



# Show Your Love for SNAP

**Feb. 10-14, 2025: Week of Action to Protect SNAP from Budget Cuts**

## Urgent Action Needed

The Supplemental Nutrition Assistance Program (SNAP) is under attack.

Right now, some Republicans in Congress are looking at ways to slash funding for SNAP by *billions* of dollars. This only will deepen America's worsening hunger crisis and harm tens of millions of people with low income, children, older adults, people with disabilities, farmers, and food retailers.

We can't let this happen.

Get vocal on social to show Congress your love for SNAP and urge them to protect this proven program from any budget cuts. Use the graphics and sample posts below.

## Share Graphics



## Reasons to Love SNAP



**SNAP reduces hunger**  
by providing low-income people  
necessary food money



**SNAP bolsters local economies**  
by increasing money spent for food  
at local retailers



**SNAP delivers assistance**  
quickly & effectively to people  
recovering from disasters and  
economic crises



**“I just called  
to say I love  
SNAP”**

**Call Your Member of Congress:  
202-224-3121**





# Sample Posts and Graphics

## Tell Congress to Protect SNAP via the FRAC Action Network

- Nothing says ‘I care’ like fighting hunger. ❤️ SNAP is a lifeline for millions, and we can’t let Congress slash funding for this proven program. Send an email to your legislators and tell them to protect SNAP! <https://bit.ly/3Q833pn> #HandsOffSNAP
- Leading up to Valentine’s Day, let’s show our love for SNAP. 📧 Tell Congress to protect SNAP and keep food on the table for millions. One click is all it takes to make a difference—send your email now! <https://bit.ly/3Q833pn> #HandsOffSNAP
- Show your love for SNAP by lifting up how it is a lifeline for older adults, working families, people with disabilities, and children. Send an email and let Congress know why #SNAPMatters <https://bit.ly/3Q833pn>
- SNAP helps our neighbors: families can put food on the table; older adults don’t have to choose between food or medicine; and children can concentrate better in school. Tell Congress: <https://bit.ly/3Q833pn> #HandsOffSNAP

## Call Your Members of Congress to Tell them to Protect SNAP

- SNAP supports families and strengthens communities. Let’s show our love for SNAP this Valentine’s Day—call your Members of Congress and tell them to protect SNAP: 202-224-3121. See sample script: <https://frac.org/blog/three-things-you-can-do-right-now-to-protect-snap> #SNAPMatters
- Roses are red, violets are blue—SNAP helps families, and that’s why we fight for it, too! This Valentine’s Day, show your love for SNAP. It fuels our economy, reduces hunger, and keeps food on the table. Call your member of Congress today: 202-224-3121. #SNAPMatters
- I love SNAP because it fights hunger, fuels the economy, and keeps families fed. Get a head start on Valentine’s Day, send a message to Congress: Protect SNAP! Call 202-224-3121 and tell them you love SNAP, too. #SNAPMatters

## Organizations: Sign and Share Letter Urging Congress to Protect SNAP

- Sign your national, state, or community-based org on to a letter pushing back against proposals to cut, gut, and/or weaken SNAP and child nutrition programs. Spread the word! Deadline 2/28. <https://bit.ly/4aRhjfK> #SNAPMatters

