

# ARKANSAS FOOD BANK

## HUNGER ACTION MONTH™



### 30 WAYS IN 30 DAYS

#arfightshunger  
#feedar

1  Use the HAM filter to update your profile

2 

3  **SHARE**  
Share/display this calendar

4   
Start collecting a can for each day this month

5 **HUNGER ACTION DAY LITTLE ROCK**  
  
lighting the bridge

6 **PHOTO WITH GOVERNOR**  
Share photo of Governor Hutchinson & all the foodbanks

7 **KENDRA GIVES BACK**  
  
KENDRA SCOTT

8   
Display an orange ribbon or light outside your home

9 **VOLUNTEER SATURDAY - VOLUNTEER CENTER**  
 Come out to the Foodbank

10 **GRANDPARENTS DAY**  
Make a donation in their honor to Food For Seniors

11 **RICE DAY**  


12   
**BIG ORANGE**  
BURGERS · SALADS · SHAKES  
Eat Local. Feed Local. ALL Week.

14 **Go Orange! HUNGER ACTION DAY**  
  
lighting the bridge

15   
Purchase a Hunger Action Tee for \$15

16   
**HARVEST NIGHT**

17   
Set an extra plate & remember the 1 in 5 in AR not able to eat

18   
Tour the Foodbank & pick up an orange spoon

19 **FAMILY NIGHT - VOLUNTEER CENTER**  
 Bring the family out to the Foodbank

20   
Like the Arkansas Foodbank on Social Media


21   
Take a spoon selfie and share on social media

22   
Donate \$5 to Food For Kids to purchase 1 weekend kit

23 **FOOD FOR KIDS PACK-A-THON**  


24   
Visit a local farmer's market and grab some fresh fruit

25   
Like a local food pantry on social media

26   
Sign up for AF enews [arkansasfoodbank.org](http://arkansasfoodbank.org) & help feed all year!

27   
Share our advocacy post & call your congress member

28 **HUNGER ACTION BREAKFAST**  


29   
Drop off your food donation to a local pantry

30   
lighting the bridge