

# INSTRUCTIONS

1. Print out template and complete the sentences at the top of the page. Feel free to be creative with your words and/or drawings!
2. Take a selfie with your message, film a video, or ask someone to take a picture of you!
3. Post your message on Facebook, Twitter, and/or Instagram. Be sure to tag **@NWHarvest** so we can see your work and also tag your **Member of Congress**. Please also use **#SNAPback** and **#SaveOurSafetyNet**. Thank you!

FIND YOUR **CONGRESSIONAL DISTRICT** HERE: <http://bit.ly/2FLZqzl>

FIND YOUR **REPRESENTATIVE'S TWITTER HANDLE** HERE: <http://bit.ly/2FM7XCL>

## TAGS

**@NWHarvest**  
**#SNAPback**



# #SNAPback

SNAP HELPED ME...

NOW I...



#SNAPback