Save SNAP
Share Your Story to Protect SNAP/Basic Food/Food Stamps

Congress is considering making big changes to SNAP (food stamps or Basic Food) in the Farm Bill. These changes would result in less help when people need it the most. Your voice matters: when you tell your story about how SNAP helps you and your families, we can talk about the real impact of SNAP in helping people be healthier, ready for school or work, and get by. Please help by sharing your story with us today. We will share your story with your lawmakers to protect our safety net!

1. Please tell us a little about yourself: who lives with you? If you work, what do you do? Do you have children living with you?

2. How has SNAP helped you?

3. If your SNAP benefits were cut or went away, what would happen? (How would you get by? What needs would go unmet because you’d have less help?)

4. The hardest choice I had to make between food and __________ was when _________________________________.

5. What is one thing lawmakers can do to help you?

6. May we contact you to learn more about your story? (Yes or No)

   Name: ________________________________
   Email or phone number: ________________________________

   We will not share your contact information or add you to any mailing lists without your express permission.

Please return completed forms to Christina Wong, Northwest Harvest PO Box 12272, Seattle, WA 98102 or send scanned copies to christinaw@northwestharvest.org | fax 206-267-2179