

May 2023 Help Me Help You Newsletter



Marvelous May Grocery Grab N Go

All in need are invited to enjoy this Saturday's (May 20th) Nutrition Knights Marvelous May Grocery Grab N Go festivities. Receive free groceries, sweet treats, free gifts, entertainment, and more at Perry Lindsey Academy (5075 Daisy Ave, Long Beach) from 12 PM to 2 PM). For more grocery grab n go locations and schedules visit www.helpmehelpu.org/ggng

[Learn More](#)



LA Care Health Plan Actively Cares About Improving Food Insecurity

LA Care Health Plan recently awarded Help Me Help You with a CalFresh Outreach Grant to benefit low-income and uninsured residents in Los Angeles. The grant is being used to encourage CalFresh enrollments so residents can receive monthly dollars to purchase groceries at participating stores and farmer's markets. It is estimated that at least 1.7 million are eligible but are not accessing this service.

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April Volunteer of the Month

Congratulations Pam, Long Beach Collective Association (LBCA) for being awarded April 2023 Volunteer of the Month. Pam has tirelessly volunteered at our Perry Lindsey Academy Grocery Grab N Go location since its launch in 2021. She also regularly organizes a group of LBCA volunteers to assist at this location. If you want to pay it forward and volunteer to help our Long Beach residents in need, register your interest at: www.helpmehelpu.org/volunteer

[Learn More](#)



COMMUNITY ACTION MONTH: STARBUCKS FOOD DRIVE

Starbucks - Long Beach stores are running a Help Me Help You Food Drive during May and always supporting our services to help feed our residents in need. May Community Action Month is an opportunity to work together to make a positive difference in our community. There are many ways to help like becoming a volunteer, making a tax-deductible, sign up to partner programs, or making a non-perishable (canned or dried packaged food) food donation at one of the 5 Long Beach, CA locations.

[Learn More](#)

**RECIPE OF THE WEEK**

SICHUAN PORK AND GREEN BEAN STIR FRY (SERVE WITH RICE)
helpmehelpu.org/recipes

RECIPE OF THE WEEK: SICHUAN PORK & GREEN BEANS WITH RICE

This Sichuan Pork and Green Bean Stir Fry with Rice is fast, fragrant, and flavorful. Made with fresh and packaged ingredients from this week's Long Beach Food Pantry Delivery and Grocery Grab N Go, this delicious and easy meal will become a family favorite. For recipes visit: www.helpmehelpu.org/recipes

[Learn More](#)**THIS MAY -HELP FEED A MOM IN NEED****FREE TEDDY BEAR TO HELP FEED A MOM IN NEED**

This May, help feed a mom in need! 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. Donations of \$50 or more this May will receive a FREE Help Me Help You cuddly teddy bear.

[Donate Now](#)**website:** www.helpmehelpu.org**email:** info@helpmehelpu.org

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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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