

# HELP ME HELP YOU - OCTOBER NEWS



## SPOOKTACULAR OCTOBER GROCERY GRAB N GO

All are welcome to receive free groceries and other treats at the Saturday 15th Nutrition Knights October Spooktacular Grocery Grab N Go - celebrating Halloween. Join in the fun at Perry Lindsey Academy, between 12 PM to 2 PM, to receive free fresh and packaged nutritious groceries; Bimbo Bakeries USA treats, gifts, entertainment, and more. Kids big and small are welcome to come in costume.

[Read More](#)



## SCAN SUPPORTS LBFPD TO REDUCE SENIOR HUNGER

HMHY received a gracious \$5000 grant from SCAN Health Plan, one of the nation's largest nonprofit Medicare Advantage plans, to continue providing more Long Beach seniors in need with Long Beach Food Pantry Delivery (LBFPD). This Evidence-Based Program is proven to directly fight senior hunger by feeding more than 500 eligible seniors (60+) with free healthy groceries home-delivered.

[Learn More](#)



## SEPTEMBER VOLUNTEER OF THE MONTH

Congratulations Sophie from Long Beach, September Help Me Help You Volunteer of the Month! Thank you for all your support and dedication at our Grocery Grab N Go locations to help feed our community in need. You are recognized as a Master Multi-Tasker and will receive a certificate, gift voucher, and consideration for Volunteer of the Year. There are numerous ways to volunteer and no experience is needed.

[Learn More or Register](#)



## TREAT A HUNGRY CHILD TO NUTRITION THIS HALLOWEEN

With over 40% of households living below the poverty line in the US, 13 million children are affected by hunger and malnutrition. Treat a child to free nutritious groceries this Halloween. Our 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 low-income families. Even a \$20 donation provides weekly free and packaged groceries to a child in need.

[Donate Now](#)



## RECIPE OF THE WEEK

These Salmon & Mushroom Lettuce Wraps are delicious and nutritious. Using fresh and packaged ingredients from Long Beach Food Pantry Delivery and Grocery Grab N Go locations, this recipe is a treat for the tastebuds, quick to make, and easy on the waistline. Our free food services are evidence-based resources that are scientifically proven to combine hunger relief with nutrition information and healthy eating opportunities for individuals and families. For more recipes visit [helpmehelpu.org/recipes](http://helpmehelpu.org/recipes).

[Learn More](#)

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