



*Calling Congress is an easy way to engage in IFAM, and it only takes a few minutes! To Call on Congress, call the switchboard phone number, and let them know the name of the Representative/Senator's office you're trying to reach. You will then be connected to the office. When the staff person answers, follow the basic script provided below (or write your own). The staff person will relay your requests to his/her boss, so make sure to include your name and home address, so it can be officially logged.*

**US CAPITOL SWITCHBOARD: (202) 224-3121**

## SCRIPT FOR ACCESS TO FOOD:

Hi my name is \_\_\_\_\_, and I'm a constituent from [hometown]. I'm calling today to ask [Representative/Senator \_\_\_\_\_] to **urge you to vote against any and all cuts to the Supplemental Nutrition Assistance Program in the farm bill** and ensure eligibility requirements for the program do not become needlessly more stringent. Further cuts to SNAP would be devastating to millions of Americans. I'd like to hear back from [Representative/Senator \_\_\_\_\_] on how he/she supports SNAP and hungry Americans. My name is \_\_\_\_\_ and my address is [hometown address]. Thank you.

**Your Turn (write your script here):**

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## INCREASE YOUR IMPACT:

*After making your call, send out a quick tweet or post to encourage your networks to join you!*

**Sample Tweet:** I just called @[Your Senator's Twitter Handle] to ask him/her to oppose cuts to #SNAP. Join me! @bit.ly/ifamcall | #IFAM14

**Sample Facebook Post:** Act now with #IFAM14: Call your members of Congress and ask them to oppose **cuts to SNAP in the farm bill** and ensure eligibility requirements for the program do not become needlessly more stringent. @bit.ly/ifamcall