

HELP ME HELP YOU - JUNE NEWS



HEROIC GROCERY GRAB N GO - GROCERIES TO SAVE THE DAY!

All are welcome at next Saturday's (June, 18th) Nutrition Knights Heroic Grocery Grab N Go - celebrating dads. Join the festivities at Perry Lindsey Academy, between 12 PM to 2 PM, to enjoy free fresh and packaged nutritious groceries; Bimbo Bakeries sweet treats, gifts, entertainment, and more. Bring your hero or come dressed as your favorite superhero.

[Learn More](#)



NUTRITION KNIGHTS FREE FOOD PANTRY DELIVERY

Cesar Chavez Elementary School Grocery Grab N Go drive-thru moved to a FREE home delivery service on June 1st, 2022. Families in need with children enrolled at Cesar Chavez Elementary School are eligible but must register for the service. You'll still enjoy the same great service and free nutritious groceries, except better, as you won't need to leave your home. Click on Learn More and remember to register.

[Register](#)



THERE ARE MANY WAYS TO HELP ME HELP YOU VOLUNTEER

We are always in need of volunteers for a few hours in a number of roles. You can volunteer as an individual, family/group, or as a business/company. It's a great way to learn new skills, make new friends, build comradery, and give back to the community. There are many roles and no experience is needed. Register your interest, by completing the volunteer registration form or phone 562 612 5001

[Register Your Interest](#)



RECIPE OF THE WEEK

Long Beach Food Pantry Delivery provides free home-delivered groceries and recipes to more than 500 seniors in need (aged at least 60 years). To check your eligibility and register visit www.helpmehelpu.org/lbfpd. This life-changing service is often life-saving to our senior community. Corporate sponsorships and individual donations are crucial to keep providing this service. To learn more about sponsorship packages, please send an email to summer@helpmehelpu.org

[See Recipe](#)



GIVE A LITTLE TO HELP A LOT

One in 4 families with children like Amy lives with food insecurity, which is associated with poor health; developmental risks; mental health problems; and educational outcomes. HMHY offers a variety of free food services including free weekly groceries via 10 school and community Grocery Grab N Go locations; and free enrollment assistance for CalFresh to shop for groceries. A small tax-deductible donation from \$20 to Help Me Help You will buy groceries for a resident in need for a week. Please donate now and Help Me Help You feed our community.

[Donate Now](#)