

HELP ME HELP YOU - FEBRUARY NEWS



FABULOUS FEBRUARY GROCERY GRAB N GO

Get ready for the Fabulous February Grocery Grab N Go this Saturday 18th at Perry Lindsey Academy, Long Beach, California. All in need are welcome to receive free fresh and packaged groceries, Bimbo Bakeries sweet treats, Beanie Babies Toys, cleaning products, and more. Thank you Christian Outreach In Action Of Longbeach for kindly donating the toys.

[Read More](#)



NEW GROCERY GRAB N GO SCHOOL LOCATION

Commencing February 24th, Help Me Help You will launch their 11th Nutrition Knights Grocery Grab N Go location, serving the 9th District Long Beach at McKinley Elementary School. Every 2nd and 4th Friday, between 2 PM and 3 PM, all in need can receive free nutritious groceries, essential community service information, and more.

[Learn More](#)



IN THE NEWS: Help Me Help You Needs a Helping Hand from the Community

Signal Tribune Managing Editor, Samantha Diaz, recently shadowed the Long Beach Food Pantry Delivery team for an afternoon while delivering free nutritious groceries to Long Beach seniors in need. Read the news article to see what they discovered about this life-changing service and how you can lend your community support.

[Read News Article](#)



VOLUNTEER OF THE MONTH

Congratulations Tashiya from Long Beach, CA for being awarded and recognized as our January 2023 Volunteer of the Month. Tashiya is dedicated and gracious Help Me Help You volunteer. We are grateful for your support and commitment to selflessly help feed our Long Beach community in need. Help Me Help You is always looking for volunteers. No prior experience is needed. Learn more about our volunteer opportunities and rewards or register now at www.helpmehelpu.org/volunteer.

[Learn More or Register](#)



POTATO, BEAN & CHICKEN STEW

This flavorsome and hearty Potato, Bean & Chicken Stew makes the perfect recipe for the winter months. Made with ingredients from this week's Long Beach Food Pantry Delivery and Grocery Grab N Go, this delicious meal will please the palate and satisfy the appetite. Our free food services are evidence-based resources scientifically proven to reduce hunger and malnutrition for residents in need. For recipes visit www.helpmehelpu.org/recipes

[See Recipes](#)



SPREAD THE LOVE THIS FEBRUARY AND RECEIVE A FREE TEDDY BEAR

Feed a Long Beach resident in need with as little as a \$20 tax-deductible donation to Help Me Help You that buys fresh and packaged nutritious groceries for a week. Grocery Grab N Go 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. We need your help to end hunger in Long Beach, CA.

[Donate Now!](#)

website: www.helpmehelpu.org

email: info@helpmehelpu.org

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