

HELP ME HELP YOU - MAY NEWS



SEE YOU AT SATURDAY'S MOM-ENTOUS GROCERY GRAB N GO

All are welcome at next Saturday's (May, 21st) Mom-entous Grocery Grab N Go - celebrating moms. Join the festivities at Perry Lindsey Academy, between 12 PM to 2 PM, to receive free fresh and packaged groceries; EveryTable Free Meal Vouchers; be entertained by Perry Lindsay Academy Cheer Squad and Falcon Mascot; and more.

[Learn More](#)



CHAVEZ GROCERY GRAB N GO DRIVE-THRU GOES HOME DELIVERY

Cesar Chavez Elementary School Grocery Grab N Go drive-thru is moving to a FREE home delivery service on June 1st, 2022. You'll still enjoy the same great service and free nutritious groceries, except better, as you won't need to leave your home. To register to receive free home delivery for this Grocery Grab N Go, please complete and return the Registration and Alternative Pick-up forms by May 15th, at www.helpmehelpu.org/ggngregister.

[Learn More](#)



HELP ME HELP YOU TAKE COMMUNITY ACTION TO CONQUER HUNGER

With the support of partners like Long Beach Community Action Partnership, Help Me Help You has been working to meet the increased food needs in our Long Beach community by providing food pantry/grocery grab n go and food pantry delivery services to our most vulnerable. See how you can utilize these free life-changing services and how you can take action to give back to your community.

[Learn More](#)



RECIPE OF THE WEEK

Every week, Long Beach Food Pantry Delivery provides free home-delivered groceries and recipes (visit: www.helpmehelpu.org/recipes) to more than 500 seniors in need (aged 60 plus). This life-changing service is often life-saving to our senior community. Corporate sponsorships and individual donations are crucial to keep providing this service. To learn more about sponsorship packages, please send an email to summer@helpmehelpu.org

[Learn More](#)



HELP ME HELP YOU FEED YOUR FAMILY WITH CALFRESH

CalFresh Benefit provides dollars via an EBT debit card to purchase groceries of your choice online and in-store at participating grocery stores (including Albertsons, Vons, Safeway, Walmart, and Amazon) and farmers' markets. Help Me Help You provides free CalFresh enrollment assistance. Contact us today to check your eligibility and to Help Me Help You feed your family.

[Learn More](#)

website: www.helmehelpu.org

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