



#BeAPossibilitarian

Food shouldn't be an impossible choice. Join us this September to focus on what's possible for Arkansas families facing hunger! Advocate, volunteer, and donate to ensure our neighbors have enough to eat.



SEPTEMBER IS HUNGER ACTION MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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EXCLUSIVE SPONSOR



1

WATCH
as CEO Rhonda Sanders officially kicks off HAM 2021!

2

WEAR
orange all month long to raise awareness about hunger in Arkansas.

3

PURCHASE
a Hunger Action Month tee.

4

FOLLOW
the Foodbank on social media for updates and activities.

5

SHARE
one of our social media posts about hunger with your friends!

6

HAPPY LABOR DAY

7

LEARN MORE
about hunger in Arkansas in our HAM blog post.

8

EXPERIENCE
for yourself what our hungry neighbors face every day:
[HUNGER.ARKANSASFOODBANK.ORG](https://hunger.arkansasfoodbank.org)

9

COLLECT
food and funds to donate to the Foodbank!

10

VOLUNTEER
at the Foodbank and make a difference

11

DONATE
\$1 = food for FIVE meals

12

GRANDPARENTS DAY!
Feed neighbors facing hunger with a donation in their honor.

13

SKIP YOUR MORNING COFFEE RUN
Donate \$5 and provide enough food for 25 meals!

14

RICE DAY
September is also National Rice Month. Arkansas is the largest rice-growing state in the nation, producing nearly 9 billion pounds annually.

15

TAKE ACTION!
Use your voice to make a difference for our neighbors facing hunger. Learn how:
[FEEDINGAMERICAACTION.ORG](https://feedingamericaaction.org)

16

MAP THE MEAL GAP
in your neighborhood by visiting map.feedingamerica.org.

17

HUNGER ACTION DAY!
go orange all day long!

18

HARVEST NIGHT
presented by [RICELAND](https://www.riceland.com)
EVENT CANCELLED
due to the rising number of COVID-19 cases in our area.

19

BIG ORANGE
BURGERS SALADS SHAKES
BIG ORANGE WEEK KICK OFF!

20

NATIONAL QUESO DAY!
Order a "Big Orange Queso" at all participating locations and they'll donate \$2 to the Foodbank!

21

HAM SELFIE CHALLENGE!
"HAM IT UP" and post a selfie using #BeAPossibilitarian!
FAMILY NIGHT Sign up to volunteer at the Foodbank with your Family!

22

PACK A LUNCH AND DONATE THE \$\$ YOU SAVED
Donate \$10 and provide enough food for 50 meals!

23

LEARN
about how we feed kids through our Food For Kids program!

24

KENDRA SCOTT
GIVEBACK EVENT AT THE LITTLE ROCK PROMENADE!

25

DELTA DENTAL
FOOD FOR KIDS PACK-A-THON
8:30 - 11:30 a.m. at the Foodbank! Register at arkansasfoodbank.org

26

DONATE
food items with your family to a local pantry. Visit our website for a list of locations!

27

PARTICIPATE IN OUR VOLUNTEER CHALLENGE!
Volunteers make our work possible, so tag a friend and challenge them to sign up for a volunteer shift at the Foodbank!

28

KEEP IT GOING!
Become a monthly donor and make a difference all year long!

29

TUNE IN
for a virtual "Round Table with Rhonda" at 9 a.m.
[Summit COMMUNITY CARE](https://www.summitcommunitycare.com)

30

DROP OFF
food and funds that you collected during the month!

SIGN UP TO RECEIVE NEWS AND UPDATES ABOUT OUR WORK AT [ARKANSASFOODBANK.ORG](https://arkansasfoodbank.org)