



# HEALTH + WELLNESS

When registering for *Walk for Rice*, you'll select one of three categories to track your fundraising efforts: Health & Wellness, Food & Fun, and Creative. We'll be tracking teams and individuals fundraising progress on leaderboards throughout the campaign. If you can't decide your track, no problem. You'll automatically be added to the Creative track. Below are some socially distanced Health & Wellness ideas for individuals or teams to kick off their fundraising.

Questions? Contact Stephen Jeong, Events Coordinator at [stephenj@acrs.org](mailto:stephenj@acrs.org).

## BIKE FOR RICE

Organize a virtual or in-person biking group using memory lane routes or creating your own.

## DIRT THERAPY

Did you know ACRS works with clients and community members to grow produce for the ACRS Food Bank? Growing your own food is good for the soul and for your health. Organize a garden group or grow food for *Walk for Rice* donations.

## SOCIAL JUSTICE WALKS

Building a just community is one of the greatest forms of health and healing.

Consider joining a walk or bike group to help ensure safety in the International District.  
<https://www.cidcommunitywatch.com/>  
Email [cidcommunitywatch@gmail.com](mailto:cidcommunitywatch@gmail.com)

Take a historic walking tour fo the International District: <http://bit.ly/WFRtourCID>

Learn the history of Seattle and the International District from Ron Chew and Dean Wong:  
<http://bit.ly/WFRronchew>  
<https://bit.ly/WFRdeanwong>

Learn about the indigenous land you occupy and support native communities directly:  
<https://native-land.ca/>

## WALK MEMORY LANE

Recreate the first *Walk for Rice* on Beacon Hill:  
<http://bit.ly/WFRBeaconHill>

Recreate the annual *Walk for Rice* by walking, running or biking the Seward Park Loop:  
<http://bit.ly/WFRSewardPark>

## ZUMBA PARTY

Recreate one of opening events with a *Walk for Rice* Zumba party. Zumba parties can be hosted on Teams, Zoom or Facebook Live. To help you get started, download ACRS' social justice playlist: <http://bit.ly/WFRplaylist>

## MEDITATION GROUPS

In our increasingly digital world, mindfulness is becoming more important to practice. Gather friends, colleagues or family for regular meditation breaks. There are several free meditation guides, apps, or videos on YouTube.

# FOOD + FUN



For *Walk for Rice* foodies and home chefs, the Food & Fun track include activities and challenges around cooking, eating and sharing.

## RICE & ROLL!

Bring friends and family to your kitchen (in-person or virtually) with a live sushi or musubi rolling demo. This cooking club can do more than roll - together you can make a difference by supporting the ACRS Food Bank.

## DESSERT DASH

Organize an online dessert dash! Purchase or bake your own desserts and auction them off online. Proceeds can benefit the *Walk for Rice*. Auction winners will walk away with something sweet and good for the community.

## FOOD GARDEN

Did you know that ACRS works with clients and community members to grow produce for the ACRS Food Bank? Growing your own food is good for the soul and for your health. Organize a garden group or grow food for *Walk for Rice* donations.

## RECIPE EXCHANGE

Organize a team and exchange rice-inspired recipes to benefit *Walk for Rice*. To make this a fundraiser, each person can contribute a donation and recipe. The more people, the more recipes and more resources for the ACRS Food Bank.

## RESTAURANT BINGO

Support locally-owned restaurants in the Beacon Hill neighborhood, Chinatown International District, Central District, and Rainier Valley. Find local POC owned businesses: <https://intentionalist.com/covid-19-takeout-delivery-directory/>

Create a custom bingo card:  
<http://bit.ly/WFRbingocards>

## POWER LUNCHES

In an increasingly digital world, it's important to take time with friends, family or colleagues. Organize a lunch group and share tips on eating and snacking healthy.

# CREATIVE



Activities and challenges that don't fit into the other categories fall into the Creative track, which taps your creative and artistic inspirations.

## SEW COOL!

Do you enjoy sewing or knitting in your free time? Sew custom cloth masks or knit a one-of-kind creation for auction benefitting *Walk for Rice*.

## ROCK FOR RICE

If you have music in your soul, organize a virtual, or socially distanced concert. Stream your concert online for donation to *Walk for Rice*.

## CID ART WALK

Take a tour of the Chinatown International District and experience how local artists transformed the community.

## ART SALE

Share your creative spirit and help fund the ACRS Food Bank. Whether you are an established artist or a weekend crafter, share your work with the world and by donation.

## COSTUME CONTEST

Your team can recreate the annual *Walk for Rice* pet costume contest. Pet owners can dress their furry friends, post their photos on social media and tally the likes. The pet with the most likes or votes wins!

## KARAOKE

Host a virtual or socially distanced karaoke party benefitting *Walk for Rice*. Find a list of ACRS' favorite hits: <http://bit.ly/WFRplaylist>