

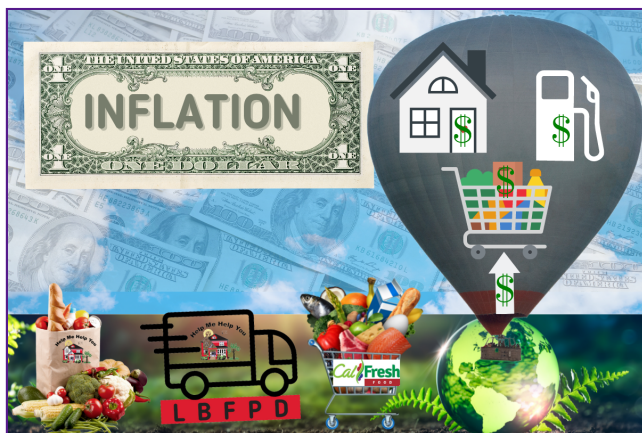
# HELP ME HELP YOU - APRIL NEWS



## JOIN THE FREE GROCERY GRAB N GO EGGSTRAVAGANZA

All are welcome at this Saturday's (April 16th) Nutrition Knights Grocery Grab N Go Eggstravaganza. Receive free groceries, Easter treats, free gifts, entertainment, and more at Perry Lindsey Academy (from 12 PM to 2 PM). If you are a food vendor (restaurant) and would like to sponsor ready-made food for our May Grocery Grab N Go event, please contact us at 562 612 5001 or [www.helpmehelpu.org/contact-us](http://www.helpmehelpu.org/contact-us)

[Learn More](#)



## HELP ME HELP YOU FIGHT INFLATION WITH FREE FOOD SERVICES & MORE

Is your blood pressure rising each time you shop or see the news? Don't despair! Take a deep breath and relax, knowing that Help Me Help You (HMHY) offers many free food and community services to help feed your family and support your essential needs. Immigrants can also safely access all health, nutrition, and housing programs with no consequences to their immigration status.

[Learn More](#)



## GIVE A LITTLE EGGSTRA THIS EASTER

Easter is a reminder to us that there is hope after hardship. It's a time of giving a little to help others in need. If you can afford to please make a tax-deductible donation to HMHY from as little as \$10 to buy groceries for a resident in need. You can also dedicate your donation to a loved one and they will receive an email notifying them of eggstraordinary thoughtfulness.

[Learn More](#)



## RECIPE OF THE WEEK

Every week, Long Beach Food Pantry Delivery provides free home-delivered groceries and recipes to more than 500 seniors in need (over 60-year-olds). 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](mailto:summer@helpmehelpu.org)

[Learn More](#)



## VOLUNTEERS NEEDED!

Are you interested in learning skills, meeting new friends, giving back to the community, and being part of a dynamic team of volunteers? If you have four hours of time to spare, become a Help Me Help You Volunteer at one of our 10 Grocery Grab N Go locations. No experience is needed. For more information, call 562 612-5001 or contact us via [www.helpmehelpu.org/contact-us](http://www.helpmehelpu.org/contact-us)

[Learn More](#)

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

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

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