

AWESOME AUGUST 2024

Help Me Help You Newsletter



AWESOME AUGUST GROCERY GRAB N GO SATURDAY

FREE FOR ALL - Bring family, friends, and neighbors to enjoy the Awesome August Grocery Grab N Go this Saturday, August 17th at Perry Lindsay Academy, between 12 PM to 2 PM. Enjoy free nutritious fresh & packaged groceries, sweet treats, entertainment, and more. This Grocery Grab N Go serves all residents in the 8th Council District of Long Beach, CA. For more Nutrition Knights Grocery Grab N Go locations and schedules visit www.helpmehelpu.org/ggng

[Lean More](#)



MORE FREE MEDI-CAL SERVICES

Medi-Cal participants can receive more free services by joining the free Enhanced Care Management program. This program matches you with a Care Manager, to help you to reach your health goals (access medical/dental care, medications, behavioral health services, drug/alcohol treatment, and transportation to/from appointments), help you reach your life goals (finding housing, getting a job, accessing food, and coordinating your healthcare), as well as receive support and learning about health and related resources.

[Free Enrollment Assistance](#)



STARBUCKS SUPPORT TO HELP END HUNGER IN LONG BEACH

Help Me Help You gratefully received a Starbucks Neighborhood Grant to support our free weekly groceries via our 11 Grocery Grab N Go Long Beach, CA locations, as well as Long Beach Food Pantry Delivery for seniors and the disabled. Starbucks graciously supports our services, community, and the quest to end hunger in Long Beach by routinely volunteering at our pantries, running non-perishable food drives, and grant support. It's always great fun and a pleasure to work with such a professional and generous team. Big shout out to the Long Beach Starbucks stores. We thank you!

[Ways To Show Your Support](#)



ASIAN HONEY GARLIC CHICKEN STIR FRY RECIPE

This Asian Honey Garlic Chicken Stir Fry recipe is full of chicken, broccoli and carrots, all coated in the easiest sweet and savory sauces. Made with fresh and packaged ingredients from this week's Long Beach Food Pantry Delivery and Grocery Grab N Go groceries, this delicious and nutritious meal will be a family favorite. For easy and healthy weekly meal recipes made with groceries from our free weekly groceries, visit www.helpmehelpu.org/recipes.

[See Recipe](#)



JULY VOLUNTEERS AWARDS

Congratulations to Clint and Lisa our Help Me Help You July Volunteers. They always come with a "can do" approach to help sign clients in or to unload groceries from the truck. Originally from Montana, Clint & Lisa enjoy the comradery of regularly working with our other volunteers and helping our in-need community. Thank you for your ongoing support.

If you would like to volunteer even for a few hours in several roles (no experience needed), register your interest now.

[Learn More & Register](#)



HELP FEED A SENIOR OR DISABLED PERSON IN NEED

Food insecurity is sadly on the rise and disproportionately affects seniors and people with disabilities. As supported by the Community Preventive Services Task Force findings and recommendations in The Community Guide, Long Beach Food Pantry Delivery is an evidence-based approach to fight senior hunger and malnutrition, increase energy intake, and improve health-related quality of life. Make a secure online donation 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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