

## JOYOUS JUNE 2024 Help Me Help You Newsletter



### JOYOUS JUNE GROCERY GRAB N GO SATURDAY

All are invited to enjoy the free festivities at the Joyous June Grocery Grab N Go, this Saturday, the 15th at Perry Lindsay Academy, between 12 PM to 2 PM. Celebrating dads - receive free nutritious fresh & packaged groceries, sweet treats, entertainment, enrollment assistance in essential services, and more. This Grocery Grab N Go services residents of the 8th Council District Long Beach.

[Learn More](#)



### WE ARE CLOSED ON JUNE 19TH

We are closed on Wednesday June 19th, in observance of Juneteenth. Our next free groceries services that week are on Friday, June 21st at Stevenson Elementary School from 11:30 AM to 12:30 PM and Revive Church from 1 PM to 2 PM. Nutrition Knights Grocery Grab N Go services are an evidence-based approach, scientifically proven to combine hunger relief with nutrition information and healthy eating opportunities for low-income residents.

[More Locations & Schedules](#)



### BREAKING NEWS: GRANT RECEIVED FROM ALBERTSONS FOUNDATION'S NOURISHING NEIGHBORS AND O ORGANICS TO TACKLE SUMMER FOOD INSECURITY

Help Me Help You received a grant from Albertsons Foundation's Nourishing Neighbors Program to combat hunger during the summer months and after school hours when school-aged children face higher rates of food insecurity. The grant is part of the "Fight Hunger, Serve Hope" initiative from Albertsons private label brand O Organics.

[Learn More](#)

**Receive \$120 per eligible child to buy groceries during the summer**



Children who get SUN Bucks can still receive other food programs like CalFresh and Summer Meal Sites.

**FREE** CALFRESH ENROLLMENT ASSISTANCE: [helpmehelpu.org/CalFresh](http://helpmehelpu.org/CalFresh)

ncoa L.A. Care

### ELIGIBLE CHILDREN CAN GET \$120 TO BUY GROCERIES THIS SUMMER

Through the SUN Bucks food program, families can get \$120 per eligible child to buy groceries during the summer. Children who get SUN Bucks can still receive other food programs like CalFresh and meals at Summer Meal Sites. SUN Bucks will NOT affect immigration status. Your child will automatically get SUN Bucks if: your family got CalFresh, CalWORKs, or MediCal during the 2023-2024 school year; or your child is experiencing homelessness, living in foster care, or is part of a migrant family. Your child may still be eligible if your family isn't enrolled in the programs mentioned.

[Learn More](#)

**MAY 2024 VOLUNTEER**

**VOLUNTEER OF THE MONTH**  
JASON - ORANGE COUNTY, CA



GIFT CARD

### MAY VOLUNTEER AWARD

Congratulations and shout-out to Jason our Help Me Help You May Volunteer. Jason drives from Orange County to our Long Beach food pantry locations to help out. He is a single father of two, works at Home Depot, is also a personal trainer, and our master Cantonese translator helping to feed our culturally diverse community in need. We are very grateful for your volunteer service. If you would like to volunteer even for a few hours in several roles (no experience needed), register your interest now.

[Learn More & Register](#)

**THIS JUNE - MAKE A FATHER'S DAY & HELP ME HELP YOU FEED A DAD IN NEED**

**FREE mug with a \$50 donation or more this June**



[helpmehelpu.org/donate-now](http://helpmehelpu.org/donate-now)

### THIS JUNE MAKE A FATHER'S DAY & HELP FEED A DAD IN NEED

This June- make a Father's Day by donating to Help Me Help You which will feed a dad and his family in need. A tax-deductible donation of as little as \$20 will feed a family for a week with nutritious fresh and packaged groceries. Donations of \$50 or more will receive a free Help Me Help You ceramic mug to gift to your dad or a loved one. Don't delay - donate today!

[Donate Now](#)

**website:** [www.helpmehelpu.org](http://www.helpmehelpu.org)

**email:** [info@helpmehelpu.org](mailto: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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Contact us at: