

JOYOUS JANUARY 2024 Help Me Help You Newsletter



HOW HMHY COMBATED HUNGER & TRANSFORMED LIVES IN 2023

Despite the end of federal pandemic aid, soaring food prices, and a spike in food insecurity, Help Me Help You continued to combat hunger in 2023 by feeding over 60,000 individuals, an additional 8,000 from the previous year. Our services also helped to transition residents in need to lives of self-sufficiency. See how our new programs and offerings helped our Long Beach residents in need.

[Read More](#)



PROTECT YOUR CALFRESH BENEFITS FROM THEFT

CalFresh beneficiaries can check their balances and transaction history when they download the free ebtEDGE App from the Apple app store or Google Play. If your CalFresh food benefits have been stolen between 10/1/2022 and 11/30/2023 you may be eligible for CalFresh benefit replacements and should contact your case manager at DPSS. Help Me Help You offers free CalFresh enrollment assistance.

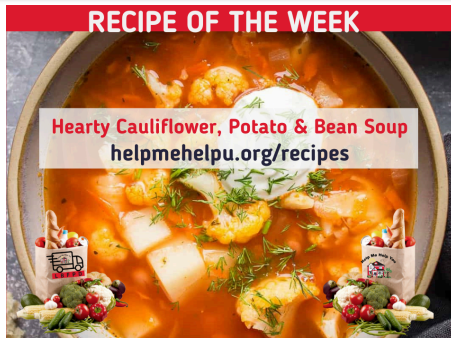
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DECEMBER VOLUNTEER OF THE MONTH AWARD

Congratulations Mary of Long Beach, for receiving the December Volunteer of the Month award. Mary is a long-standing volunteer. For decades she has tirelessly volunteered at our Grocery Grab N Go locations as well as actively recruited other volunteers and spread the news about our services to those in need. Thank you for all your consistent support in helping to feed our Long Beach residents in need.

[Learn More & Register](#)



ITALIAN UMBRIAN LENTIL SOUP WITH PASTA & VEGETABLE RECIPE

This healthy Hearty Cauliflower, Potato & Bean Soup is deliciously light yet filling. It's made with crunchy cauliflower and protein-packed pinto beans and only takes 30 minutes to prepare. Made with fresh and packaged ingredients from this week's Long Beach Food Pantry Delivery and Grocery Grab N Go, this meal is easy for digestion and a treat to eat.

[See Recipe](#)



NEW YEAR RESOLUTION: HELP END HUNGER IN LONG BEACH

As part of your New Year's resolutions, help end hunger in Long Beach, CA by making a small single, weekly, or monthly donation that will make a big difference to a hungry child, senior, or family in need. A small donation of \$20 will buy fresh and packaged groceries to feed a family for a week. Improve a life when you make a tax-deductible secure online donation today!

[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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