

Awesome August 2023 Help Me Help You Newsletter



8TH DISTRICT AWESOME AUGUST SATURDAY GROCERY GRAB N GO

FREE FOR ALL - Bring family, friends, and neighbors to enjoy the Awesome August Grocery Grab N Go this Saturday, August 19th at Perry Lindsay Academy, between 12 PM to 2 PM. Enjoy free nutritious fresh & packaged groceries, sweet treats, entertainment, and more. For more Nutrition Knights Grocery Grab N Go locations and schedules visit www.helpmehelpu.org/ggng

[Learn More](#)



3RD ANNUAL BACK-TO-SCHOOL HEALTHY HABITS

Mark your calendars! The 3rd Annual Back-To-School Nutrition Knights Healthy Habits will commence September 13th at our 7 Long Beach school Grocery Grab N Go locations. Each week, coinciding with our regular grocery grab-n-go dates, grade 5 children at our participating schools will receive healthy eating educational resources, gifts, school supplies, and more. Families are invited to the school grocery grab n go locations to also receive free groceries, information, and gifts from our sponsors.

[Learn More](#)



HMHY IS IN THE NEWS!

Press-telegram: Helping uplift the community is what this nonprofit is all about — hence the name ...“Besides fulfilling the most basic needs for community members,” Washington said, “we actively contribute to preventing homelessness by assisting households and individuals with saving money and accessing essential services...Help Me Help You also helps its clients improve their overall wellness by providing various resources and connecting them to essential community services.

[Read Full Story](#)



JULY VOLUNTEER OF THE MONTH

Congratulations Donovan, Long Beach for winning the July Volunteer of the Month award. As a father, high school basketball coach, and employee at American Airlines in cargo, Donovan still makes the time to volunteer to help feed our Long Beach residents in need. Thank you for all your ongoing support and all you do for our community. If you are over 18, have a few hours to spare, and want to volunteer at one of our 11 Grocery Grab N Go locations, please register



RECIPE OF THE WEEK - MOROCCAN LENTIL CHICKPEA STEW

This Moroccan Lentil Chickpea Stew recipe is a deliciously, nutritious, and hearty vegetarian meal. Made with fresh and packaged ingredients from this week's Long Beach Food Pantry Delivery and Grocery Grab N Go, this flavorful and fragrant meal ticks all the boxes for an exotic taste sensation and good health. For more recipes visit www.helpmehelpu.org/recipes

[See Recipe](#)



DONATE TO HELP FREE OUR COMMUNITY FROM HUNGER

Help feed a child in need with free nutritious groceries from as little as a \$20 donation to Help Me Help You. Child food insecurity is associated with poor health status, developmental risks, mental health problems, and poor educational outcomes (FRAC). Helping our children is investing in our future. Please, if you can afford, make a tax deductible donation today at www.helpmehelpu.org/donate-now

[Donate Now](#)

website: www.helpmehelpu.org

email: info@helpmehelpu.org

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Established in 2004, Help Me Help You is a 501(c)(3) community based non-profit organization dedicated to uplifting homeless and low-income individuals/families by increasing access to food, public benefits, economic security, and affordable housing as well as providing Social Security Benefits enrollment assistance to the public.

Every week, Help Me Help You improves the lives of more than 1,000 residents in need.

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