



A Seat at the Table



We welcome you to come, and have *a seat at the table* with Help Me Help You. Together we can work to ensure that impoverished children, seniors, veterans and families, receive the nourishment, assistance and resources needed to attain stability. A powerful way for you to help is by joining our monthly giving club, *A Seat at the Table*.

By taking *A Seat at the Table*, you will help provide consistent, reliable funding that allows us to dedicate more resources to feeding individuals in need and providing essential training that help clients become self-sufficient. Please join today!

Q: How does it work? **A:** Simply fill the pledge form and tell us how much you want to pledge per month, and we will deduct it from your checking account or charge your credit card. Charges take place on the 15th of each month (next business day for weekends and holidays). Mail the completed pledge form to:

Help Me Help You
Attn: Development Dept.
One World Trade Center Suite 800
Long Beach, CA 90831

You may also request and return the form by email at info@helpmehelpu.org.

Q: What if I change my mind? **A:** You can increase, decrease or cancel your pledge at any time. Simply send us a letter, or call (562) 733-1147 x160 and ask for Development.

Q: What record do I have of my monthly pledge? **A:** Your monthly statement will show the amount charged from Help Me Help You. We will also provide you with a year-end statement showing your contributions for the year.

Q: How does the *A Seat at the Table* Program help Help Me Help You? **A:** Through this program, donated funds provide direct support. More of your gift goes toward food and programs costs, eliminating gift solicitation appeals and other administrative costs. Through this program, you provide a reliable and steady year-round stream of resources to help us serve our mission. For detailed information on our programs and services, please visit www.helpmehelpu.org.

**To cancel your gift, simply email info@helpmehelpu.org or call us at (562) 733-1147 x160.*

Help Me Help You is a 501(c)3 tax exempt charity and your gift is tax deductible to the full extent of the law

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To secure your *seat at the table*, simply fill out the following form.

PLEDGE FORM

Name: _____

Billing Address: _____

City, State, Zip: _____

Country: _____

Phone: _____ Email: _____

Monthly Gift Information:

- *Select your gift amount:
- \$5.00
 - \$10.00
 - \$15.00
 - \$20.00
 - \$25.00
 - Other amount _____

Payment Information:

Credit Card Type: Visa Discover American Express Master Card

Credit Card Number: _____

Expiration Date: _____ Verification Code: _____ (last three digits of number on back of card)

Signature: _____ Date: _____

To show our appreciation for your generous and steady support by taking a seat at the table, we will send you a small gift as a token of our appreciation. Every time you use it you will be reminded of your commitment to help those who are hungry throughout the year. Because of you, we will be able to make a difference in many lives and ensure that individuals receive the resources needed to flourish! For more information, please visit www.helpmehelpu.org or contact 562-733-1147 x160. Thank you!

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