

# Happy Holidayz - December 2023 Help Me Help You Newsletter



## SATURDAY HAPPY HOLIDAYS GROCERY GRAB N GO

Join this Saturday's Happy Holidays Grocery Grab N Go festivities at Perry Lindsey Academy from 12 PM to 2 PM. All are welcome to receive free nutritious fresh & packaged groceries, sweet treats, entertainment, and more. This Grocery Grab N Go services 8th District Long Beach residents in need. For more free grocery locations and schedules, visit [www.helpmehelpu.org/ggng](http://www.helpmehelpu.org/ggng)

[Learn More](#)



## HOLIDAY SEASON CLOSURES

Help Me Help You (HMHY) will be closed on Monday, December 25th for Christmas and Monday, January 1st in observance of the New Year. We are grateful for the opportunity to serve you and to end hunger in Long Beach, CA. The HMHY team would like to take this opportunity to wish you and your family a happy, healthy, and safe Holiday Season, may the New Year be filled with moments to treasure and dreams come true. Thank you for your ongoing support.

[Learn More](#)



## VOLUNTEER APPRECIATION LUNCH

All HMHY Volunteers are invited to our annual Volunteer Appreciation Lunch on Friday, December 29th at the HMHY Warehouse. Come in your best "ugly" shoes and bring a dish to share with 6-8 people. Enjoy great company, food, games, laughs, awards, and more from 11 AM to 4 PM. RSVP by December 25th to [james@helpmehelpu.org](mailto:james@helpmehelpu.org). We are grateful for the dedication of our volunteers who make it possible to serve more than 53,000 Long Beach residents.

[Contact Us](#)



## NOVEMBER VOLUNTEER AWARD

Congratulations Russell of Long Beach, for receiving the November Volunteer of the Month award. Russell is a dedicated Help Me Help You volunteer who has routinely helped at our Grocery Grab N Go locations since 2016. Thank you for all your consistent support and generosity in helping to feed our Long Beach residents in need. If you want to pay it forward and become a volunteer, register your interest today.

[Learn More & Register](#)



## ITALIAN UMBRIAN LENTIL SOUP WITH PASTA & VEGETABLE RECIPE

This Umbrian Lentil Soup With Pasta recipe is a deliciously nutritious, and hearty 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 a healthy Italian taste sensation, that's easy on the waistline.

[See Recipe](#)



## SHOW YOU CARE & RECEIVE A FREE TEDDY BEAR

If you can afford to, spread the joy this holiday season and donate to Help Me Help You to feed a family in need. Donations of \$100 or more during December 2023 receive a FREE cuddly Help Me Help You teddy bear to gift to a loved one or keep for yourself. Make a tax-deductible secure online donation today!