

Take Action: SNAP-Ed Advocacy Toolkit

Protect Nutrition Education. Protect Texans.

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Why This Matters

Congress is considering the largest rollback of food assistance in our nation's history, including the complete elimination of SNAP-Ed. SNAP-Ed equips families, schools, and communities with the tools to eat well, stay healthy, and prevent chronic disease.

This is not just about funding. This is about health, dignity, and the future of every Texan.

SNAP-Ed helps people build healthier habits, not just for today, but for life. It reaches parents, children, seniors, educators, and clinics. Eliminating it would harm the people who already face the biggest health burdens and force communities to go without the preventive resources they rely on.

Your voice can help stop this. Lawmakers need to hear directly from Texans who believe in prevention, strong communities, and practical solutions that work.

How to Contact Your Legislators

Step 1: Find Your U.S. House Representative

The proposal will move through the House first.

To find your U.S. Representative:

- Visit: www.house.gov/representatives
- Enter your zip code to locate your district
- Visit your representative's page and find their contact form, office phone numbers, and mailing address

Step 2: Find Your U.S. Senators

- Visit: www.senate.gov/senators
- Select your state to view your two Senators
- Visit each Senator's page to access their email form and phone numbers

Step 3: Choose How You Want to Reach Out

- Call their D.C. or local office and leave a message
- Email them directly through their website form
- Write a physical letter or deliver a signed message from your organization

Use the scripts below to guide your communication.

Phone Script

Hello, my name is [Your Name], and I live in [Your City], Texas.

I am calling to ask [Representative or Senator Name] to vote against the proposal to cut SNAP and eliminate SNAP-Ed.

SNAP-Ed matters. It helps people learn how to eat well, live healthier, and prevent disease. Taking it away will hurt Texans and increase long-term health costs. Families, schools, clinics, and food banks rely on this program.

These cuts would weaken our workforce, our economy, and our most vulnerable populations, including children, seniors, and working families.

We need leaders who invest in health. Please protect SNAP-Ed. Texans are counting on your leadership. Thank you.

Email Script

Subject line: Protect SNAP and SNAP-Ed. Texans are counting on you.

Dear [Representative or Senator Last Name],

My name is [Your Name], and I live in [Your City], Texas. I am urging you to reject the proposal to cut SNAP and eliminate SNAP-Ed.

SNAP-Ed gives people the tools to make real, lasting health changes. It helps parents cook healthier meals, teaches children how to nourish their bodies, and reaches communities that face the highest risk of chronic illness. Without SNAP-Ed, millions will lose access to trusted, practical support.

These cuts will harm families, increase health care costs, and leave local schools, clinics, and food pantries without the resources they depend on. We cannot let that happen.

I am asking you to stand with Texans who believe in strong communities and prevention that works. Please vote no on any plan that eliminates SNAP-Ed or shifts those costs onto our state.

We need leaders who protect health, not take it away.

Thank you for listening and for standing with us.

Sincerely,

[Your Name]

[Your City], Texas

[Optional: Your Contact Information]

Who SNAP-Ed Helps and How

- Parents gain the skills to build healthier meals on a limited budget
- Children learn how to fuel their bodies and form lifelong habits

- Seniors receive support to manage chronic diseases through nutrition
- Community Health Workers and educators deliver trusted, evidence-based programs
- Clinics, schools, and food pantries integrate prevention into the services people already rely on
- Taxpayers benefit from lower health care costs due to reduced rates of preventable illness

Why Your Voice Matters

Policy is personal. Your story, your concern, and your action are powerful.

When you speak up, lawmakers take notice. The decisions made in Washington affect every Texan.

You do not need to be a policy expert. You just need to care.

What You Can Do Today

- Contact your Representative and Senators using the script above
- Share this toolkit with coworkers, local leaders, and other organizations
- Post publicly using hashtags such as **#StandWithSNAPEd** and **#HealthyTXForAll**
- Ask your local clinic, school, or food bank if they are taking action and offer your support