

If you'd like to speak directly with your representatives, you can call the US Capitol Switchboard at (202) 224-3121 and an operator will connect you with the office you request. You can use the sample script we've attached below.

Hello, my name is [your name] and I am your constituent from [City, State]. I'm calling to ask [senator or representative's name] to support bills that strengthen SNAP and improve access and to stand strongly opposed to any cuts to SNAP as you develop the 2023 Farm Bill.

SNAP provides critical nutrition assistance to people of all ages in communities across our state and nation. Four in five SNAP households (81%) have a child, a person aged 60 or older or a person with disabilities. SNAP is also an enormously important economic generator. Each \$1 in SNAP during a downturn generates between \$1.50 and \$1.80 in economic activity that is felt throughout the food chain--from farmers and ranchers, food manufacturers and truckers, to grocers and store employees.

Our nation must do more to address hunger and SNAP is the first line of defense. Please oppose any harmful proposals that restrict access to SNAP! Please be a champion for SNAP and support a robust Farm Bill that includes improving benefit adequacy, expanding access for populations who are underserved by or excluded from SNAP, and enhancing customer service and modernization.

Thank you for your time and for considering my request for your support.