cedar Valley Food Pantry and NEIFB's network of partner agencies.



“Food insecurity is a reality for far too many people across northeast Iowa,” said Barbara Prather, Executive Director of the Northeast Iowa Food Bank. “What makes the Stamp Out Hunger Food Drive so special is that it gives everyone a chance to be part of the solution in such an easy way. A few items left by your mailbox can help us stock pantry shelves, support local families, and remind people facing hard times that this community cares. We are grateful to the letter carriers and to everyone who chooses to give.”

Suggested nonperishable donation items include canned fruits and vegetables, pasta, rice, canned meals, canned proteins, cereal, sauces, juice, and nut butters.

All donations are tax-deductible, with NEIFB listed on tax documentation. Monetary gifts may also be made at [neifb.org](http://neifb.org).

The Northeast Iowa Food Bank works to alleviate hunger by distributing nutritious food to individuals and nonprofit partners across northeast Iowa, striving to achieve its bold aspiration: Every Meal. Every Day. Everyone. Currently, over 45,000 northeast Iowans face food insecurity, including one in six children.

For more information about the Stamp Out Hunger event or volunteer opportunities connected to the drive, contact NEIFB Community Engagement Coordinator Felicia Arias at 319-304-9085 or [farias@neifb.org](mailto:farias@neifb.org).

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**About NEIFB:** The Northeast Iowa Food Bank (NEIFB) is a proud member of Feeding America® and the Iowa Food Bank Association. We believe food is a basic human right and work every day to help ensure people have access to the nourishment they need. NEIFB distributes nutritious food and grocery products to more than 140 nonprofit organizations and programs serving individuals and families across northeast Iowa. Last year, the Food Bank distributed more than 8.6 million meals across its 16-county service area: Allamakee, Black Hawk, Bremer, Buchanan, Butler, Chickasaw, Clayton, Delaware, Fayette, Floyd, Grundy, Howard, Mitchell, Poweshiek, Tama, and Winneshiek counties. For 45 years, the Food Bank has helped alleviate hunger and provide nutrition education through its eight programs: Agency Distribution, BackPack, Cedar Valley Food Pantry, Kids Café, Mobile Food Pantry, School Market, Senior Nutrition, and Summer Feeding. NEIFB is working toward its bold aspiration: **Every Meal. Every Day. Everyone.** Please visit [neifb.org](http://neifb.org) and follow us on social media.