

## AWESOME APRIL 2024 Help Me Help You Newsletter



### AWESOME APRIL GROCERY GRAB N GO SATURDAY

All are invited to enjoy the free festivities at the Awesome April Grocery Grab N Go, this Saturday, the 20th at Perry Lindsay Academy, between 12 PM to 2 PM. Celebrating all things free - 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.

[Lean More](#)



### FREE ONLINE NUTRITION TRAINING

Access a free nutrition class to learn about the role of nutrition in good health, how to make good food choices, how to read nutrition labels and shop for groceries on a budget, as well as cost-effective meal planning strategies and more. Register now to take the class at your leisure and access the video, quiz, meal planner, and grocery list template. This health education training is provided by Help Me Help You with support from the City of Long Beach Recovery Act.

[Register Now](#)



### LA CARE SUPPORTS FREE CALFRESH ENROLLMENTS TO HELP ME HELP YOU FIGHT HUNGER

LA Care Health Plan recently awarded Help Me Help You with a 2024 CalFresh Outreach Grant to support free enrollment assistance for Long Beach residents in need. By supporting access to CalFresh benefits, this grant will help residents receive monthly benefits to purchase groceries of their choice and, in some cases, hot meals from the many participating grocery stores, farmer's markets, and restaurants.

[Learn More](#)

**SENIORS OR PERSONS WITH DISABILITIES!  
EAT WELL WITH FREE NUTRITIOUS GROCERIES  
HOME-DELIVERED IN LONG BEACH**

Food insecurity disproportionately affects seniors and people with disabilities because they are often at a greater risk of unemployment, receive lower income, and are more likely to encounter transportation obstacles to access food pantries.



[at home](#)

### SENIORS OR PERSONS WITH DISABILITIES EAT WELL WITH LONG BEACH FOOD PANTRY DELIVERY

Long Beach Food Pantry Delivery provides free fresh and packaged nutritious groceries home-delivered to seniors or persons with disabilities (mental or physical) in need. You can also choose from Diabetes-Friendly, Heart Healthy, Vegetarian, and or Gluten-free dietary options. This service is funded in part SCAN Health Plan, one of the nation's largest nonprofit Medicare Advantage plans, is dedicated to keeping seniors healthy.

[Learn More & Register](#)

**VOLUNTEER OF THE MONTH  
PAM - Long Beach, CA**



**MARCH 2024  
VOLUNTEER**

REGISTER TO VOLUNTEER:  
[helpmehelpu.org/volunteer](http://helpmehelpu.org/volunteer)

GIFT CARD

### MARCH VOLUNTEER AWARD

Congratulations and big shout-out to Pam, our Help Me Help You March Volunteer Of The Month. Pam is a master communicator in both sign and spoken languages. She is a valued volunteer who graciously dedicates her time to helping our community in need. We are very grateful for her generous volunteer service at our Grocery Grab N Go locations. If you would like to volunteer for a few hours in several roles (no experience needed), register your interest today.

[Learn More & Register](#)

**RECIPE OF THE WEEK**

**ASIAN PORK & GREEN BEAN STIR FRY  
(SERVE WITH STEAMED OR CAULIFLOWER RICE)  
[helpmehelpu.org/recipes](http://helpmehelpu.org/recipes)**



### ASIAN PORK & GREEN BEAN STIR FRY RECIPE

You're going to savor this quick and easy Asian Pork & Green Bean Stir Fry recipe. Made with fresh and packaged ingredients from this week's Long Beach Food Pantry Delivery and Grocery Grab N Go, this fragrantly delicious and nutritious meal is a crowd pleaser.

[See Recipe](#)

**A \$20 DONATION PROVIDES A WEEK OF FREE  
NUTRITIOUS GROCERIES TO A HUNGRY FAMILY**



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

### DONATE SMALL TO MAKE A BIG DIFFERENCE TO A PERSON IN NEED

A donation of as little as \$20 feeds a person or family in need with fresh and packaged nutritious groceries for a week as well as provides them with free enrollment to essential services like CalFresh, Medi-Cal, and General Relief, as well as referrals to housing services. Make a one-time, weekly or monthly secure online tax-deductible donation now.

[Donate Now](#)

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

email: [info@helpmehelpu.org](mailto:info@helpmehelpu.org)

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