**Media and Social Media Outreach During Congressional Recess  
April 8 – 23, 2017**

**Sample letter to the editor**

There are 42 million people in this country — 13 million of them children — living in households that struggle to put food on the table every day. In [state] alone, [X percent] of households said they have struggled to afford enough food for their families. [Data can be found [here](https://www.ers.usda.gov/webdocs/publications/err215/err-215.pdf) (Table 4, p. 21). Please modify sentence based on your state food hardship rate.]

This problem would be far worse if not for the nation’s federal nutrition programs, such as the Supplemental Nutrition Assistance Program (formerly known as food stamps and called [name] in [state]), WIC, school meals, and meals provided during child care, afterschool, and the summer months when school is out. These programs not only reduce hunger and poverty, they improve health and learning, increase productivity, boost the economy, and strengthen our communities.

My organization [name of organization], recently joined 3,000 national, state, and community-based organizations endorsing a statement calling on [President Trump and Congress](http://www.frac.org/wp-content/uploads/NAHO-List-3.22-for-website.pdf) to safeguard and support the nation’s federal nutrition programs. This statement has grabbed the attention of lawmakers on Capitol Hill.

Congress is on recess from April 8-23. I plan to meet with [name of Senators and Representatives] when they are back home to reinforce the urgency of the statement’s message: Congress must not undermine our nation’s safety net through “block grants,” structural changes, or spending cuts. These programs work, and they must be strengthened if we are to continue to provide a strong nutrition safety net for individuals and families in need.

Ending hunger in our [state], and across America, is an issue we can all agree on, and one we must all act on.

**Sample Social Media Posts:**

Twitter:

* .@MOCHandleHere: we need you to #SaveTheSafetyNet! No block grants, structural changes, or cuts to federal nutrition programs.
* What will you do to #SaveTheSafetyNet, @MOCHandleHere? Protect the federal nutrition programs!
* We need @MOCHandleHere to visit [name a meals site here] & see the federal nutrition programs in action. #SaveTheSafetyNet
* #SNAPMatters to your community @MOCHandleHere. #SaveTheSafetyNet & protect the federal nutrition programs from budget cuts & block grants!

* Hear your constituents loud and clear: no budget cuts, no block grants, no structural changes! #SaveTheSafetyNet @MOCHandleHere

Facebook

* @TagYourMOC: we need you to protect federal nutrition programs against block grants, structural changes, or budget cuts!
* What will you do to save the safety net, @TagYourMOC? We want to hear from you while you’re home!
* We need @TagYourMOC to visit [name a meals site here] while they’re home on recess and see the federal nutrition programs in action! Share this status if you think they should save the safety net.
* SNAP matters to your district @TagYourMOC! Join the fight against hunger while you’re home on recess & visit [name a meals site here].
* Hear your constituents loud and clear: no budget cuts, no block grants, no structural changes! Save the safety net @TagYourMOC.

Be sure to follow the Food Research & Action Center on Facebook & Twitter (@fractweets) for further resources to use with policymakers. If you would like assistance with your outreach, please contact [Colleen Barton Sutton](mailto:cbsutton@frac.org), 202-640-1121.

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