

# Let's Give A



# About Hunger!

**St. Mark's Pinto Bean Drive for Red Bird Mission  
November 5 – 19**

Did you know that beans are nutritional powerhouses, packed with protein, fiber, B vitamins, iron, and potassium? Beans are the most important source of calories, proteins and minerals for more than 300 million people in the world who rely on them for keeping malnutrition at bay ([Beans Facts & Figures - integratedbreeding.net](http://integratedbreeding.net)). This is true around the world, and even in our own backyard.

Beans are a very important part of the diet for persons battling poverty in the area of Red Bird Mission near Beverly, Kentucky. For this reason, we have been asked to donate dried pinto beans for distribution by the mission during the winter months.

Please bring your donation of dried beans - any size bag - to the Narthex Collection Bins by Tuesday, November 19th. The beans will be sorted and bagged for families on Wednesday, November 22nd then delivered soon after.