#LettersGetLOUD

**What’s at stake?**

In the past year, we’ve seen unparalleled attacks on anti-poverty programs that help millions of Americans get health care, put food on the table, and make ends meet. Unfortunately, some lawmakers are still pushing to cut these programs in 2018. Right now, Congress is negotiating a final farm bill that could impact millions of Americans who struggle to put food on the table. If you’re feeling overwhelmed or unsure in this political environment, you’re not alone. But these are threats you can help stop.

**What will one letter do?**

You’re not in this alone. Your letter, along with thousands of others across the country, are being hand-delivered to Congress. Our volunteers have been doing this for decades. What’s been the response? We’ve seen it all: a cell phone call from a member of Congress, a shout-out on the House floor, congressional staff tracking people down at work to follow up, a response from a representative in the newspaper…to say nothing of laws passed, policies changed, and (literally) BILLIONS of dollars in funding directed to programs that help people move out of poverty.

Remember: members of Congress want to hear from their constituents – that’s you.

* **Make it personal.** Introduce yourself. Draw from the template below, but customize it with your own ideas and personal experiences. Clearly explain why you care.
* **Make it local.** If you can, explain how the issue impacts people in your state.
* **Include a strong call to action.** State clearly what you expect Congress to do.

Here is a template you can use:

*Dear [YOUR MEMBER OF CONGRESS],My name is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I am a constituent from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. I am writing about hunger in America. SNAP (formerly known as food stamps) is the cornerstone of our country's fight against hunger, helping more than 40 million people put food on the table.*

*[Share why you care about these issues.]*

*But recently, the House of Representatives passed a farm bill that would take SNAP away from people struggling to find work - even though SNAP helps people find and keep work. Fortunately, the Senate passed a farm bill is bipartisan and protects SNAP. We need to make sure it stays that way.*

*I urge you to tell House and Senate farm bill negotiators that you will only support a final farm bill that’s bipartisan, protects SNAP, and ensures all Americans have enough to eat.*

**What’s next?** Give your letter to a designated RESULTS volunteer, who will personally deliver it to Congress. Ask them about how you can be part of taking these actions regularly, or – better yet – how you can join the meeting with your member of Congress!