

# HELP ME HELP YOU - SEPTEMBER NEWS



## BREAKING NEWS: HEALTHY HABITS SCHOOL PROGRAM

During October, select Long Beach elementary schools will run the Nutrition Knights Healthy Habits program to encourage children to adopt healthy eating and living routines. Children will receive gift bags, educational materials, and information on Nutrition Knights school food pantries. Two \$100 Walmart/Target Gift Cards are up for grabs for winners of the TikTok Healthy Lunch Box competition.

[Learn More](#)



## THE SILVER LINING TO RETIREMENT - SOCIAL SECURITY BENEFITS

Thinking about retiring or planning ahead for the golden years? Learn about your Social Security Retirement benefits, when and how you can access them.

[Learn More](#)



## COMING SOON: OCTOBER INCREASE IN CALFRESH BENEFITS

The September 2021 CalFresh Emergency Allotment (EA) was approved and will be available on EBT cards on Sunday, October 24, 2021. Every CalFresh recipient will receive an increase in benefits. Do you need assistance with buying groceries? We provide free enrollment assistance for CalFresh benefits.

[Learn More](#)



### VOLUNTEERS NEEDED

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

[Learn More](#)



### A \$10 DONATION BUYS GROCERIES FOR A WEEK

If you can afford to, please make a donation to help feed our children, families, and seniors in need. This will help us to continue these life-improving services.

[Learn More](#)

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

email: [info@helpmehelpu.org](mailto:info@helpmehelpu.org)

### Share With Friends



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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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