Spooktacular October 2023
Help Me Help You Newsletter

OCTOBER SPOOKTACULAR GROCERY GRAB N GO

All are welcome to receive free nutritious groceries and other treats on Saturday, October 21st at the Nutrition Knights Spooktacular Grocery Grab N Go - celebrating Halloween. Kids are welcome to come in costume. Join the fun at Perry Lindsey Academy between 12 PM and 2 PM, to receive fresh and packaged groceries, Bimbo Bakeries USA sweet treats, gifts, entertainment, and more.

Learn More

From left: Zina Washington, HMHY Executive Director; Brandon Fallon, HMHY CalFresh Program Supervisor; Lieling Hwang, Long Beach USD Nutrition Services Director; Marisa Semense, Long Beach Community Action Partnership Executive Director; Andy Cantero, 9th District Long Beach Legislative Assistant; Dulnari Edirisinghe-Aga, McKinley Elementary School Principal; Montserrat Pineda, Mayor Rex Richardson Community Engagement Deputy Officer; and Corina Lynch McKinley Elementary School Office Secretary.

IN THE NEWS: FREE GROCERIES TO BE DISTRIBUTED TWICE A MONTH AT MCKINLEY ELEMENTARY IN NORTH LONG BEACH

Last month's official launch of 9th District Grocery Grab N Go was a great success. In an ribbon-cutting grand opening event, city officials welcomed all residents in need to receive free nutritious groceries outside of McKinley Elementary school. Over residents received free groceries, school supplies and other gifts, access to free enrollment to essential community services, information from partner organizations and more. This location provides free groceries every 2nd and 4th Friday of the month.

Read Full Signal Tribune Story

MODERN MONEY MASTRY COURSE

Reserve your spot today for the Modern Money Mastery Course. Easily learn how to improve your financial literacy and lifestyle in these tough economic times. You can't afford to miss this training opportunity. See previews of some of the training at tinyurl.com/previewmmm. Register for the Modern Money Mastery online training course, by completing the signup form.

Register now

SENIORS OR PERSONS WITH DISABILITIES RECEIVE FREE GROCERIES HOME-DELIVERED

Seniors (60 years or older) and or persons with a disability (mental or physical) residing in Long Beach, that cannot access any of our 11 Grocery Grab-N-Go locations may qualify for free fresh and packaged groceries home-delivered for a $10 delivery fee each time. Long Beach Food Pantry Delivery is available up to twice a month.

Check Your Eligibility & Register

SEPTEMBER VOLUNTEER OF THE MONTH

Congratulations Lenora, Long Beach for receiving the September Volunteer of the Month award. Lorna is a consistent and driven volunteer at our Grocery Grab N Go locations. Thank you for all your ongoing support to help feed our Long Beach residents in need. If you are over 18 and have a few hours to spare, volunteer at one of our 11 Grocery Grab N Go locations. No experience is required.

Learn More & Register

RECIPE OF THE WEEK - TURKISH SWEET CORN & BEANS SOUP WITH COLLARD GREENS

This Turkish Sweet Corn and Beans Soup with Collard Greens recipe is a delicious, nutritious, and hearty vegetarian meal. Made with fresh and packaged ingredients from this week's Long Beach Food Pantry Delivery and Grocery Grab N Go, this flavorsome and fragrant meal ticks all the boxes for an exotic taste sensation, that's easy

DONATE TO TREAT A HUNGRY CHILD TO FREE GROCERIES THIS HALLOWEEN

This Halloween, help to feed a hungry child in need. Your donation to Help Me Help You will buy nutritious fresh and packaged groceries for at least a week. Food insecurity is associated with poor health, developmental risks, mental health problems, and poor educational outcomes. Help provide a better future for a child in need. Make a tax-deductible 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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