

Sample Email to Representatives
Oppose Cuts to SNAP, SNAP-Ed and Medicaid

Sample Letter for Senators and Congressional Representatives

To locate your Senators and Representatives:

- Use <https://www.senate.gov/senators/senators-contact.htm> to find your Senator and use <https://www.house.gov/representatives/find-your-representative> to find your member of the House of Representatives by entering your address.
- Your elected official will appear on screen, with a blue box to “mail” them
- Click and cut and paste this email or write your own.

Dear (insert Representative X) or (Senator X),

The Supplemental Nutrition Assistance Program (SNAP) has been the foundation of providing food assistance to fight hunger in the US for decades and currently more than 42 million people participate in SNAP. The proposed budget reconciliation cuts billions of dollars to SNAP and is unacceptable.

In addition, the proposed \$715 billion in healthcare cuts, primarily to Medicaid, will leave at least 8.6 million people uninsured and without access to healthcare.

Reducing the amount of benefits individuals and families receive with SNAP and Medicaid will make it harder for families to access the food and healthcare they need.

In addition, the proposed elimination of SNAP nutrition education (SNAP-Ed) is of tremendous concern. The SNAP-Ed program has demonstrated that it addresses nutrition-related health disparities and teaches participants how to create healthier lifestyles for themselves and their families.

You must oppose cuts to the SNAP Federal Food and Nutrition Programs and Medicaid.

Sincerely,

Your name