

ONE BIG BEAUTIFUL BILL ACTION TOOLKIT

1. Who to Call or Email

Call or write to your **2 U.S. Senators** (every state has two).

- **Find them** here: <https://www.senate.gov/senators/senators-contact.htm>

You can also call the **Senate Switchboard** at
(202) 224-3121 – they’ll connect you to your Senator’s office.

2. What to Say When You Call

You don’t have to be fancy. You can say this:

“Hi, my name is [Your First Name], and I’m a resident of [Your State]. I’m calling to ask Senator [Name] to vote NO on the House reconciliation bill.

It will strip Medicaid from vulnerable people, gut food assistance, and hurt millions. I oppose this bill, and I want the Senator to do the same. Please protect our communities. Thank you.”

3. Sample Email or Letter

You can email your Senator or paste this into their contact form:

Subject: Please Vote NO on the House Reconciliation Bill

Dear Senator [Last Name],

I am writing to urge you to vote **NO** on the reconciliation bill recently passed by the House.

This bill would:

- Strip Medicaid coverage from vulnerable people by adding harsh work requirements
- Ban gender-affirming care under Medicaid and CHIP
- Slash food assistance that millions rely on
- Eliminate tax credits for clean energy
- Deepen poverty for the most economically fragile communities

This is not what our country needs. I urge you to protect the people you represent. Please vote against this bill and speak out against it publicly.

Sincerely,
[Your Name]

[Your City, State]