

Spectacular September 2023 Help Me Help You Newsletter



NUTRITION KNIGHTS 3RD ANNUAL HEALTHY HABITS EVENT

You're invited to the 3rd Annual Back-To-School Nutrition Knights Healthy Habits, commencing this week (Lincoln and Stevenson Elementary Schools, as well as Perry Lindsey Academy) from September 13th to October 4th at our 7 Long Beach school Grocery Grab N Go locations. Each week, coinciding with our regular grocery grab-n-go dates, participating school will receive healthy eating educational resources, gifts, school supplies, and more.

[Learn More](#)



9TH DISTRICT GROCERY GRAB N GO OFFICAL LAUGH CEREMONY

In an ribbon-cutting grand opening event, city officials will welcome all residents in need to receive free nutritious groceries at the 9th District Grocery Grab N Go outside of McKinley Elementary school on Friday September 22nd, from 2PM to 3 PM. Residents can also receive free school supplies, sweet treats, entertainment, meet the Nutrition Knight as well as free enrollment assistance for CalFresh, MediCal and General Relief. Exhibitors at the event will include California Connect, HeadStart, and Long Beach

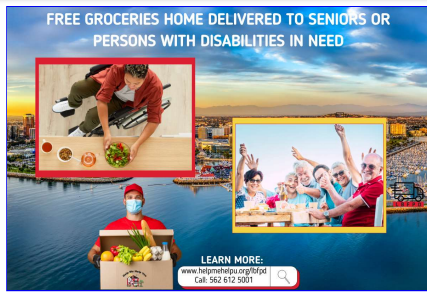
[Read Full Story](#)



MODERN MONEY MASTRY COURSE

Reserve your spot today for the Modern Money Mastery Course. Easily learn how to improve your financial literacy and lifestyle in these tough economic times. You can't afford to miss this training opportunity. See previews of some of the training at tinyurl.com/previewmmm. Register for the Modern Money Mastery online training course, commencing November 2023, by completing the signup form when you scan the QR Code or at www.helpmehelpu.org/mmm.

[Register now](#)



SENIORS OR PERSONS WITH DISABILITIES RECEIVE FREE GROCERIES HOME-DELIVERED

Seniors (60 years or older) and or persons with a disability (mental or physical) residing in Long Beach, that cannot access any of our 11 Grocery Grab-N-Go locations may qualify for free fresh and packaged groceries home-delivered for a \$10 delivery fee each time. Long Beach Food Pantry Delivery is available up to twice a month.

[Check Your Eligibility & Register](#)



AUGUST VOLUNTEER OF THE MONTH

Congratulations Jacob Soriano, Long Beach for being awarded August Volunteer of the Month award. Jacob is always volunteering and recruiting a crew of volunteers to help at our Grocery Grab N Go locations - even on a Saturday. Thank you for always making a positive difference. If you are over 18, have a few hours to spare, and want to volunteer at one of our 11 Grocery Grab N Go locations, please register your interest. No experience is required

[Learn More & Register](#)



RECIPE OF THE WEEK - CHICKEN, SPINACH & TOMATO PASTA

This Chicken, Spinach, and Tomato Pasta recipe is deliciously quick and easy to make. Made with fresh and packaged ingredients from this week's Long Beach Food Pantry Delivery and Grocery Grab N Go, this delightful meal will leave you licking your lips.

[See Recipe](#)



DONATE TO HELP FREE OUR COMMUNITY FROM HUNGER

Help feed a child in need with free nutritious groceries from as little as a \$20 donation to Help Me Help You. Child food insecurity is associated with poor health status, developmental risks, mental health problems, and poor educational outcomes (FRAC). Helping our children is investing in our future. Please, if you can afford, make a tax deductible donation today!

[Donate Now](#)

website: www.helpmehelpu.org

email: info@helpmehelpu.org

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