

HELP ME HELP YOU - DECEMBER NEWS



HAPPY HOLIDAYS GROCERY GRAB N GO

Help Me Help You have a festive holiday season Saturday, December 17th, at the Happy Holidays Grocery Grab N Go from 12 PM to 2 PM at Perry Lindsey Academy. All are welcome to receive free nutritious groceries, free gifts (while stocks last), treats, music, and more. For more Nutrition Knights Grocery Grab N Go schedules and locations visit www.helpmehelpu.org/ggng.

[Read More](#)

NEW: HELP ME HELP YOU MERCHANDISE



NEW! HMHY MERCHANDISE

Just in time for the holiday season, we've launched Help Me Help You merchandise for sale to gift to your loved ones or even yourself. Show your support when you purchase any of our merchandise items and a portion of the proceeds benefits our free life-changing programs that provide free food and essential services to over 53,000 Long Beach, CA residents in need.

[Learn More](#)



FREE TEDDY BEAR WITH DONATION

This Holiday Season, give the gift that keeps giving! Pay it forward with a donation to help feed Long Beach, CA residents in need and ensure they have a festive season. A small tax-deductible \$50 donation gives a person in need nutritious groceries for a month and you'll receive a **FREE Help Me Help You Teddy Bear** (size = 8.66 inch H), to warm the heart and put a smile on the face of the young and old. You can gift your donation to a loved one, and they'll receive an email notifying them of your gracious gesture.

[Donate Now](#)



LONG BEACH FOOD PANTRY DELIVERY CLIENT IMPACT SURVEY

HMHY conducted an LBFDP Hunger & Nutrition Impact Client Survey in October 2022, and the results are great. The survey showed a substantial reduction in client hunger and malnutrition as well as increases in overall health and nutrition education. Learn more about the survey results or register for the service if you are a Long Beach, CA resident that is 60 years and in need of free home-delivered groceries at www.helpmehelpu.org/lbfpd

[Learn More or Register](#)



Help Me Help You VOLUNTEER

Help Me Help You is always in need of volunteers to help feed our community via one of our 10 Long Beach, CA locations. Be rewarded when you volunteer with Help Me Help You. Our volunteers not only learn new skills, make new friends, and become part of a dynamic team, but they also receive rewards for their gracious time and efforts. There are numerous ways for you to get involved and no experience is needed. Learn more about our volunteer opportunities or register now at www.helpmehelpu.org/volunteer.

[Learn More or Register](#)



ZUCCHINI SPIRALS & EGGPLANT WITH MANGO SALSA RECIPE

Fresh and fragrant, this light and easy Zucchini Spirals with Eggplant and Mango Salsa is a festive feed. Made with fresh and packaged ingredients from this week's Long Beach Food Pantry Delivery and Grocery Grab N Go locations, this wholesome meal will leave your home smelling like Thanksgiving any day of the year. Our free food services are evidence-based resources scientifically proven to reduce hunger and malnutrition for residents in need.

[See Recipes](#)

website: www.helpmehelpu.org
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