



August Recess 2025: Action Matters

How do you feel about Congress passing a budget reconciliation bill that cuts health care and food assistance to give tax breaks to the wealthy?

If you're ready to write to fight back, use this guide to help write letters to Congress or letters to the editor in support of the Supplemental Nutrition Assistance Program (SNAP) and Medicaid, and to tell them enough is enough.

Italicized statements are prompts to help you personalize your letter. All the bullet points below are suggestions; use what works best for you. Another way to frame your letter is via **EPIC**: Engage, state the Problem, Inform on the solution, and Call to action.

Media action: Letters to the editor in support of SNAP and Medicaid

Open with your “why”: Your values, your vision for a better future, or a personal connection to SNAP or Medicaid.

- *Share a personal story, connection, or value that motivates you to speak up.*
- *In (your community), we believe in (looking out for each other; or choose another value).*
The decision Congress made to cut funding for SNAP and Medicaid to fund tax breaks for wealthier people doesn't reflect our values. This is a betrayal of our entire community.
- No one should have to choose between food and medicine.
- As someone who has *received SNAP / received Medicaid*, I've seen firsthand how...
- I want to live in a community where everyone has access to nutritious food and essential medical care.

Explain why SNAP matters in your community.

- *Explain what people in your community stand to lose if SNAP is cut.*
- SNAP/Medicaid helps ____ people in *(your state)*, including...
- Every month, SNAP helps over 40 million Americans afford groceries. The majority are families with children, seniors, and people with disabilities. Because of the reconciliation bill, 1 million children, seniors, people with disabilities, and veterans will see their SNAP benefits cut or eliminated.

- Medicaid provides health coverage to more than 80 million people, including 50 percent of children in the U.S. This bill includes the largest cut to Medicaid in history. Congress has chosen to put children's health at risk in order to fund tax breaks for the wealthy.
- SNAP dollars are spent quickly and locally at grocery stores, farmer's markets, and local retailers.
- Medicaid is the largest source of federal funding for hospitals. Cutting SNAP and Medicaid means less food on the table. It means reduced access to health care (*especially in rural areas*). It means less money for small businesses that make our communities work.

For additional information on how the reconciliation cuts will affect your state, visit:

<https://www.cbpp.org/research/state-budget-and-tax/harmful-republican-megabill-fails-families-children-and-communities-0>.

End with a clear call to action.

If your members of Congress voted no and opposed the cuts:

- Congress has placed our community in harm's way so as to please the wealthiest among us. This is a betrayal of trust that we must not forget. I'm grateful to *[Rep./Sen. Name]* for standing with us and voting against these harmful cuts. This is only the beginning. We will keep fighting together for policies that meet the true needs of our community.

If your members of Congress voted yes and supported the cuts:

- *[Rep./Sen. Name]* voted for a bill that targets those with the greatest need to placate the wealthiest among us. Our community deserves better. We need leaders that understand the real needs of their state/district. This is a betrayal of trust that we will not forget.