

In anticipation of continued proposals to take basic food assistance and health coverage away from people who can't meet harsh work requirements, we went to Pittsburgh to talk with low-wage workers about why SNAP and Medicaid are so important to support their work and help them make ends meet. Special thanks to Pittsburgh non-profit Just Harvest for connecting us with workers. We also spoke with Urban Institute Senior Fellow Heather Hahn about how the realities of low-wage work make programs like SNAP and Medicaid necessary.

Over the next two weeks, we will roll out videos featuring five workers from Pittsburgh – including grocery store workers, personal health aides, and others. All five videos are available on our YouTube channel now, and sample social media for each is below. We will be promoting these in the coming weeks and beyond, but please feel free to share whichever ones are most compelling to you starting today.

Let Caroline Anderson-Gray (anderson@cbpp.org) know if you have any questions, and thank you so much for your support. **Note:** The YouTube links below will be live at 9am on Tuesday, September 4th.

Sample social media

Alandia Heard

<https://youtu.be/uVd7a1vGjkw>

Personal caregiver Alandia Heard loves her job – but can't always count on the same number of hours each week. SNAP & Medicaid help workers like her weather this instability:

<https://youtu.be/uVd7a1vGjkw> #LowWageWork

Low-wage work itself is inherently unstable and unpredictable. Find out how assistance like SNAP & Medicaid helps one personal caregiver in Pittsburgh cope with this instability:

<https://youtu.be/uVd7a1vGjkw> #LowWageWork

"I love my job. I love taking care of people. But when I get in trouble, who will be there to take care of me?" - Alandia Heard explains how assistance like SNAP & Medicaid help support her work as a personal caregiver: <https://youtu.be/uVd7a1vGjkw> #LowWageWork

Julia Valles

<https://youtu.be/H178Yq2aCEA>

"I make low-wages and my hours change week to week." - Julia Valles, a cashier, explains how SNAP and Medicaid help make her job workable: <https://youtu.be/H178Yq2aCEA> #LowWageWork

Julia Valles, who lives with mental illness, explains how SNAP and Medicaid help her work and be independent: <https://youtu.be/H178Yq2aCEA> #LowWageWork

Medicaid supports work – it provides people struggling with health issues the care they need to get back to work. Watch more here: <https://youtu.be/H178Yq2aCEA> #LowWageWork

Mike Hughes

<https://youtu.be/4p2KaDYg0N8>

Mike Hughes is a father of two and works for low-wages at a grocery store – Medicaid helps his wife get the care she needs, and SNAP helps him feed his family:

<https://youtu.be/4p2KaDYg0N8> #LowWageWork

“We need to take care of the people who do the nitty gritty work that others do not want to do.” - Mike Hughes, a grocery store worker from Pittsburgh: <https://youtu.be/4p2KaDYg0N8> #LowWageWork

Medicaid and SNAP reduce families’ food insecurity and psychological stress. This allows them to focus on finding or keeping a job. Watch more here:

<https://youtu.be/4p2KaDYg0N8> #LowWageWork

Stephanie Fello

<https://youtu.be/Ya95plcQfw4>

Stephanie Fello is a prepared foods clerk with a four-month old baby. SNAP has helped her when she was between jobs, and it will help her now to afford food for her family:

<https://youtu.be/Ya95plcQfw4> #LowWageWork

SNAP is a critically important support when the jobs parents have don’t pay enough to support their family: <https://youtu.be/Ya95plcQfw4> #LowWageWork

SNAP and Medicaid work for prepared foods clerk Stephanie Fello in Pittsburgh – let’s keep it that way: <https://youtu.be/Ya95plcQfw4> #LowWageWork

Shawna Christian

<https://youtu.be/jJ1wBw7D2gA>

Shawna works long, unpredictable hours at a hospital. She thinks leaders in Washington shouldn’t make it harder for families like hers by taking away assistance if people can’t meet

harsh work requirements because of unpredictability: <https://youtu.be/jJ1wBw7D2gA>
#LowWageWork

A low-wage worker may not know day-to-day or week-to-week, how many hours they're going to have. That instability means they need the support of SNAP and Medicaid:
<https://youtu.be/jJ1wBw7D2gA> #LowWageWork

Leaders in Washington shouldn't be making it harder for families like hospital worker Shawna Christian's by taking away SNAP and Medicaid assistance if the realities of low-wage work make it difficult to meet harsh work requirements: <https://youtu.be/jJ1wBw7D2gA>
#LowWageWork