



Call your legislator

Tell your legislator about the important work SNAP-Ed is doing in their communities. OpenCongress.org provides an easy, zip-code lookup that provides your representative's direct phone number. [Find their number.](#)

Don't worry – you don't have to be a lobbyist, or even lobby members or staff. Since SNAP-Ed is a federal program, members often want to know more about what the program really looks like, who it serves, and if it is making an impact for their constituents – they want to hear about the facts.

Introduce yourself to your congressperson, tell them you are a constituent, and tell them:

SNAP-ED Teaches Skills Needed for Healthy Eating

- Healthy eating on a limited budget can be complicated. Healthy eating is often a learned skill.
- SNAP-Nutrition education, or SNAP-Ed, is not a one-size fits all program. SNAP-Ed is about empowering individuals to make healthy choices, build skills to plan, purchase, and prepare healthy foods on a limited budget, and to help make healthy choices the easy choices in low-income communities.
- SNAP-Ed is a nationwide program, operating in all 50 states. It is the only federal, nationwide investment of its kind. SNAP-Ed delivers nutrition education and obesity prevention services through multiple venues and involve activities at the individual, school, and community levels.
- SNAP-Ed funding is less than half of 1 percent of total SNAP funding, yet this program reaches millions of SNAP-eligible children and households through direct teacher-student style education, dynamic workshops and presentations, reinforcing messages and other tested, evidence-based social marketing initiatives to empower SNAP-eligible individuals to make healthy choices.

SNAP-Ed Works

- According to the most recent nationwide assessment of SNAP-Ed, nearly 40% of SNAP Ed participants say the program helped them reduce the number of days their families faced food insecurity during the month.
- A California SNAP-Ed program found a significant increase in the number of participants meeting the recommended 5+ servings of fruit and vegetables daily. The greatest improvements were seen in those populations that have the greatest need. (91% improvement in the poorest segment of the population, 77% improvement in the African American population, 43% improvement in the Latino population.)
- A Pennsylvania SNAP-Ed program, as part of a multifaceted approach, has shown a 50% reduction in the incidence of overweight among elementary school students.

<http://www.phi.org/policy-advocacy/take-action-oppose-cuts-to-snap-and-snap-ed/>

