



## Join the ‘Rolling Rally’ on July 20 to Urge Senators to #BoostSNAPNow

**Message: The Senate needs to take immediate action to boost SNAP in the next COVID-19 relief package. On Monday, July 20, join advocates across the country to ring and rally the Senate to boost SNAP now.**

**Ring & Rolling Rally:** To make sure our message to boost SNAP is heard loud and clear, call your Senators on **July 20 between 9 a.m.–Noon in your time zone.** This will ensure a rolling reverberation to rally the Senate throughout the day upon their return to D.C. from the July 4<sup>th</sup> recess. **Find your Senator’s phone number [here](#).**

### Rolling Rally on Social All Day on July 20

Share the below sample tweet/Facebook post. Consider uploading a video or still photo of yourself to encourage others to ring and rally their senators to act to boost SNAP. Be sure to tag your senators. Find their handles [here](#).

*Ring & rally the Senate to #BoostSNAPNow. Join me in calling Senators between 9 AM – Noon your local time on 7/20 to urge them to boost SNAP benefits in the next #COVID-19 relief package. Hungry people can’t wait.*

**Create a 30-second to 1-minute video urging your Senators to include SNAP benefit boosts in the upcoming COVID-19 relief package.**

### Option 1: Take a selfie video on your smart phone.

Best for: simple to film, edit, and upload.

How it works:

1. Flip smartphone camera around so you can see yourself.
2. Press record, and talk into the camera.
3. Upload right from smartphone to social media platforms.
4. Use #BoostSNAPNow in your posts and consider using the sample post above.

Guidelines:

- Film using landscape (sideways rather than up and down).
- Make sure the lighting is good on your face and that the background is how you want it to appear.
- Time: no longer than 1 minute, but ideally less.

### **Option 2: Film using Zoom recording.**

Best for: a slightly more professional look; can use a Zoom background with a logo or this #BoostSNAPNow backgrounder.

How it works:

By yourself:

1. Set up a Zoom meeting and enter the meeting from your computer.
2. Press record, and talk into the camera.
3. End meeting, and Zoom will notify you that there's a recording available for download. Save the video to a folder on your desktop.
4. If edits are needed, import footage into an application like iMovie and edit as needed.
5. Go to your preferred social media platform and upload the video.
6. Use #BoostSNAPNow and consider using the sample post above.

With a colleague:

1. Have a colleague set up a Zoom meeting for the two of you.
2. Ask them to press record on Zoom once you're in the meeting, and ask them to pin your video to make sure they record you talking.
3. When the meeting ends, the video file will be available to download from Zoom for the person who pressed record.
4. If edits are need, use an application such as iMovie.
5. Upload to social media
6. Use #BoostSNAPNow and consider using the sample post above.

Guidelines

- Make sure the lighting is good on your face and that the background is how you want it to appear
- Time: no longer than 1 minute, but ideally less.

### **Option 3: Take selfie photo.**

Best for: quickest option

How it works:

1. Take a photo of yourself, or have someone take a photo of you holding a phone up to your ear as if you're calling your Senators.
2. Upload to social media and use #BoostSNAPNow. Consider using the sample post above.

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