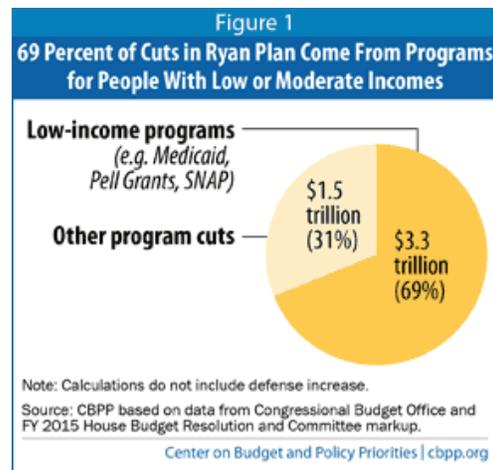


Tell Congress to Protect Hungry Families

The [Supplemental Nutrition Assistance Program](#) (SNAP, formerly food stamps) is the first line of defense against hunger in America. Currently, over 46 million people — almost half of them children — receive SNAP benefits. [SNAP lifted almost 5 million people out of poverty in 2013](#) (US Census). SNAP has also been found to significantly [reduce hunger and poor health](#) in children. Finally, SNAP is also one of our most effective programs, with 96 percent success rate.

Despite the success and continued need for SNAP, hungry families are facing serious hardship at the hands of Congress. The last few years, House leaders have proposed drastic changes to SNAP. The so-called “Ryan Budget” proposed in 2014 put forward \$137 billion (18 percent) in cuts to SNAP, along with many other anti-poverty programs. These changes would have forced millions of children and families off the program. As seen in the chart (right), [nearly 70 percent of the cuts in last year’s Ryan Budget came from programs like SNAP that serve low-income Americans](#). Unfortunately, with new Republican leadership in Congress, we could see similar or even deeper cuts proposed in 2015, putting SNAP at even greater risk. Congress is working on their budget proposals now, so it is important that we make our voices heard!



Write a letter to your members of Congress telling them to protect Americans living in hunger and urging them to protect SNAP. Use these talking points for your letter:

1. **Introduce yourself** as a constituent who cares about poverty and also a RESULTS volunteer.
2. Inform them that in 2013, more than [1 in 5 children in the U.S. were at risk of going to bed hungry every night](#) (21 percent). Studies show that children who are regularly hungry suffer from weakened immune systems, slowed and abnormal growth, and anemia.
3. Remind them that SNAP has been critical in helping low-income families out of poverty. The [U.S. Census reports](#) that **SNAP lifted 4.8 million people out of poverty in 2013**. SNAP is also very effective, with a 96 percent accuracy rate.
4. Explain that despite this success, **Congress is again looking to make deep cuts to SNAP**. This would force millions of children and families deeper into poverty.
5. **Urge your member of Congress** to stand up for hungry Americans and strongly oppose cuts to SNAP during budget negotiations.

Note: Find contact information for your members of Congress on the RESULTS Elected Officials page at <http://capwiz.com/results/dbq/officials/>. For additional tips on working with Congress and the media, check out our Activist Toolkit at http://www.results.org/skills_center/activist_toolkit/.