

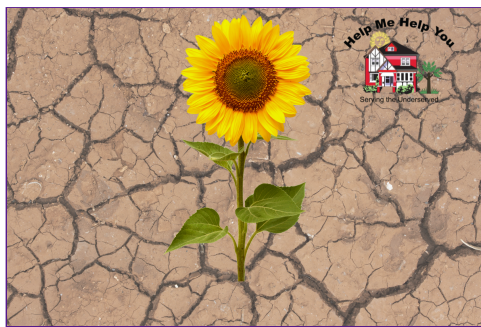
HELP ME HELP YOU - JULY NEWS



JOYOUS JULY GROCERY GRAB N GO - CELEBRATING ALL THINGS FREE!

Bring your family and neighbors to celebrate freedom and all things free at Saturday's (July, 16th) Nutrition Knights Joyous July Grocery Grab N Go, Perry Lindsey Academy, between 12 PM to 2 PM. Receive free fresh and packaged nutritious groceries; Bimbo Bakeries treats, gifts, entertainment, and more.

[Learn More](#)



HELP ME HELP YOU CURB HUNGER & HOMELESSNESS WITH FREE SERVICES

With news headlines reporting a 40-year record high 9.1% surge in inflation and a 62% increase of homeless people in Long Beach since 2020, many are left feeling helpless and fearful of being added to the statistics. Fortunately, Help Me Help you provides free essential services and resources to support all in need and to curb the rising rates of homelessness.

[Read More](#)



RECIPE OF THE WEEK

Long Beach Food Pantry Delivery (LBFPD) provides more than 500 free nutritious groceries home-delivered to Long Beach seniors in need. Check your eligibility or register your interest at www.helpmehelpu.org/lbfpd. If your business is interested in sponsoring this life-changing service, there are several sponsorship levels to choose from. Sponsors receive recognition and exposure via a variety of promotional avenues. Learn more at helpmehelpu.org/lbfpdsponsor

[See Recipe](#)



MORE CALFRESH BENEFITS = P-EBT3 COMING SOON!

Pandemic EBT (P-EBT) is a federal program that gives eligible families food benefits in addition to free or reduced-price meals at childcare or school. This provides dollars via an EPT card to shop at participating grocery stores and farmers' markets. If you are already a CalFresh client, you DO NOT need to apply and you will automatically receive extra benefits on your EBT card. Help Me Help you provides FREE CalFresh enrollment assistance.

[Learn More](#)



HELP ME HELP YOU VOLUNTEER

Did you know that volunteering with Help Me Help You is mutually rewarding? We always need volunteers for a few hours in a number of roles. If you are interested in learning skills, meeting new friends, giving back to the community, and being part of a dynamic team, you should consider being a Help Me Help You, Volunteer. There are numerous ways for you to get involved and no experience is needed. Filling out the Volunteer Application doesn't automatically commit you to volunteering, it simply lets us know you are interested in helping. Register now at www.helpmehelpu.org/volunteer

[Learn More](#)

website: www.helpmehelpu.org
email: 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.

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