

# HELP ME HELP YOU - FEBRUARY NEWS



## MUCH MORE THAN A FREE GROCERY GRAB N GO

FREE FOR ALL - Bring family, friends, neighbors to enjoy free entertainment, ready made-food, nutritious fresh & packaged groceries every 3rd Saturday of the month at Perry Lindsey Academy Free Grocery Grab N Go. Bimbo Bakeries will be the ready-made food sponsor on February 19th, handing out delicious sweet treats.

[Learn More](#)



## CHANGE TO PUBLIC CHARGE MEANS IMMIGRANTS BENEFIT

Are you missing out on accessing benefits because you are concerned it may impact your US immigration? President Biden's change to the Public Charge policy means immigrants can safely access benefits such as CalFresh, Medicare/Medi-Cal, and food pantry/free grocery grab n go services without affecting their immigration status.

[Learn More](#)



## SHARE THE LOVE THIS VALENTINE'S DAY

Are you stuck on what to get your loved one this Valentine's Day or how to share the love? Help Me Help You Valentine's donations are a gift that keeps on giving. Make a secure online and tax-deductible donation in honor of a loved one and feed a child, senior, or family in need. Your Valentine will also receive an email with your custom message notifying them of the goodwill you made in their honor. Donations of \$20 or more will receive a FREE 2022 Calendar Recipe Book. [www.helpmehelpu.org/donate-now](http://www.helpmehelpu.org/donate-now)

[Learn More](#)



## FEEL & SPREAD THE LOVE AS A HMHY VOLUNTEER TODAY

We are always looking for volunteers. Join the Help Me Help You team of volunteers and support your community, learn new skills, gain experience, make great new friends, and become part of a fun and productive team. Become a Help Me Help Me, Volunteer today!

[Learn More](#)



## REQUESTING SPONSORSHIP FOR LBFPD

Each week, Long Beach Food Pantry Delivery provides free home-delivered fresh and packaged groceries with recipes to more than 500 Long Beach seniors (over 60-year-olds or at least 50 with a health condition). This life-changing service is often life-saving to our senior community in need. Corporate sponsorships and individual donations are crucial to keep providing this service. **If your employer would like to know about sponsorship packages, please send an email to [summer@helpmehelpu.org](mailto:summer@helpmehelpu.org)**

[Learn More](#)