



## Summer 2025 Action Sheet: Action Matters

Use this guide to help write letters to Congress or letters to the editor on the Supplemental Nutrition Assistance Program (SNAP). *Italicized statements* are prompts to help you personalize your letter. All the bullet points below are suggestions. Use what works best for you.

## U.S. poverty action: Letters to Congress or letters to the editor in support of SNAP and U.S. nutrition

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

- *Share a personal story, connection, or value that motivates you to speak up.*
- No one should have to choose between food and medicine.
- As someone who has received SNAP, I've seen firsthand how...
- I want to live in a community where everyone has access to nutritious food.

**Explain why SNAP matters in your community.**

- *Explain what people in your community stand to lose if SNAP is cut.*
- SNAP helps \_\_\_ people in (your state), including...
- Cuts to SNAP mean fewer meals, more stress, and worse health outcomes for...
- SNAP doesn't just reduce hunger, it improves health and educational outcomes, while also supporting families, farmers, and grocery stores. In our state...

For additional information on SNAP, see the [SNAP fact sheet](#).

[See here for state SNAP facts.](#)

**End with a clear call to action.**

- I urge you to stand with children, seniors, and low-wage workers. Reject any legislation that cuts SNAP. The future of millions depend on it.
- Please protect SNAP and invest in a future where no one goes hungry. This is not just a policy, it's a moral imperative.