

JUNE 2021 WHAT'S NEW HELP ME HELP YOU?



WAYS TO INCREASE YOUR SOCIAL SECURITY BENEFITS

Social Security Retirement benefits are a reliable payment stream of income that is guaranteed by the federal government. Read our blog to learn about some general strategies that everyone can apply to increase the size of their Social Security retirement payments.

[Learn More](#)



COMING SOON: NEW NUTRITION KNIGHTS SCHOOL FOOD PANTRY

Help Me Help You's commitment to winning the war against child food insecurity in our Long Beach community has led to the launch of another school food pantry. Commencing Wednesday, July 24th at Whittier Elementary School, Long Beach, this location will be the 9th HMHY food pantry servicing the community with free nutritious groceries.

[Learn More](#)



WHAT'S FOR DINNER LBFPD?



SENIORS - RECEIVE FREE GROCERIES WITH RECIPES DELIVERED TO YOUR HOME

Long Beach Food Pantry Delivery service continues to grow, ensuring more elderly in our community receive FREE nutritious groceries delivered to their door. Each week clients receive a variety of fresh and packaged foods that cater to cultural food preferences and dietary needs. We even include weekly recipes to help cook a nutritious meal. If you know someone who could use this service or if you would like to make a donation to support feeding our most vulnerable elderly clients, please click on the image.

[Learn More](#)

NUTRITION KNIGHTS COLORING COMPETITION WINNERS



ANNOUNCING THE WINNERS OF THE NUTRITION KNIGHTS LAUNCH COLORING CONTEST

Thank you to all children who submitted their Nutrition Knights coloring works of art. It was a tough choice for the Nutrition Knight to decide on one winner so he decided to award two winners with 2 movie vouchers each. Winners have already been notified. Congratulations to Dublin and Arie.

[Learn More](#)

THIS FATHER'S DAY

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Simply open the Amazon app on your phone, select the main menu (=) & tap on "AmazonSmile", within Programs & Features, select "Help Me Help You" as your charity, follow the on-screen instructions to activate AmazonSmile in the mobile app and then start shopping.

You can also make a donation directly via www.helpehelpu.org/donate-now and dedicate it to your dad. He'll then receive an email notifying him of your gift.

[Learn More](#)

website: www.helpehelpu.org

email: info@helpehelpu.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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