

Post office fundraiser to begin Saturday

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Area mail carriers are making pickups for a good cause this Saturday along with their deliveries.

Postal workers in Longview and Kelso will collect bags of foods on their routes. Contributions will be taken to Lower Columbia CAP's Help Warehouse.

"Along with Walk n' Knock, it's one of the best days of our year," Lois Shelton, Help Warehouse program manager, said of the letter carriers food drive.

Carriers will leave blue plastic bags in mail boxes in Longview and Kelso Thursday for people to fill.

Most needed food are peanut butter and tuna, canned fruits and vegetables, soups, pastas, and sauces. Infant formula, baby food, and toiletries also are welcome. Help Warehouse cannot accept home-canned and bulk foods.

Area food banks give out an average of 5,200 food boxes to people in need each month, according to CAP.

The food drive is sponsored by the National Association of Letter Carriers locals 2214 and 2103. The bags, which cost \$2,500, were donated by the Pacific Surgical Institute and Longview Junior Service League.

Last year, the letter carriers collected 51,500 pounds of food, an increase of more than 40 percent over the 36,140 pounds collected in 2009. The carriers brought in 42,000 pounds in 2008.

CAP is also looking for volunteers to box up the food all day, especially between 2 p.m. and 6 p.m. For more information, or to volunteer, call Shelton at 360-425-3430 ext 281.