



Help Me Help You continues to serve over a 1,000 residents every month through our community food pantries, CalFresh and Social Security benefit enrollment services, and now the new **FREE Food Pantry Delivery Service**.

We recognize that residents need our essential services now more than ever during this holiday season due to COVID19. Check out our new website now live featuring [new services](#), [new ways to support our community](#), [COVID19 updates to our services](#), and more.

## Food Pantry Delivery Service



**NEW!** Get **FREE** food delivered to your door through our **Food Pantry Delivery Service!** Click on the image to register your interest or call Nia for more information at (562) 518-9670.

To help the Long Beach communities most at risk of COVID19, Help Me Help You will be providing weekly food pantry deliveries to residents homes.

## Social Security Benefits



Start your **FREE CASE REVIEW** today!

Are you missing out on support you may be entitled to? Contact our Benefits Access Support advocates for a free case review to start the process to access your Social Security benefits.

## Donations



A little goes a long way.

A \$32 donation provides a month of nutritious groceries for an individual via our **FREE Food Pantry Delivery Service.**

## Volunteering



Join us this Holiday season by volunteering at one, or more, of our [food pantry](#) locations. Our community is now in need of our life-changing services more than ever.

Join the Help Me Help You team to meet new friends, learn new skills, and help spread the holiday cheer this season. Click [here](#) to volunteer or contact Samantha for more information.

Happy Holidays

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

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

Share With Friends



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.