

Contact: Zina Washington, Executive Director

Tel: (562) 612-5001

Email: zina@helpmehelpu.org

Website: www.helpmehelpu.org



FOR IMMEDIATE RELEASE

New Saturday School Food Pantry Serves Long Beach 8th District, Residents

Long Beach, California – With the spirit of giving and spreading joy, [Help Me Help You \(HMHY\)](#) launches its 10th Long Beach food pantry location at Perry Lindsey Academy, just in time for the holiday season on Saturday, December 18th from 12 PM to 2 PM. Children and families in need are invited to join the Nutrition Knights festivities and receive free nutritious groceries, gifts, and more.

Food insecurity persists leaving thousands of Long Beach residents unable to access affordable and nutritious food to feed their families. UCLA researchers found that in LA County, Long Beach has the highest percentage of low-income households experiencing food insecurity. Furthermore, with a population of over 53,800 residents, Long Beach 8th District is home to some of the lowest-income households. Families are often faced with not having enough to eat, missing meals and, being forced to choose between buying food or paying for other essential living costs. It is estimated that at least 1 in 4 families suffers from food insecurity.

After conducting a survey of 2,000 current food pantry clients, HMHY found many requested a Saturday service in 8th District, Long Beach. HMHY currently provides [9 food pantries](#) (5 schools and 4 community locations) as well as a [Long Beach Food Pantry Delivery](#) service for seniors. The nearest HMHY Nutrition Knights food pantry operates from Whittier Elementary School in the 6th District every 3rd Wednesday of the month. With the dedication and support of Councilman Al Austin- Long Beach 8th District, the Perry Lindsey Academy Food Pantry is set to serve all residents in need in the 8th District. "The new Help Me Help You Food Pantry at Lindsey Academy is going to be an instrumental resource for the community. Food insecurity continues to be a challenge, but this school food pantry will help to alleviate stress for families who are struggling and supplement their food supplies. This is a great partnership, and I am glad to be a part of it," said Al Austin, Councilman, Long Beach 8th District.

The Perry Lindsey Academy food pantry is scheduled to provide free nutritious groceries and essential community information every third Saturday of the month to children and their families. The middle school has been chosen for its central location, easy access, sufficient parking, drive-through accommodations, and the schools' determination to assist the community. "Lindsey Academy is excited to partner with Help Me Help You as another way to service our students, families, and community. We are proud to help the organization extend its outreach to North Long Beach as they align with our school's mission of meeting the needs of the whole child. Hopefully, these small acts of kindness will help alleviate some of the challenges that our families in our community face to have fresh, healthy foods as part of their daily diet," said Renny Chu, Perry Lindsey Academy Principal.

HMHY hopes Nutrition Knights school food pantries will prompt some holiday cheer and provide a solution to food insecurity for school children and our community. These services are proudly provided with the support of No Kid Hungry, Long Beach CAP, United Ways, Councilman Al Austin – 8th District, and individual donations.

Established in 2002, HMHY is a 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. For information on HMHY food pantries, visit www.helpmehelpu.org/food-pantry or contact (562) 612-5001.

End

Help Me Help You

A 501(c)(3) nonprofit charity

 (562) 612-5001

 info@helpmehelpu.org

 www.helpmehelpu.org

 The MSC 1301 W. 12th Street, Long Beach CA 90832

 PO Box 32861 Long Beach, CA 90832