



MAIL A DONATION FORM

Title _____ First Name: _____ Last Name: _____

Type of Donation:

Individual Company Company Name: _____

Phone: _____ Email: _____ @ _____

Address: _____ State: _____ Zip Code: _____

Donation Amount: \$ _____ Anonymous

Donation Frequency: Once Weekly
 Monthly Annually

Designation:

Area of greatest need Nutrition Knights Food Pantries
 Long Beach Food Pantry Delivery

I wish to pay by:

Check/Money Order (payable to Help Me Help You)
 Visa Mastercard AMEX

Card Number _____ Expiry Date _____ CVV Code _____ Signature _____

Please mail this completed donation form with your check/money order or credit/debit card details to:

Help Me Help You
 PO Box 32861
 Long Beach, CA 90832

Gifts to Help Me Help You are tax-deductible to the fullest extent of the law as no goods or services are provided in consideration of a gift. (Tax ID# 71-0898124).

Thank you for your donation!

CONTACT US

 (562) 612-5001
 info@helpmehelpu.org
 www.helpmehelpu.org
 PO Box 32861,
 Long Beach, CA 90832



1301 W. 12th Street
 Long Beach, CA 90813

JOIN OUR COMMUNITY



**BENEFITS ACCESS SUPPORT
 NUTRITION KNIGHTS FOOD PANTRIES
 LONG BEACH FOOD PANTRY DELIVERY**

Help Me Help You



ABOUT HELP ME HELP YOU

Established in 2002, Help Me Help You (HMHY) is a 501(c)(3) community-based nonprofit organization dedicated to improving the lives of individuals and families in need by increasing access to food, public benefits, economic security, and social security benefits.

HMHY provides essential services to more than 30,000 individuals annually, focusing on seniors, children, single mothers, disabled individuals, veterans, and the homeless. These services work to reduce hunger and poverty, improve nutrition and health, boost family economic security, as well as motivate and transition residents from lives of poverty to self-sufficiency.

Through a partnership with Unite Us, a national leading care coordination platform connecting healthcare and social service providers, HMHY also measures the impact of services to improve health outcomes for individuals and the community at large.



HMHY SERVICES



NUTRITION KNIGHTS FOOD PANTRIES

Each week, more than 2,000 children and families receive free nutritious groceries via Nutrition Knights school food pantries and community food pantries in Long Beach, CA locations. If you would

like a food pantry at your child's school or if you think the school may be interested in hosting a food pantry, please contact us.



LONG BEACH FOOD PANTRY DELIVERY

Healthy groceries are delivered to residents who are in need and unable to access HMHY food pantry locations due to their age. Those that qualify, can select from a wide variety of healthy fresh or packaged

grocery items to include milk options, proteins, cereals, carbohydrates, fruits, and vegetables. This free service also caters to cultural food preferences.

CALFRESH

Qualifying individuals and families can receive monthly income via the CalFresh EBT card to purchase healthy food online and in-store at participating grocery stores and



farmer's markets. Residents that receive SSI, Unemployment Benefits, or who are employed may also qualify. HMHY Benefits Advocates provide free expert CalFresh enrollment assistance.



BENEFITS ACCESS SUPPORT

Expert enrollment assistance is also provided for MediCal, General Relief, and Social Security benefits. HMHY Benefits Advocates are multi-lingual (English & Spanish

speaking), do all the work for you, and are dedicated to achieving the best outcome possible. They maintain a record 80% success rate of social security claims awarded vs. the average 40% success rate of those who file independently.

WAYS TO SUPPORT HMHY



MAKE A DONATION OR BECOME A SPONSOR

HMHY services are made possible with the generosity of our partners, sponsors, donors, and volunteers. Show your support by donating to ensure HMHY can continue to provide these life-changing services. You can choose which service your donation will benefit. A \$10 HMHY donation can feed a family of four for one week. See our many options to support our services including single or ongoing donations; employer matching; bequest giving; corporate fundraising; sponsorships; partner programs, and more.



BECOME A HMHY VOLUNTEER

We are always looking for volunteers to join the HMHY team to assist the community with our food pantry services. Being a HMHY Volunteer is not only socially and emotionally rewarding; it also gives you the opportunity to learn new skills, gain experience, make a positive difference in your community, and become part of a team.