

FABULOUS FEBRUARY 2024 Help Me Help You Newsletter



FREE ONLINE NUTRITION TRAINING

This free training will help you to gain an understanding of the role of nutrition in good health and well-being, 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 online 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](#)



FOND FEBRUARY GROCERY GRAB N GO SATURDAY

All are invited to enjoy the Fond February Grocery Grab N Go fun tomorrow (Saturday 17th) at Perry Lindsey Academy from 12 PM to 2PM .- Receive free nutritious fresh and packaged groceries, sweet treats, entertainment, and more. This Grocery Grab N Go location serves all 8th Council District residents in need. For more free grocery schedules visit www.helpmehelpu.org/ggng

[Lean More](#)



MEDI-CAL UPDATE: UNDOCUMENTED IMMIGRANTS CAN QUALIFY FOR FREE OR REDUCED MEDICAL CARE

Undocumented immigrants in California can now qualify for free or reduced health insurance. Since January 1st, 2024, approximately 750,000 adults between the ages of 26 and 49 years old became eligible for Medi-Cal benefits. Furthermore, Medi-Cal is not part of the Immigration Public Charge and will not negatively affect your immigration status. Help Me Help You offers free Medi-Cal enrollment assistance for



JANUARY VOLUNTEER OF THE MONTH AWARD

Congratulations Lottie of Long Beach, for receiving the January 2024 Volunteer of the Month award. Lottie is committed to volunteering both nationally and locally at our Grocery Grab N Go locations in Long Beach. Thank you for all your consistent support as a Help Me Help You volunteer and for your generosity in helping to feed our residents in need. Pay it forward, and register your interest to volunteer today!

[Learn More & Register](#)



MEXICAN CHEESY LENTILS & BEANS WITH RICE RECIPE

This Mexican Cheesy Lentil & Beans with Rice recipe is quick, easy, and deliciously nutritious. Made with fresh and packaged ingredients from this week's Long Beach Food Pantry Delivery and Grocery Grab N Go, this wholesome meal is packaged with protein, vegetarian and gluten-free. For more of our food pantry recipes, visit www.helpmehelpu.org/recipes

[See Recipe](#)



FREE TEDDY BEAR WITH A \$100 DONATION - SHARE THE LOVE

This Valentine's month, share the love and donate to feed a person in need. You can make a small single, weekly, or monthly donation that will make a big difference to a hungry child, senior, or family in need. A small donation of \$20 will buy fresh and packaged groceries to feed a family for a week. Donations of \$100 or more during February 2024 will receive a Teddy Bear to gift to yourself or your loved one. Make a tax-deductible secure online donation today!

[Donate Now](#)

website: www.helpmehelpu.org

email: info@helpmehelpu.org

Share With Friends



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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.