

# HELP ME HELP YOU - SEPTEMBER NEWS



## KIDS ENTER FOR A CHANCE TO WIN \$100 TARGET OR WALMART GIFT CARD

Post your healthy meal video on TikTok and tag @helpmehelpu\_lb for a chance to win one of two \$100 Walmart or Target gift cards. As part of the 2nd Annual Nutrition Knights Healthy Habits event at participating Grocery Grab N Go Long Beach Elementary schools, Help Me Help You is running a TikTok competition; providing a Food For Thought Presentation (scan QR code in the picture to view); free gifts; and nutritious groceries. See an example of a healthy meal video at [www.tiktok.com/@helpmehelpu\\_lb](https://www.tiktok.com/@helpmehelpu_lb).

[Learn More](#)



## SAVE THE DATE & SUPPORT

If you can afford to, please support us during Long Beach Gives (Sept 15th - 22nd) and help us reach our \$20,000 fundraising goal so we can continue to provide Long Beach residents in need with vital food and life-improving services. Thanks to Scan Health Plan's generous matching funds, the first \$5,000 of donations will be doubled. Make your gift count and donate now at [www.longbeachgives.org/helpmehelpu](https://www.longbeachgives.org/helpmehelpu)

[Learn More](#)



## SUPER SATURDAY SEPTEMBER GROCERY GRAB N GO

All are welcome at the Saturday 17th Nutrition Knights Super September Grocery Grab N Go. Fuel your mind and body with free nutritious groceries and be ready to make the most of the school year. Join in the fun at Perry Lindsey Academy, between 12 PM to 2 PM, to receive free fresh and packaged nutritious groceries; Bimbo Bakeries USA treats, gifts, entertainment, and more.

[Read 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 scan the QR Code or visit [www.helpmehelpu.org/ggngresiter](http://www.helpmehelpu.org/ggngresiter) and complete the Registration and Alternative Pick-up Forms.

[Learn More](#)



### RECIPE OF THE WEEK

You'll love how quick and easy; this Salmon Fried Rice recipe is to make and eat. Using seasonal fresh and packaged ingredients from this week's Long Beach Food Pantry Delivery and Grocery Grab N Go locations, this recipe is nutritious and delicious. Our free food services are evidence-based resources that are scientifically proven to combine hunger relief with nutrition information and healthy eating opportunities for individuals and families with low incomes. See recipes at [helpmehelpu.org/recipes](http://helpmehelpu.org/recipes).

[Learn More](#)

**website:** [www.helpmehelpu.org](http://www.helpmehelpu.org)

**email:** [info@helpmehelpu.org](mailto:info@helpmehelpu.org)

### Share With Friends



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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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