

# HELP ME HELP YOU - NOVEMBER NEWSLETTER



## COMING SOON: 6TH NUTRITION KNIGHTS SCHOOL FOOD PANTRY

On Saturday, December 18, HMHY will commence its 6th Nutrition Knights School Food Pantry at Perry Lindsey Academy, Long Beach. This food pantry will run on the third Saturday of each month between 12 AM to 2 PM for children and families in need to receive free fresh and packaged nutritious groceries. HMHY operates 10 food pantry locations with various schedules in Long Beach, CA.

[Learn More](#)



## FREE 2022 WALL CALENDAR RECIPE BOOK WITH DONATIONS FROM \$20

Celebrate the holiday season with the HMHY 2022 Wall Calendar that's bursting with nutritious recipes for each month. Make a donation from \$20 at [www.helpmehelpu.org/donate-now](http://www.helpmehelpu.org/donate-now) and receive a free wall calendar. It's a great gift for loved ones or to help you start the new year with healthy eating. Donations to HMHY are tax-deductible and benefit the Long Beach Food Pantry Delivery service that provides nutritious groceries home-delivered each week to over 500 senior Long Beach seniors in need.

[Learn More](#)



## NATIONAL ALZHEIMER'S AWARENESS MONTH AND SOCIAL SECURITY ENTITLEMENTS

There are currently more than 6 million American's with Alzheimer's Disease and this number is growing. It's important to know that you may qualify for Social Security Disability benefits to provide important ongoing monthly financial assistance. Learn the facts about Social Security Disability financial entitlements for Alzheimer's patients and how to access them.

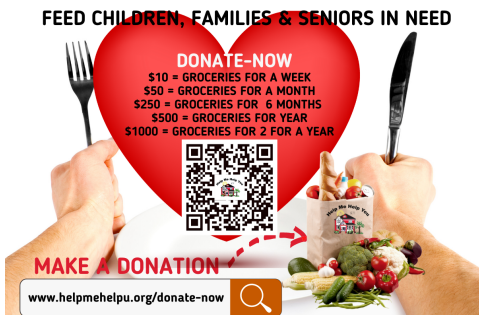
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### WINNERS OF THE HEALTHY LUNCH BOX TIKTOK COMPETITION

Thank you for all the fabulous nutritious and delicious lunch box videos posted on TikTok, making it a tough choice for the Nutrition Knight to pick two winners. Congratulations to @pandaonaskateboard0 and @marychivadominique for winning the competition. We will message your TikTok account so you can receive your \$100 Target/Walmart gift card. Keep up your healthy eating habits by making good food choices with free groceries from our Nutrition Knights school food pantries.

[Learn More](#)



### HELP FEED THOSE IN NEED THIS HOLIDAY SEASON

If you can afford to, make a donation of as little as \$10 to ensure that HMHY can continue to provide these life-changing services to help feed our community in need. Simply scan the QR code for our secure online donate page or visit [www.helpmehelpu.org/donate-now](http://www.helpmehelpu.org/donate-now). A \$10 donation buys nutritious groceries for a week. All donations made to HMHY are tax-deductible and you can choose which service your want your donation to benefit.

[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](#)

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.