



Calling your legislators is one of the most effective ways to make a difference.

Phone calls have more weight than an email or social media post. Legislative staff members are trained to listen politely to your concerns and will pass your message on to lawmakers. **You don't need to worry about being quizzed or interrogated.**

Hello, my name is [Name], and I'm a constituent from [City/Town, ZIP Code]. I'm calling because I'm deeply concerned about the harmful cuts to SNAP in H.R.1 and want to make sure [Representative/Senator ____] takes action to protect people facing hunger. Over 1.2 million people in our state rely on SNAP. These cuts will take food away from families, school-aged children, veterans, and refugees - and will cost Washington over \$165 million a year. This legislation harms not only the food security of our state's most vulnerable, but also the food systems and economies that sustain all Washingtonians.

In light of this, I'm asking [Representative/Senator ____] to strongly support all other nutrition programs, like school meals, WIC, and TEFAP, that will help fill the gap left by SNAP cuts. I am also asking [Representative/Senator ____] to continue to be a vocal advocate for strengthening SNAP in future legislation, both at the state and federal level.

[If applicable, share a quick story of personal impact here.]

Please do everything possible to protect and strengthen the food assistance programs that so many Washingtonians rely on. Thank you.