



BEAN SOUP DRIVE

DECEMBER 18 - JANUARY 17

Help us feed the community by preparing five-bean soup meals. The soup will be assembled during our Martin Luther King Jr. Day of Service on January 20 from 10 a.m. - noon. Help us ensure this event's success by donating soup ingredients to the collection bin at the Ingram Family YMCA lobby between Dec. 18 - Jan. 17 in preparation for this service activity.

We are seeking an abundance of the following ingredients:

- dried pinto beans
- dried split green peas (or green lentils)
- dried great northern beans
- dried black beans
- dried kidney beans
- cans of diced tomatoes (15.5 oz size)
- spices: black pepper, sea salt, paprika, dry mustard, garlic powder, dehydrated onions (found in the spice aisle), dried oregano, dried rosemary, bay leaves, vegetable bouillon cubes
- Ziplock bags (quart size and smallest size available)

For more information contact Latacha.DeOliveira@YMCATriangle.org.

