

# HELP ME HELP YOU - JANUARY NEWS



## JOYOUS JANUARY GROCERY GROCERY GRAB N GO

Get ready for the Joyous January Grocery Grab N Go - celebrating Martin Luther King - freedom, equality, and justice - this Saturday 21st at Perry Lindsey Academy, Long Beach, California. All in need are welcome to receive free fresh and packaged groceries, Bimbo Bakeries sweet treats, Beanie Babies Toys, cleaning products, and more. Thank you Christian Outreach In Action Of Longbeach for kindly donating the toys.

[Read More](#)



## NON-PROFIT HELPS OLDER ADULTS WITH FOOD INSECURITIES

The Community Guide in Action story announces how Long Beach Food Pantry Delivery is helping older adults eat healthier, feel less concerned about getting groceries, and improve their health. Help Me Help You adapted a Community Preventive Services Task Force recommendation for home-delivered and congregate meal services to maintain, promote, and grow the service. Read the article at [www.helpmehelpu.org/media](http://www.helpmehelpu.org/media)

[Learn More](#)



## AN EVIDENCE-BASED APPROACH TO FIGHTING SENIOR HUNGER & MALNUTRITION

Long Beach Food Pantry Delivery is an Evidence-Based Program determined to fight the growing levels of senior hunger and malnutrition. This program protects the Long Beach, California community by providing free weekly nutritious fresh and packaged groceries with recipes, as well as nutrition and community service information home-delivered to almost 500 seniors in need. Read the full report behind a proven solution to senior hunger and malnutrition.



### NOVEMBER VOLUNTEER OF THE MONTH

Congratulations Lynn from Long Beach, CA for being awarded and recognized as our November 2022 Volunteer of the Month for Commitment & Consistency. Lynn routinely volunteers to assist with our Wednesday and Friday food pantry locations. We are grateful for your support and commitment to graciously help feed our Long Beach community in need. Learn more about our volunteer opportunities or register now at [www.helpmehelpu.org/volunteer](http://www.helpmehelpu.org/volunteer).

[Learn More or Register](#)

### RECIPE OF THE WEEK



### BEEF, SHISHITO PEPPERS, SQUASH & POTATO SKILLET CASSEROLE

You'll love this quick Beef, Shishito Peppers, Squash & Potato Skillet Casserole recipe guaranteed to please. Made with fresh and packaged nutritional ingredients from this week's Long Beach Food Pantry Delivery and Grocery Grab N Go, this delicious meal is easy to make, and a delight to eat. For recipes visit [www.helpmehelpu.org/recipes](http://www.helpmehelpu.org/recipes). Our free food services are evidence-based resources scientifically proven to reduce hunger and malnutrition for residents in need.

[See Recipes](#)



### HELP ME HELP YOU END HUNGER IN LONG BEACH, CA

Feed a Long Beach resident in need with as little as a \$20 tax-deductible donation to Help Me Help You that buys fresh and packaged nutritious groceries for a week. 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.helpmehelpu.org](http://www.helpmehelpu.org)

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