

APRIL 2021 HELP ME HELP YOU NEWS



YOU'RE INVITED TO A LAUNCH PARTY



OROPEZA, CESAR CHAVEZ & STEVENSON ELEMENTARY SCHOOLS

JOIN IN THE NUTRITION KNIGHTS LAUNCH FESTIVIES AT LONG BEACH SCHOOLS

Bring the kids and join us at a launch party to meet our school food pantry Nutrition Knight and receive free nutritious groceries to save the day as well as some fun give-aways. There are three launch party locations at the following Long Beach elementary schools: May 14th - Oropeza, May 19th - Cesar Chavez and May 21st - Stevenson. See you there!

[Learn More](#)



DID YOU KNOW? IMMIGRANTS CAN RECEIVE SOCIAL SECURITY & OTHER BENEFITS

If you are a lawful Permanent Resident, Refugee or U-Visa holder with a disability and ineligible for SSI/SSP due to your immigration status, then you may qualify for Cash Assistance Program for Immigrants (CAPI). Start your free case review today at helpmehelpu.org/bas

[Learn More](#)

COMING SOON - PANDEMIC-EPT CARD



PANDEMIC EPT 2.0 MEANS MORE CALFRESH DOLLARS TO SPEND

Coming Soon to California: P-EBT provides food benefits to help families with children who are eligible for free or reduced-price school meals through the federal School Breakfast or National School Lunch Programs for the 2020-2021 school year. Be ready for these benefits by enrolling in CalFresh and ensuring your contact details are up to date.

[Learn More](#)



NEW WAYS TO SHOW YOUR SUPPORT

There are many ways you can support HMHY to continue to provide life changing services to growing needs in our community. Make a single/ monthly/annual donation to your favorite service; register and shop at participating stores that make a donation to HMHY when you shop (Ralphs, AmazonSmile & iGive), round off your spend with Coin-Up; start a Facebook Fundraiser, leave a Bequest; join an Employer Program and more. Choose your way to support HMHY today!

[Learn More](#)



HONORING THE FIRST HMY VOLUNTEERS

Click on the image to watch the video honoring the first HMY volunteers who helped set up and operate our food pantry at St Luke's in 2006. Hear how HMY started it's first food pantry and why these passionate volunteers remained dedicated for 8 years of HMY volunteer services.

[Learn More](#)

website: www.helmehelpu.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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