

May 2026

The logo for 'results' is a red speech bubble shape with the word 'results' written in white lowercase letters inside.

Defend SNAP from Harmful Cuts

Over 40 million people rely on the Supplemental Nutrition Assistance Program (SNAP) each month to help put food on the table. SNAP aids many children, seniors, veterans, and people with disabilities. SNAP is the nation's most effective anti-hunger program. However, it is under constant threat of cuts and structural changes that would weaken it.

When budgets are tight, food is often the first gap to widen after rent, health care, and utilities are paid. Millions of households are living one emergency away from deeper hardship. Without SNAP, hunger and financial hardship would rise dramatically. It is not just a safety net. It is a stabilizer that keeps families and communities from falling further into crisis.

Recent changes by Congress will [shift SNAP costs to states](#) for the first time and reduce federal support in other ways. This will force states to either cut benefits or restrict access. These changes will deepen hunger, strain state budgets, and increase hardship in both rural and urban communities. Children, older adults, and low-wage workers would be hit the hardest, especially in states already struggling with high food prices and housing costs.

As Congress considers upcoming Farm Bill negotiations and budget decisions, SNAP is at a crossroads. Lawmakers can protect and strengthen this essential program or push families deeper into poverty. We must ensure SNAP remains fully funded and accessible for everyone who needs it.

Take Action: Amplify Every Voice media campaign

Raise your voice on our U.S. poverty priorities in the media! As part of [the Amplify Every Voice media campaign](#), we encourage every advocate to write and submit a letter to the editor or op-ed. In addition, amplify your message by reaching out to a friend, family member, action network member, or local community partner and inviting them to submit media with you. This will build our collective power and move Congress to take action.

See our sample [action meeting agenda](#) to help you **host a letter writing gathering** with your local action network and with local community partners. A helpful way to frame your letter, call script, or laser talk for a lobby meeting is to use [EPIC Laser Talk format](#). Be sure to make it brief (usually no more than 150 to 200 words) and make it personal. Consider personalizing the sample letter to the editor on SNAP below.

Write a letter to the editor on SNAP

Additional media templates are available in the [RESULTS Action Center](#).

Hook ideas

- Check out this spreadsheet of [new media hooks](#)
- Respond to an LTE [published by a RESULTS volunteer](#)

Be sure to check your local paper's website for the word limit on letters to the editor or op-eds. Here are suggested talking points you can use for your media piece:

1. Reference a recent **story about hunger** or a **key fact about hunger** in your community and **why you care** about it.
2. Share that the **Supplemental Nutrition Assistance Program (SNAP) is facing deep cuts** that will impact families, seniors, and people with disabilities.
3. Explain that **SNAP helps 40 million people** put food on the table each month.
4. Share that 2025 cuts to SNAP have already **forced nearly 3 million people off SNAP** in the last year ([share data from your state](#)), and it's going to get much worse.
5. Explain that **states will soon have to pay a portion of SNAP benefits** for the first time ever, adding ([add your state's share](#)) to your state's budget.
6. Say that **this will result in deep cuts to benefits and services**, pushing people deeper into hunger and poverty.
7. State that **Congress must delay this cost-shift rule** to give states more time to prepare.
8. **Urge your members of Congress by name** to oppose any Farm Bill or other farm legislation if it does not delay the cost-shift rule until 2030.

Tips for getting letters published

- If you have personal experience with SNAP, share it in your letter.
- Keep your letter short and direct with a clear call to action.
- When you get published, forward your letter to your House and Senate offices with a request to reject any Farm Bill or farm bailout that does not undo or delay these cruel cuts to SNAP.
- Please share any published media in our [Media Report Form](#).