

July 2023 Help Me Help You Newsletter



JOLLY JULY GROCERY GRAB N GO

Celebrate all things FREE at this Saturday's (July 15th) Nutrition Knights Jolly July Grocery Grab N Go festivities. Receive free groceries, sweet treats, gifts, entertainment, and more at Perry Lindsey Academy (5075 Daisy Ave, Long Beach) from 12 PM to 2 PM). For more Nutrition Knights Grocery Grab N Go locations and schedules visit www.helpmehelpu.org/ggng

[Learn More](#)



SERVICE UPDATE: PERSONS WITH DISABILITIES CAN NOW RECEIVE LBFPD

Now to ensure no one in our community goes hungry, eligible seniors and persons with disabilities who can't access our 11 Grocery Grab N Go locations can qualify for food pantry delivery to their homes in Long Beach and the surrounding area. This includes the cities of Carson, Lomita, Wilmington, Signal Hill, and more (within a 10-mile radius of 90813). Long Beach Food Pantry Delivery services are available once a month, for a delivery fee of \$10, or twice a month, for a delivery fee of \$20.

[Learn More](#)



BE A GROCERY GRAB N GO VENDOR

Help Me Help You offers businesses, with services that can benefit our Grocery Grab N Go clients, the opportunity to table/display at 10 of our Long Beach locations (servicing Long Beach Districts 1, 2, 6, 7, 8, and 9) and include information in our Long Beach Food Pantry Delivery grocery bags. Each week HMHY provides free fresh and packaged groceries as well as community service information to approximately 5,500 individuals per month. Contact us to table and promote your business at our GGNGs.



JUNE VOLUNTEER OF THE MONTH

Congratulations Waverly, Long Beach for winning the June Volunteer of the Month award. Waverly has consistently volunteered weekly and is a master at recruiting groups of volunteers to help at our Grocery Grab N Go locations. Thank you for all your ongoing support to help feed our Long Beach residents in need. 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](#)



DONATE TO HELP FREE OUR COMMUNITY FROM HUNGER

This July, make a donation to feed a person (child, senior, single mom, veteran, a person with a disability, homeless, or family) in need and help free our community from hunger. A donation of as little as \$20 provides free groceries for a week as well as free enrollment to essential services like CalFresh, MediCal, General Relief, and referrals to housing services.

[Donate Now](#)

website: www.helpmehelpu.org

email: 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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