

# HELP ME HELP YOU

## OCTOBER NEWS



### OCTOBER MEANS MORE BENEFITS TO BUY GROCERIES

From October 1, 2021, maximum benefit amounts will increase for those receiving SNAP, known as CalFresh in California. At the same time, more benefits including Emergency Allotments and Pandemic Electronic Benefits Transfer, continue to take effect to provide additional grocery purchasing power for Californians.

[Learn More](#)



### 1 IN 6 IMMIGRANT FAMILIES IN CALIFORNIA ARE NOT AWARE THEY CAN QUALIFY FOR CAPI BENEFITS

The Cash Assistance Program for Immigrants (CAPI), is available to many immigrants residing in California that are not eligible for Supplemental Security Income (SSI). See if you qualify to receive these life-improving monthly benefit payments.

[Learn More](#)



## ENTER THE HEALTHY LUNCH BOX TIKTOK COMPETITION

Nutrition Knights Healthy Habits events are scheduled at participating Long Beach, elementary schools to include Lincoln, Stevenson, Whittier, Oropeza, and Cesar Chavez. Children will be encouraged to adopt healthy habits with educational information and will receive FREE gifts. They are also invited to post healthy lunch box videos on TikTok for a chance to win one of two \$100 Walmart/Target gift cards.

[Learn More](#)



## HMHY VOLUNTEERS ALWAYS NEEDED

Join the Help Me Help You team of volunteers and support your community, learn new skills, gain experience, make new friends, and become part of a fun and productive team. Become a Help Me Help Me, Volunteer today!

[Learn More](#)



## HOW TO SUPPORT HMHY WITH NO EXTRA COST TO YOU

Ralphs is supporting Help Me Help You through their Community Contribute Program. Simply go to [www.ralphs.com](http://www.ralphs.com) and enter UT851 to select Help Me Help You as your designated charity, and Ralph's will donate up to 4% of your purchase to Help Me Help You, each time you shop. It's a great way to effortlessly give year-round with no extra cost to you.

[Learn More](#)

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