

HELP ME HELP YOU - NOVEMBER NEWS



THANKSGIVING GROCERY GRAB N GO

Help Me Help You have plenty to be thankful this Saturday, November 19th, at the Thanksgiving Grocery Grab N Go from from 12 PM to 2 PM at Perry Lindsey Academy. All are welcome to receive free nutritious groceries, roast turkey or beef (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](#)



CalFresh BENEFITS KEEP GIVING

Are you battling to eat nutritious food, feed your family or simply going without because you can't afford it? CalFresh may be the solution for you with benefits that keep on giving by providing you with monthly dollars to buy fresh groceries, and seeds or plants to grow your own food at home; the option to purchase restaurant or readymade meals for some; as well as a number of other benefits. Help Me Help You provides free enrollment assistance.

[Learn More](#)



Help Me Help You FEAST THIS THANKSGIVING

All in need are welcome to received a FREE Roast Turkey or Roast Beef (while stocks last) as well as nutritious groceries at select Nutrition Knights Grocery Grab N Go locations commencing November 18th to 23rd. See www.helpmehelpu.org/ggng for times and locations. In observance of Thanksgiving, Help Me Help You will be closed on November 24th and 25th. Wishing you and your loved ones peace, happiness & health this Thanksgiving and always.

[Learn More](#)



VOLUNTEER OF THE MONTH

Congratulations Daisy, Starbucks Long Beach Store Manager and October 2022 Help Me Help You Volunteer of the Month! We are grateful for your dedication to going above and beyond to help feed our community in need via our Grocery Grab N Go locations, and for your nomination to receive the Starbucks Foundation Neighborhood Grant. Your volunteer work has improved the lives of Long Beach residents in need. Help Me Help You learn new skills, make friends, and be rewarded when you volunteer. [Learn More or Register](#)



THANKS FOR GIVING A FAMILY IN NEED A NUTRITIOUS FEED

This Thanksgiving, pay it forward and help a family in need with a feast to feed. Even a \$20 tax-deductible donation to Help Me Help You provides weekly free and packaged groceries. Nutrition Knights 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 low-income families. [Donate Now](#)



RECIPE OF THE WEEK

This fragrantly delicious Roasted Cinnamon Chicken & Sweet Potato recipe is a nutritious meal to be thankful for. 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.helmehelpu.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.