

Summer Recess Activities - How are your Members of Congress spending their Summer Vacation?

On July 15th Congress began its Summer Recess, which means Members of Congress will be out of D.C. and in their states and districts until after Labor Day. While your Members of Congress are home, you have ample opportunities to engage them on your anti-hunger work by encouraging site visits, organizing in-person meetings, and utilizing local media to highlight the federal nutrition programs and how they are benefiting constituents back home.

The Goal: Demonstrate to your Members of Congress how critical the federal nutrition programs are and how your Members can help strengthen and improve these programs.

- **The Message:** The federal nutrition programs work to alleviate hunger in every Congressional district. Your Members can help constituents even more by working to strengthen the programs.
- **The Method:** Let FRAC help you organize activities that show your Members of Congress how important federal nutrition programs are for your state and community!

What You Can Do:

Visit Your Members' Local Office: During the summer recess, your Members' home base will be the in-state or in-district offices. Determine when your Senators and Representatives are scheduled to be in their local offices and arrange to meet with them to discuss the federal nutrition programs.

Host a Site Visit: One of the most effective ways to engage your Members of Congress and deliver a specific "ask" is by inviting your Members to a site where the federal nutrition programs are operating. For example, summer meals and SNAP outreach site visits showcase programs in action and help make the case for Congressional support. FRAC resources, including the two site visit guides below about child nutrition and SNAP, can help you plan

great site visits, with tips on requesting a visit, assigning roles to your staff and partners, and arranging for photos and coverage in local and social media.

- [Site Visit Opportunities for Anti-Hunger Organizations](#) (pdf)
- [Child Nutrition Site Visit Guide](#) (pdf)
- [SNAP Site Visit Guide](#) (pdf)

Tell The Story: While they are home, Members of Congress will be keeping an eye on local and social media. Tell the story of the program providers and families who access the federal nutrition programs locally via op-eds, letters to the editor, and social media posts highlighting your site visits and/or in-person meetings.

If you have any questions or would like to learn more about FRAC's advocacy work, email Kate (ksims@frac.org).

About Us: The Food Research and Action Center (www.frac.org) is the leading national organization working for more effective public and private policies to eradicate domestic hunger and undernutrition. Visit our Web site (www.frac.org) to learn more. Click [here](#) to unsubscribe from this e-mail