

HELP ME HELP YOU - AUGUST NEWS



AWESOME AUGUST GROCERY GRAB N GO - FOOD FOR THOUGHT

Be Back To School ready with free nutritious groceries to feed your mind and body at this Saturday's (20th) Nutrition Knights Awesome August Grocery Grab N Go - celebrating back to school with food for thought. All in need are welcome at Perry Lindsey Academy, between 12 PM to 2 PM, to receive free fresh and packaged groceries; treats, entertainment, and more.

[Learn More](#)



LONG BEACH FOOD PANTRY DELIVERY REDUCES SENIOR MALNUTRITION

To reduce senior malnutrition and hunger, The Community Preventive Services Task Force recommends home-delivered food services for seniors who are living independently. LBFPD is an Evidence-Based Program determined to fight the growing levels of senior hunger and malnutrition. This service protects the Long Beach community by providing free weekly nutritious groceries home-delivered to seniors in need.

[Read More](#)



SAVE THE DATE & SUPPORT

Help Me Help You is one of the chosen charities for Long Beach Gives 2022 - an annual giving day, that brings together the city of Long Beach to give to the organizations that shape our community. Mark your calendar for September 22nd Long Beach Gives and for early giving commencing September 15th, 2022. Learn the many ways you can support Help Me Help You reach our \$20,000 fundraising goal (peer fundraise, donor match, donate, & spread the word) at www.helpmehelpu.org/lbg2022.

[Learn More](#)



FREE FOOD PANTRY DELIVERY FOR CESAR CHAVEZ SCHOOL FAMILIES

Cesar Chavez Elementary School students and families in need can receive free nutritious groceries home-delivered every 1st and 3rd Wednesday of the month. Simply complete the Registration and Alternative Pick-up Forms at www.helpmehelpu.org/ggngregister.

[Learn More](#)



RECIPE OF THE WEEK

This meal is made with nutritious ingredients from this week's pantry delivery and Grocery Grab N Go services. The low glycemic index and high nutritional ingredients help to maintain digestive and heart health; healthy blood sugar and cholesterol levels, weight; reduce inflammation; and boost immune function, as well as protect against osteoporosis, cancer, and diabetes. Food Pantry services are evidence-based resources that are scientifically proven to combine hunger relief with nutrition information and healthy eating opportunities for low-income residents.

[Learn More](#)



VOLUNTEER REWARDS

Be rewarded when you volunteer with Help Me Help You. Our volunteers not only learn new skills, make new friends, and become part of a dynamic team, but they also receive rewards for their gracious time and efforts. There are numerous ways for you to get involved and no experience is needed. Learn more about our volunteer opportunities or register now at www.helpmehelpu.org/volunteer

[Learn More](#)

website: www.helmehelpu.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.