

# Take Action to Protect SNAP!



- **SNAP benefits** (food stamps) **are at risk** as Congress negotiates the Farm Bill.
- **Fill Your Plate** with a message to your member of Congress about why protecting SNAP is important to you and your community!
- Return plates by September 21<sup>st</sup> and we'll **hand-deliver them in Washington, DC**

## Here how to run a successful *Fill Your Plate* Campaign

1. **Gather Supplies:** a package of paper plates, markers, pens, pencils. Set a goal for collecting at least 20 paper plates with messages from your supporters.
2. **Explain the campaign** to your supporters: volunteers, staff, clients, clergy, congregants, donors, etc.
3. **Invite supporters to participate** by writing a message why SNAP is important to them and their community. Consider finishing a sentence such as:
  - “SNAP is important to me because...”
  - “If I didn’t have SNAP...”
  - “I support anti-hunger programs because...”



## Amplify Your Messages!

**Share On Social Media:** Ask one of your supporters to read a paper plate messages on a video then post on social media. Tag your post with #FillYourPlate and @FoodBank4NYC.

**Mail or drop off your plates to:** Food Bank For NYC, c/o Lauren Phillips, 39 Broadway, 10<sup>th</sup> Fl, NY, NY 10006

## Helpful Tips

- **DO make your plates stand out!** Use markers or colored pencils to decorate the plates if you can.
- **DO include your location** - on the back of the plate tell us your program’s neighborhood or zip code.
- **DO make an example plate** so your supporters get the idea of creating their own plate.
- **DON’T** ask participants to include any information they wouldn’t want to share publicly such as home address, immigration status, or last name.

Questions? Contact Lauren Phillips, Government Relations Coordinator  
[lphillips@foodbanknyc.org](mailto:lphillips@foodbanknyc.org) or 212-566-7855 x 8364