

## April 2023 Help Me Help You Newsletter



### Eggstravagant April Grocery Grab N Go Serving the 8th District Long Beach

Mark your calendars for this Saturday's (April 15th) Nutrition Knights Eggstravagant Grocery Grab N Go. All are invited to receive free groceries, Easter treats, free gifts, entertainment, and more at Perry Lindsey Academy (5075 Daisy Ave, Long Beach) from 12 PM to 2 PM). For more locations and schedules visit [www.helpmehelpu.org/gng](http://www.helpmehelpu.org/gng)

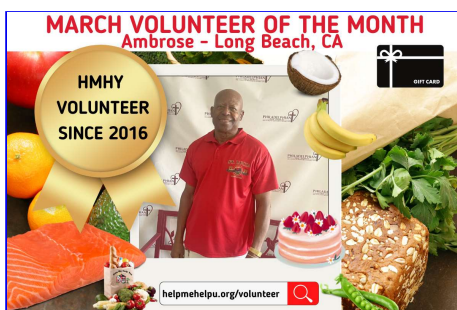
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### Pay It Forward & Be Rewarded

Are you a student (aged 18 plus), a retiree, or have some time and want to *pay it forward* with acts of kindness to our Long Beach residents in need? We all have something to give and even a little of your time can make a big difference to the in-need community. Paying it forward is about making the lives of others just a little bit better and volunteering even for a few hours with Help Me Help You is the perfect way to make a positive difference to many and also be rewarded. Read our blog to learn more.

[Learn More](#)



### March Volunteer of the Month

Congratulations Ambrose from Long Beach, CA for being awarded as our March 2023 Volunteer of the Month. Ambrose joined HMHY in 2016 and is dedicated to volunteering to feed our community in need every Wednesday and Friday via one of our 12 Grocery Grab N Go locations. We are grateful for your commitment to improving the lives of those in need in our Long Beach community, We especially enjoy the delicious homemade cakes you bring to share.

[Learn More](#)

## RECIPE OF THE WEEK



## Recipe of the Week

This Chicken Wings with Green Beans & Potatoes recipe makes a deliciously fresh and tangy meal. Using fresh and packaged ingredients from this week's Long Beach Food Pantry Delivery and Grocery Grab N Go, this easy meal will delight the tastebuds and satisfy the fussiest eater. For recipes visit [www.helpmehelpu.org/recipes](http://www.helpmehelpu.org/recipes).

[Learn More](#)



## Help Resurrect The Lives of Our Long Beach Neighbors in Need

This April, help a family or individual in need. A small donation of as little as \$20 provides free groceries for a week as well as free enrollment to essential services like CalFresh, MediCal, General Relief, and referrals to housing services. Long Beach homelessness and hunger are on the rise and we need your help now more than ever. Donations of \$50 or more this April will receive a FREE HMHY Teddy Bear.

[Donate Now](#)

**website:** [www.helpmehelpu.org](http://www.helpmehelpu.org)

**email:** [info@helpmehelpu.org](mailto: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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**Contact us at:**  
[info@helpmehelpu.org](mailto:info@helpmehelpu.org)

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