

HELP ME HELP YOU - MARCH NEWS



IT TAKES A COMMUNITY TO FEED A COMMUNITY

With the growing food insecurity crisis in Long Beach, it takes a community to feed a community. Learn how the gracious food donations and volunteers from community organizations such as The Church of Jesus Christ of Latter-day Saints help support our 10 Nutrition Knights Grocery Grab N Go, Long Beach locations.

[Learn More](#)



JOIN THE FREE GROCERY GRAB N GO SHENANIGANS

FREE FOR ALL! Receive free nutritious groceries, sweet treats, and gifts, while you enjoy the school Mariachi band entertainment at next Saturday's (March 19th) Grocery Grab N Go Shenanigans. Be prepared to enjoy the luck of the Irish as we celebrate this monthly Grocery Grab N Go between 12 PM and 2 PM at Perry Lindsey Academy (5075 Daisy Ave, Long Beach, CA).

[Learn More](#)



VOLUNTEERS WANTED! ADOPT A GROCERY GRAB N GO

Are you part of a community group or company (at least 5 people) interested in a regular volunteer opportunity to make a positive impact in our Long Beach community? HMHY is looking for a dependable group of volunteers to assist with our Grocery Grab N Go locations. This is a long-term commitment of a 4-hour shift once or twice per week. As a dedicated HMHY Volunteer, you'll learn skills, meet new friends, and give back to the community. For more information, please call 562 612-5001 or contact us via www.helpmehelpu.org/contact-us

[Learn More](#)



SHARE THE LUCK OF THE IRISH

Share the luck of the Irish this Saint Patricks Day with a small tax-deductible donation that will make a big difference to our neighbors in need. A \$10 donation to Help Me Help You buys nutritious fresh and packaged groceries for a week to give to our in-need community. You can dedicate your donation to a loved one and they will receive an email notifying them of your thoughtful generosity.

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SPONSORSHIP NEEDED FOR LBFPD

Each week, Long Beach Food Pantry Delivery provides free home-delivered fresh and packaged groceries with recipes to more than 500 Long Beach seniors (over 60-year-olds or at least 50 with a health condition). This life-changing service is often life-saving to our senior community in need. Corporate sponsorships and individual donations are crucial to keep providing this service. **If your employer would like to know about sponsorship packages, please send an email to summer@helpmehelpu.org**

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