

Noble November 2023 Help Me Help You Newsletter



JOIN THE NOBLE NOVEMBER GROCERY GRAB N GO FESTIVITIES

All are welcome to enjoy the festivities at the Noble November Grocery Grab N Go – celebrating Thanksgiving, this Saturday, the 18th at Perry Lindsay Academy, between 12 PM to 2 PM. Enjoy nutritious fresh & packaged groceries, sweet treats, entertainment, and more. This Grocery Grab N Go services residents of the 9th District Long Beach. For more locations and schedules, visit www.helpmehelpu.org/ggng

[Learn More](#)



NOVEMBER HOLIDAY CLOSURES

Help Me Help You will be closed on November 23rd & 24th in observance of Thanksgiving. There will be no Grocery Grab N Go services on at Oropeza or McKinley Elementary Schools on these dates. The last Grocery Grab N Go services for November will be on Wednesday, November 22nd at Lincoln Elementary School (11:15 AM to 12:15 PM) and Philadelphian SDA Church (1 PM to 2 PM). Wishing you and your families a happy, healthy, and safe Thanksgiving!

[Learn More](#)



SCAN HEALTH PLAN SUPPORTS LBFDP FOR SENIORS & DISABLED

Long Beach Food Pantry Delivery (LBFDP) provides free fresh and packaged nutritious groceries home-delivered to seniors (60 years and over) or Persons With Disabilities in need. This service is life-improving and often life-saving for many. It is an Evidence-Based Program determined to fight the growing levels of hunger and malnutrition. LBFDP is funded in part by SCAN Health Plan, one of the nation's largest

FREE MODERN MONEY MASTERY COURSE - NOVEMBER ONLY

Week 1 = How to budget.
 Week 2 = How to make more money, save more money, and plan for tax.
 Week 3 = How to manage your debt.
 Week 4 = Understanding your FICO/credit rating and how to improve it.
 Week 5 = Free community assistance programs and how to access them.

HURRY REGISTER NOW:
 Scan the QR Code or
 visit www.helpmehelpu.org/mmm



MODERN MONEY MASTERY COURSE

It's not too late to register and join the free Modern Money Mastery Course. Designed for US residents (including immigrants) aged from 18 years to seniors who are on a tight budget and would like to improve their financial literacy and lifestyle in these tough economic times. Easily learn some strategies to improve your finances for a better future. You can't afford to miss this interactive online training opportunity offered for free during November only. Those that attend all 5 classes will receive a completion certificate.

[Register now](#)

VOLUNTEER OF THE MONTH
 Cathy - Long Beach, CA

OCTOBER 2023
 VOLUNTEER
 ALL-ROUNDER



REGISTER TO VOLUNTEER:
helpmehelpu.org/volunteer

OCTOBER VOLUNTEER OF THE MONTH

Congratulations Cathy, Long Beach for receiving the October Volunteer of the Month award. Cathy has a "can do" attitude and will happily help out wherever needed. She is an absolute joy to work with and we are grateful to have her as a Help Me Help You volunteer. If you want to pay it forward and volunteer to help our Long Beach residents in need, register your interest at: www.helpmehelpu.org/volunteer.

[Learn More & Register](#)

RECIPE OF THE WEEK

Red Lentil Chili
helpmehelpu.org/recipes



RECIPE OF THE WEEK - RED LENTIL CHILI

This Red Lentil Chili recipe is a deliciously nutritious, and hearty vegetarian 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 taste sensation, that's easy on the waistline.

[See Recipe](#)

TIS THE SEASON TO SHOW YOU CARE & RECEIVE A FREE TEDDY BEAR

DONATION GUIDE:

Amount:

- \$20 = groceries for a week
- \$50 = groceries for a month
- \$250 = groceries for 6 months
- \$500 = groceries for a year
- \$1,000 = a year of groceries for a family
- \$100,000 = feed seniors & persons with disabilities for a year - LBFPD

FREE TEDDY BEAR WITH \$50 OR MORE DONATION VALID NOV - DEC 2023

DONATE NOW:
www.helpmehelpu.org/donate-now



SHOW YOU CARE & RECEIVE A FREE TEDDY BEAR

Spread the joy this holiday season when you make a donation to Help Me Help You to feed a family in need. Donations of \$50 or more during November and 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!

[Donate Now](#)