

# HELP ME HELP YOU

## Drive-Thru & Walk-Up Grocery Grab N Go



ELIGIBILITY # IN FAMILY #EN FAMILIA	ELEGIBILIDAD MONTHLY INCOME INGRESO MENSUAL
1	\$2,147
2	\$2,903
3	\$3,660
4	\$4,417
5	\$5,173

ADD \$757 FOR EACH ADDITIONAL PERSON  
ANADA \$757 POR CADA PERSONA ADICIONAL

**CONTACT**  
(562) 612-5001  
[www.helpmehelpu.org](http://www.helpmehelpu.org)

Wellness Wednesdays:  
Free Nutrition Classes  
for LB Community

### CESAR CHAVEZ ELEMENTARY SCHOOL

1st Wednesday @ 2:00 P.M. - 3:00 P.M.  
730 W. 3rd Street, Long Beach 90802

### STEVENSON ELEMENTARY SCHOOL

1st & 3rd Friday @ 11:30 A.M. - 12:30 P.M.  
515 Lime Avenue, Long Beach 90802  
WALK-UPS ONLY AT THIS LOCATION

### LINCOLN ELEMENTARY SCHOOL

2nd & 4th Wednesday @ 11:15 A.M. - 12:15 P.M.  
1175 E. 11th Street, Long Beach 90813  
WALK-UPS ONLY AT THIS LOCATION

### WHITTIER ELEMENTARY SCHOOL

3rd Wednesday @ 11:30 A.M. - 12:30 P.M.  
1716 Walnut Avenue, Long Beach, CA 90813  
WALK-UPS ONLY AT THIS LOCATION

### OROPEZA ELEMENTARY SCHOOL

2nd & 4th Friday @ 11:30 A.M. - 12:30 P.M.  
700 Locust Avenue, Long Beach 90813

### MCKINLEY ELEMENTARY SCHOOL

2nd & 4th Friday @ 2:00 P.M. - 3:00 P.M.  
6822 Paramount Boulevard, Long Beach 90805

### LINDSEY ACADEMY

3rd Saturday @ 12:00 P.M. - 2:00 P.M.  
5075 Daisy Avenue, Long Beach 90805

### MUSEUM OF LATIN AMERICAN ARTS (MOLAA)

1st & 3rd Wednesday @ 4:00 P.M. - 5:00 P.M.  
628 Alamitos Avenue, Long Beach 90802

### PHILADELPHIAN SDA CHURCH

2nd & 4th Wednesday @ 1:00 P.M. - 2:00 P.M.  
2640 Santa Fe Avenue, Long Beach 90810

### REVIVE CHURCH

1st & 3rd Friday @ 1:00 P.M. - 2:00 P.M.  
668 Obispo Avenue, Long Beach 90814

