

RICE & BEANS FOUNDATION

Simple Ingredients that
CHANGE LIVES

Step One:
Buy rice and beans
in Nicaragua



Step Two:
Package into
family-size portions



Step Three:
Deliver to the poorest
people in the area



Join our Facebook Cause or make a donation today!
For more information go to RiceAndBeansFoundation.org

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Why Rice & Beans?

Both rice and beans are widely available, easy to transport, deliver and store. They are nonperishable and provide a high percentage of protein, complex carbohydrates and fiber. Additionally, they are relatively inexpensive to purchase in US currency; **just \$35 can buy 100 pounds of rice or beans.**

About Rice & Beans Foundation

Rice & Beans Foundation is a 501(c)(3) tax exempt public charity founded in 2007 while on a medical mission in Nicaragua. 100% of our donations go toward purchasing and distributing rice and beans. All donations are tax deductible.

Why Nicaragua?

Nicaragua is the 2nd poorest country in the Western Hemisphere¹. 28% of all Nicaraguans are suffering from undernourishment; the highest percentage in Central America². 79.9% of the population live on less than \$2 a day with over 50% underemployed or unemployed³.

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¹ CIA World Fact Book rank order published 2007.

² Food and Agriculture Organization of the United Nations, "The State of Food Insecurity in the World 2006".

³ United Nations Development Programme, "Human Development Report 2007/2008 - Nicaragua".