

# HELP ME HELP YOU - MARCH NEWS



## NEW FRIDAY GROCERY GRAB N GO LAUNCHING MARCH 10TH

Due to unforeseen hazardous weather, the new McKinley Grocery Grab N Go launch is rescheduled to this Friday, March 10th. All Long Beach 9th District residents in need are welcome to join the free family festivities and receive fresh groceries, sweet treats, gifts, and more. This new location will run every 2nd and 3rd Friday of every month between 2 PM and 3 PM.

[Read More](#)



## MARVELOUS MARCH SATURDAY GROCERY GRAB N GO

Join the Marvelous March Grocery Grab N Go celebrations on Saturday 18th, at Perry Lindsey Academy, and feel the luck of the Irish when you receive free groceries, sweet treats, gifts, and more. All Long Beach 8th District residents in need are invited between 12 PM and 2 PM. Help Me Help You offers 11 Grocery Grab N Go school and community Long Beach, CA locations.

[Learn More](#)



## WHAT TO DO WHEN THE CALFRESH EMERGENCY ALLOTMENT ENDS

Are you among the nearly 3 million households in California that have been accustomed to receiving monthly CalFresh Emergency Allotment benefits and are concerned about how you will cope when these extra payments end, amongst the rising cost of living? Don't despair, there are many avenues to receive free weekly nutritional groceries and other benefits to curb your costs or even a change in your circumstances that may entitle you to an increase in your usual monthly CalFresh benefits.

[Read Blog](#)



### VOLUNTEER OF THE MONTH

Congratulations Mike from Long Beach, CA for being awarded and recognized as our February 2023 Volunteer of the Month. Mike joined HMHY as a volunteer a few months ago and has dedicated his time to volunteering twice per week. We are grateful for your support and commitment to selflessly help feed our Long Beach community in need. Help Me Help You is always looking for volunteers.

[Learn More or Register](#)



### CHILE SHRIMP WITH BRUSSELS SPROUTS & LEMON AIOLI

This delicious and nutritious Chile Shrimp with Brussels Sprouts and Lemon Aioli gives a festive warmth to the cooler seasons. Made with fresh and packaged ingredients from this week's Long Beach Food Pantry Delivery and Grocery Grab N Go, this tasty meal easy to prepare and a treat to eat. Our free food services are evidence-based resources scientifically proven to reduce hunger and malnutrition for residents in need. For recipes visit [www.helpmehelpu.org/recipes](http://www.helpmehelpu.org/recipes)

[See Recipes](#)



### DONATE THIS MARCH: SHARE THE LUCK OF THE IRISH TO FEED A FAMILY IN NEED

Your tax-deductible donation from as little as \$20 will buy a week of free fresh and packaged nutritious groceries to feed a hungry resident in need. Grocery Grab N Go services are evidence-based resources that are scientifically proven to combine hunger relief with nutrition information and healthy eating opportunities for individuals and families with low incomes. We need your help to end hunger in Long Beach, CA.

[Donate Now!](#)

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

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

Share With Friends



[About](#) | [Contact](#) | [Unsubscribe](#)

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.